



Buttermilk Waffles

Serves 6

Instead of maple syrup, try topping each buttermilk waffle with ½ cup sliced fresh peaches sprinkled with cinnamon, ¾ cup berries (strawberries, blueberries or raspberries) or ½ cup applesauce

1 cup whole wheat (whole-meal) flour
1 cup all-purpose (plain) flour
1 teaspoon baking powder
½ teaspoon baking soda
1 tablespoon sugar
2 cups buttermilk
1 egg
4 egg whites

In a large mixing bowl, combine the flours, baking powder, baking soda and sugar

In a medium bowl, whisk together the buttermilk and whole egg. Add to the flour mixture and stir to mix evenly.

In a large metal or glass bowl, using an electric mixture on high speed, beat the egg whites until stiff peaks form. Gently fold the egg whites into the flour mixture.

Place a baking sheet in the oven and preheat to 225 F.

Preheat a waffle iron. Spray with cooking spray if necessary. Spoon or ladle about ¾ cup of the batter into the waffle iron, depending on the size of the iron. Spread slightly with a spoon and cook according to the manufacturer's instructions. Transfer the waffle to the baking sheet in the oven to keep warm. Repeat with the remaining batter to make 6 waffles.

Nutritional Analysis

Serving Size: 1 waffle

Calories	208
Fat	2g
Saturated Fat	1g
Monounsaturated Fat	1g
Cholesterol	39mg
Sodium	281mg
Carbohydrates	37g
Fiber	3g
Protein	11g
Potassium	274mg
Calcium	124mg

Diabetic Exchanges:

Starches	2
milk and milk products	1/2