Wondrous Waffles

These tasty waffles are a good source of calcium and protein—a great way to start your morning! Try freezing any leftovers and let your kids pop them in the toaster in the morning for a quick and easy breakfast.

Serves 8



Nutrition Facts

Serving Size 1 waffle (119g) Servings Per Recipe 8

Servings Per Recipe 8			
Amount Per Ser	ving		
Calories 220) Calc	ries fron	n Fat 80
		% Da	ily Value*
Total Fat 9g			14%
Saturated		5%	
Trans Fat 0g			
Cholesterol		15%	
Sodium 320mg			13%
Total Carbol	hydrate 2	27g	9%
Dietary Fiber 4g			16%
Sugars 6g			
Protein 7g			
Vitamin A 4%	· \	√itamin 0	0%
Calcium 15%	• I	ron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • C	Less than Less than te	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Please note: nutritional values are approximate.

Ingredients

- 2 eggs
- 1¾ cups low-fat milk
- 3 tablespoons oil
- ½ cup unsweetened applesauce
- 1 teaspoon vanilla
- 1 cup whole wheat pastry flour
- ½ cup all-purpose flour
- ½ cup ground flaxseed
- 3 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 tablespoon sugar
- ¼ teaspoon salt
- Cooking spray

Directions

- 1. Preheat waffle iron.
- 2. In a large bowl, whisk together the eggs, milk, oil, applesauce, and vanilla.
- Add whole wheat pastry flour, allpurpose flour, ground flaxseed, baking powder, cinnamon, sugar, and salt.
 Whisk for 1 minute until all ingredients are blended evenly.
- 4. Spray waffle iron with cooking spray. Pour ⅓ cup of batter into waffle iron and cook until waffle is crisp and golden brown. Repeat process.

