

Best Ever Whole Wheat Waffles

Yield: 5 servings

Ingredients

1.5 cups low-fat milk or soy milk
1/3 cup butter, melted (substitute if needed)
1 egg
1 teaspoon vanilla extract
2 tablespoons pure maple syrup
1.5 cups whole wheat flour
2 teaspoons baking powder
1/4 teaspoon salt

Optional toppings: non-fat Greek yogurt, fruit, cinnamon



Directions

1. Plug in waffle iron to preheat.
2. In a large mixing bowl, whisk together milk, egg, vanilla, maple syrup, and melted butter.
3. Melt the butter in the microwave, then add it to the bowl along with the eggs, vanilla, maple syrup, and vanilla. Whisk again until well-combined.
4. In a separate mixing bowl, stir together flour, baking powder, and salt.
5. Dump the dry ingredients into the wet ingredients, and stir until just combined. Some lumps are OK!
6. Pour batter into the waffle iron, one half cup at a time, and cook until golden brown and crispy.
7. Cool leftover waffles completely before storing in freezer bags in the fridge or freezer.

Nutrition Information per serving (1 waffle made with soy milk):

Calories: 300, Total Fat: 14.5g, Saturated Fat: 8g, Cholesterol: 69mg, Sodium: 287mg, Carbohydrate 32.4g, Fiber: 5g, Total Sugar: 7g, Added Sugar: 5g, Protein: 8g

SOURCE: <https://www.superhealthykids.com/recipes/best-ever-whole-wheat-waffles/>
