

A Healthy Breakfast



Recipes Courtesy Chef Bryan Woolley

Whole Wheat Waffles

- 3 ¾ cups whole wheat flour
- ¼ cup wheat gluten
- 1 tbsp. brown sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 2 eggs
- 3 egg whites
- ½ cup apple sauce
- 3 cups skim milk
- ¼ cup canola oil



1. Whisk everything except the egg whites together and set aside.
2. Whisk the egg whites to stiff peaks and fold into the waffle batter.
3. Follow waffle maker instructions for waffles
4. Makes approximately 8 six-inch round Belgian waffles.

Morning Fruit Drink

- ½ cup frozen mixed berries
- 1 cup skim milk
- 1 banana
- ¼ cup pasteurized egg whites
- 1 tbsp honey

1. Blend ingredients together in a blender until smooth.
2. Makes 2 servings approximately 1 ½ cups each.

Nutrition Facts- Waffles

| | |
|--------------------------|-------|
| Serving Size: One waffle | |
| Calories | 340 |
| Total Fat | 9g |
| Saturated Fat | 1g |
| Cholesterol | 55mg |
| Sodium | 360mg |
| Carbohydrates | 51g |
| Dietary Fiber | 7g |
| Sugars | 8g |
| Protein | 16g |

Diabetic Exchanges

| | |
|---------------|---|
| Protein | 2 |
| Fat | 2 |
| Carbohydrates | 3 |

Nutrition Facts- Fruit Drink

| | |
|------------------------|-------|
| Serving Size: ½ recipe | |
| Calories | 160 |
| Total Fat | 0g |
| Saturated Fat | 0g |
| Cholesterol | 0mg |
| Sodium | 105mg |
| Carbohydrates | 32g |
| Dietary Fiber | 3g |
| Sugars | 25g |
| Protein | 8g |

Diabetic Exchanges

| | |
|--------------|---|
| Protein | 1 |
| Fat | 0 |
| Carbohydrate | 2 |