

Multi-Grain Waffles

8 Servings, 2 Waffles each

Ingredients:

2 cups buttermilk
1/2 cup old-fashioned rolled oats
2/3 cup whole-wheat flour
2/3 cup all-purpose flour
1/4 cup toasted wheat germ or cornmeal
1 1/2 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
1 tsp. ground cinnamon
2 large eggs, lightly beaten
1/4 cup packed brown sugar
1 Tbsp. canola oil
2 tsp. vanilla extract

Directions:

Mix buttermilk and oats in a medium bowl; let stand for 15 minutes.

Whisk whole-wheat flour, all-purpose flour, wheat germ (or cornmeal), baking powder, baking soda, salt and cinnamon in a large bowl.

Stir eggs, sugar, oil and vanilla into the oat mixture. Add the wet ingredients to the dry ingredients; mix with a rubber spatula just until moistened.

Coat a waffle iron with cooking spray and preheat. Spoon in enough batter to cover three-fourths of the surface (about 2/3 cup for an 8-by-8-inch waffle iron). Cook until waffles are crisp and golden brown, 4 to 5 minutes. Repeat with remaining batter.

Nutritional Information:

One Serving (2 waffles)

Calories: 188

Cholesterol: 55mg

Carbohydrates: 30g

Fat: 4g

Sodium: 328mg

Dietary Fiber: 3g

Protein: 8g

Source: www.cooking.com