

Recipe of the Month

Whole Grain Waffles for September 2011

INGREDIENTS

- 1/2 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1/2 cup quick-cooking oats
- 1 teaspoon baking powder
- 1 1/4 cups fat-free (skim) milk
- 1 egg
- 1 tablespoon canola oil
- Fresh fruit of your choice (optional)



DIRECTIONS

1. Heat nonstick waffle maker. In large bowl, mix all-purpose flour, whole wheat flour, oats and baking powder.
2. In small bowl, mix milk, egg and oil until well blended. Add to flour mixture all at once; stir just until large lumps disappear.
3. Spread batter in hot waffle maker; bake until waffle is golden brown and steaming stops. Serve with fresh fruit. **3 servings (two 4-inch waffles each)**

Nutritional Information per Serving:

Calories 290 (Calories from fat 50); Total Fat 6 g (Saturated fat 1/2 g); Cholesterol 0 mg; Sodium 250 mg; Total Carbohydrate 45 g; Dietary Fiber 4 g; Protein 13 g



Recipe from www.eatbetterearly.com