

Buttermilk Whole-Grain Waffles

Our whole-grain waffles are light and crisp, with an appealing crunch from good-for-you wheat germ and cornmeal. The waffles are topped with a blueberry sauce that takes less than 5 minutes to prepare.



Prep Time: 15 Minutes.

Bake Time: 20 Minutes.

Ready in approx: 30 Minutes. Serves 4

3/4 tsp	cornstarch	4 ml
1/2 cup + 2 tbsp	water	150 ml
3 tbsp	unsalted butter, divided	45 ml
1 tbsp	sugar	15 ml
2 cups	fresh or frozen blueberries	480 ml
	nonstick cooking spray	
3/4 cup	gluten flour	180 ml
1/2 cup	whole-wheat flour	120 ml
1/2 cup	soy protein powder	120 ml

1/2 cup	cornmeal	120 ml
1-1/2 tsp	baking soda	7.5 ml
1/2 tsp	salt	2.5 ml
1-3/4 cup	low-fat buttermilk	420 ml
2	large eggs, separated	2
1/2 tsp	vanilla extract	2.5 ml
2	large egg whites	2

Directions

- 1 Stir together the cornstarch with the 2 tablespoons of water in a cup until smooth. Melt 1 tablespoon of the butter in a small saucepan over medium-high heat. Add the sugar and blueberries and cook, stirring, until bubbling, about 1 minute. Stir in the cornstarch mixture and cook, stirring, until slightly thickened and bubbling, about 1 minute longer.
- 2 Spray a waffle iron with nonstick cooking spray and preheat as the manufacturer directs.
- 3 Meanwhile, in a medium mixing bowl, whisk together the gluten flour, whole-wheat flour, soy powder, cornmeal, baking soda and salt. In a separate medium mixing bowl, combine the buttermilk, 1/2 cup of the water and the egg yolks. Melt 2 tablespoons butter and whisk into the buttermilk mixture.

- 4 In a medium mixing bowl with an electric mixer on medium-high speed, or with a whisk, beat the egg whites until soft peaks form. Stir the buttermilk mixture into the flour mixture until just blended, then fold in the beaten whites until just mixed.
- 5 When the waffle iron is ready, spread a generous ladleful of the batter into the center and spread to within 1 inch of the edges. Close the lid and bake until brown and crisp, about 5 minutes. Repeat with the remaining batter, reheating the waffle iron between each batch. Serve the waffles with the sauce.

Information per serving:

K-Count: 5

Calories: 456

Carbs: 46.4g

Proteins: 38.4g

Fats: 13.4g

Recipe courtesy of Kinetix