



## **Gram's Waffles**

Makes 6 waffles

Family recipe passed down from grandmother, daughter and now granddaughter. Enjoyed by generations. Refrigerate or freeze any leftovers and reheat for a quick and healthy breakfast.

½ cup whole wheat flour  
½ cup white flour  
1 ½ Tablespoons sugar  
½ teaspoon baking soda  
½ teaspoon baking powder  
¼ teaspoon salt  
2 eggs, separated  
2 Tablespoons canola oil  
1 cup low fat or fat free buttermilk for waffles

- Sift together flours, sugar, baking soda, baking powder and salt.
- In a large bowl beat egg yolks. Mix in oil and buttermilk.
- Add sifted dry ingredients and mix.
- In a small bowl, beat egg whites till soft peaks form. Fold into batter with a spatula.
- Spray waffle iron with non-stick cooking spray if needed, and preheat.
- Cook and eat while they're hot!
- Enjoy plain, with jam or with fresh or frozen berries and a dollop of yogurt.
- (To make Pancakes: increase buttermilk to 1 ¾ cups. Makes 12 pancakes.)

### Nutritional Information per waffle:

Calories: 161  
Total fat: 6.4g  
Saturated fat: 1g  
Carbohydrates: 19g  
Fiber: 1.5g  
Protein: 6g