

Buttermilk waffles

Dietitian's tip: Instead of syrup, try topping each buttermilk waffle with 1/2 cup sliced fresh peaches sprinkled with cinnamon, 3/4 cup berries (strawberries, blueberries or raspberries) or 1/2 cup applesauce.

SERVES 6

Ingredients

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

Directions

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 3/4 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

(per serving)

Serving size: 1 waffle			
Calories	208	Cholesterol	39 mg
Protein	11 g	Sodium	281 mg
Carbohydrate	37 g	Fiber	3 g
Total fat	2 g	Potassium	274 mg
Saturated fat	1 g	Calcium	124 mg
Monounsaturated fat	1 g		

DIABETES MEAL PLAN EXCHANGES

Starches	2
Milk and milk products	1/2