

# VANILLA WAFFLES WITH FRESH MANGO AND PALM SYRUP

**CANNON**  
THE ART OF COOKING

## INGREDIENTS

2 large mangoes  
THE WAFFLES  
300g plain flour  
150g ground almonds  
100g sugar  
2 tbsp clear honey  
100g melted butter  
4 eggs  
 $\frac{3}{4}$  pint milk  
Seeds from  $\frac{1}{2}$  vanilla pod  
Little oil for cooking  
THE SYRUP  
100g palm sugar  
50mls water  
Seeds from  $\frac{1}{2}$  vanilla pod

## METHOD

### THE WAFFLES

Place all ingredients into a food processor and mix until smooth.  
Rest for 20 minutes.  
Heat a waffle iron and brush with a little oil.  
Spoon enough mixture into the iron to fill the grooves. Close lid and cook for 2-3 minutes until golden brown.  
Remove and allow to cool. These can be reheated in the oven.

### THE SYRUP

Place all ingredients into a saucepan and boil until liquid starts to thicken slightly. Allow to cool.

### TO SERVE

Peel and slice the mango. Place the warm waffles onto a warm dessert plate, allowing 3 per serving. Top with the mango and drizzle with the delicious syrup.