



HEALTHY COOKING

Multi-grain Waffles with Strawberries

Ingredients

4 cups strawberries, hulled and sliced
3 Tbsp. granulated sugar
2 cups nonfat buttermilk
1/2 cup rolled oats
2/3 cup whole-wheat flour
2/3 cup all-purpose flour
1/4 cup cornmeal or wheat germ
1 1/2 tsp. baking powder

1/2 tsp. baking soda
1 tsp. ground cinnamon
1/4 tsp. salt
2 large eggs, lightly beaten
1/4 cup packed brown sugar
1 Tbsp. canola oil
2 tsp. vanilla extract

Directions

1. Combine the strawberries with the granulated sugar and let them sit for about a half hour until they release some juice.
2. Preheat your waffle iron. Mix the buttermilk with the oats and let stand for about 15 minutes.
3. Whisk the flours, cornmeal or wheat germ, baking powder, baking soda, salt and cinnamon in a large bowl. Stir the eggs, brown sugar, oil and vanilla into the buttermilk-oat mixture.
4. Add the wet mixture to the dry mixture and combine until everything is moistened.
5. Spray waffle iron with cooking spray. Pour 1/3 to 2/3 cup of batter on the waffle iron. Cook the waffle for 4 to 5 minutes.
6. Serve hot with strawberry topping.

Tips: Freeze remaining waffles. Put in toaster oven to reheat.

Nutritional Information

Calories: 213 | Total Fat: 4g | Saturated Fat: 1g | Trans Fat: 0g | Cholesterol: 55mg
Sodium: 329mg | Total carbs: 36g | Dietary Fiber 4g | Protein: 8g

Servings: 8