

Whole Wheat Waffles

Total Time: 40 min.
Prep Time: 10 min.
Cooking Time: 30 min.
Yield: 10 servings, 1 waffle each

Ingredients:

- 2 cups whole wheat flour
- 1 cup all-purpose flour
- 1 Tbsp. baking powder
- ¼ cup ground flax seed
- ½ tsp. sea salt (or Himalayan salt)
- 4 large eggs, lightly beaten
- 2¾ cups unsweetened almond milk (or low-fat (1%) milk)
- ¼ cup pure maple syrup
- 2 Tbsp. sunflower oil
- Nonstick cooking spray

Preparation:

1. Combine flours, baking powder, flax seed, and salt in a medium bowl; mix well. Set aside.
2. Combine eggs, almond milk, maple syrup, and oil in a large bowl; mix well. Add flour mixture. Mix until blended.
3. Pour ¾ cup of batter at a time onto hot waffle iron, lightly coated with spray. Cook waffles until golden brown and crisp.
4. One serving equals one waffle; leftover waffles can be wrapped up and frozen.



Nutritional Information (per serving):

Calories: 235
Total Fat: 8 g
Saturated Fat: 1 g
Cholesterol: 74 mg
Sodium: 304 mg
Carbohydrates: 34 g
Fiber: 4 g
Sugars: 6 g
Protein: 8 g

Portion Fix Containers

2 Yellows
1½ tsp.