



Gram's Waffles

Makes 6 waffles

Family recipe passed down from grandmother, daughter and now granddaughter. Enjoyed by generations. Refrigerate or freeze any leftovers and reheat for a quick and healthy breakfast.

½ cup whole wheat flour
½ cup white flour
1 ½ Tablespoons sugar
½ teaspoon baking soda
½ teaspoon baking powder
¼ teaspoon salt
2 eggs, separated
2 Tablespoons canola oil
1 cup low fat or fat free buttermilk for waffles

- Sift together flours, sugar, baking soda, baking powder and salt.
- In a large bowl beat egg yolks. Mix in oil and buttermilk.
- Add sifted dry ingredients and mix.
- In a small bowl, beat egg whites till soft peaks form. Fold into batter with a spatula.
- Spray waffle iron with non-stick cooking spray if needed, and preheat.
- Cook and eat while they're hot!
- Enjoy plain, with jam or with fresh or frozen berries and a dollop of yogurt.
- (To make Pancakes: increase buttermilk to 1 ¾ cups. Makes 12 pancakes.)

Nutritional Information per waffle:

Calories: 161

Total fat: 6.4g

Saturated fat: 1g

Carbohydrates: 19g

Fiber: 1.5g

Protein: 6g