



Whole-Wheat Buttermilk Apple-Cinnamon Waffles

Submitted by PEHP Member Gordon M.

Ingredients:

¾ cup whole-wheat flour
¾ cup all-purpose flour
2 Tbsp wheat germ
1 tsp baking soda
2 tsp ground cinnamon
1 ½ cups cultured low-fat buttermilk
¾ cup extra-virgin olive oil
2 eggs
½ cup low-fat sour cream
2 tsp pure vanilla extract
2 grated, unpeeled apples

Steps:

- Mix dry ingredients together in medium bowl.
- Mix liquid ingredients together in large bowl with hand egg beater or whisk.
- Pour the dry ingredients into the liquid ingredients and whisk lightly just until uniform batter forms. Do not over-mix (some lumps can still remain).
- Add the grated apples into the batter and fold in until just combined.
- Ladle the batter into the waffle iron, about one ladle per waffle and cook until golden brown. Cooking spray is NOT required.

Tips from the Test Kitchen: We love the cinnamon, vanilla, and apple combination for natural sweetness! This recipe also worked with decreasing the oil to ¼ cup. Try using all whole wheat flour, and add 2 tsp baking powder. Cooking spray required depending on waffle iron.