

BUTTERMILK WAFFLES

(COURTESY OF WHEATFOODS.ORG)

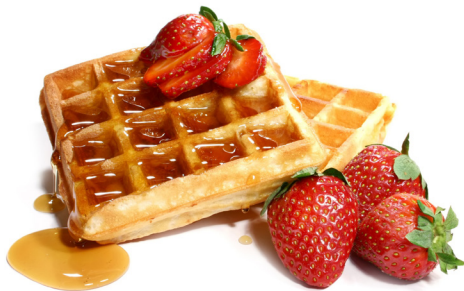
Ingredients:

3 cups all-purpose flour
1 tablespoon baking powder
1 teaspoon baking soda
1 teaspoon salt
1/4 cup sugar
4 eggs
2/3 cup canola oil
2 1/2 cups buttermilk
2 teaspoons vanilla extract

Directions:

In a large bowl combine flour, baking powder, baking soda, salt and sugar. In another bowl, whisk together eggs, oil, buttermilk, and vanilla extract. Whisk together the wet and the dry ingredients. The key to thick, fluffy waffles is to not over mix. A few lumps and bumps are all good. Refrigerate for 10 minutes. Pre-heat your waffle iron to medium heat then generously butter or grease it. Spoon roughly 1/4-1/3 cup of batter into a preheated waffle iron. Cook the waffles until golden and crisp. All waffle irons are different, but roughly 3-4 minutes. ****TIP: Resist the urge to open the waffle iron while cooking so you don't let out all the steam that will give you a crisp, golden waffle.****

Top with butter, maple syrup and enjoy!



Servings: 8

Nutritional information for one serving: Calories: 426

11g Protein, 46g Carbohydrates, 1 g Fiber, 22g Fat, 3g Saturated Fat, 98mg Cholesterol, 317mg Sodium.