

Whole Grain Waffles

10 Servings

Prep 0:00 Cook 0:00 Stand 0:00 Total 0:00

I use Multi grain flour

- 2 cups flour, Multigrain**
- 2 teaspoons baking powder, Rumford (non aluminum)**
- 1/4 teaspoon salt, (Orsa)**
- 3 eggs, yokes beaten**
- 1 3/4 cups milk**
- 1/3 cup olive oil, or other favorite**
- 3 eggs, whites stiffly beaten**

- 1 cup nuts, Walnuts or pecans chopped chunk, (optional)**
- 2 teaspoons lemon rind, (optional)**

Sift dry

Mix wet

fold in egg whites

for Four Belgian waffle Iron I use 7/8 Cup mix cooked for 4 minutes

Serve with fruit sauce (fresh fruit blended with water)

Source: Raida Baker

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Amount Per Serving

Calories 234 Calories from Fat 116

Percent Total Calories From:

Fat 50% Protein 13% Carb. 37%

Nutrient	Amount per Serving	% Daily Value
Total Fat	13 g	20%
Saturated Fat	3 g	15%
Cholesterol	133 mg	44%
Sodium	187 mg	8%
Total Carbohydrate	22 g	7%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	8 g	

Vitamin A 5% Vitamin C 1% Calcium 0% Iron 4%