

Whole Wheat Waffles

Prep time: 15 minutes

Total time: 31 minutes

Yield: 3 Belgian-style (deep-pocket) 7" waffles

Ingredients

- 1 1/2 cups (170g) Wheat Flour
- 2 teaspoons baking powder
- 1/2 teaspoon table salt
- 2 tablespoons (25g) granulated sugar
- 1 large egg
- 1 1/2 cups (340g) milk, lukewarm
- 5 tablespoons (71g) butter, melted or 1/3 cup (67g) vegetable oil

Instructions

1. Preheat your iron while you make the waffle batter.
2. In a large bowl, whisk together the flour, baking powder, salt, and sugar.
3. In a separate bowl or large measuring cup, whisk together the egg, milk, and butter or oil.
4. Add the wet ingredients to the dry ingredients, stirring just until combined. The batter will be a bit lumpy; that's OK.
5. Cook the waffles as directed in the instructions that came with your waffle iron. Serve warm.

If your family is sensitive to whole wheat's sometimes assertive flavor, try substituting 2 tablespoons orange juice for 2 tablespoons of the milk in this recipe. The OJ tames whole wheat's potentially tannic taste, without adding any citrus flavor of its own.