

# Book and Bake

## Chocolate Whole Wheat Waffles



### Discussion guide... something for ages Pre-K to 18!

Copy the recipe for all, tools and ingredients (see side bar).

**EXTRAS:** U.S. map, food scale, internet access, a package w/price of 8-12 waffles.

- **History.** As U.S Minister to France, Thomas Jefferson returned with a waffle iron in 1789, serving waffles to many... Meriwether Lewis enjoyed waffles before Lewis & Clark Expedition! Why would Mr. Jefferson NOT have served these waffles? **A:** Chocolate wasn't used in baking til 1832!
- **Math.** How many waffles does the recipe make and how much does each weigh? What is the *net weight* of the waffles the recipe makes? (A: 36 oz) How does the price of making your own compare with buying a package of frozen waffles? **A :** compare *net weight* and *price of purchased waffles* How many grain servings in one waffle? (A: 1 oz=1 serving=3 servings)
- **Science.** State the Question. What makes the waffle light, not flat? Read the recipe together. What is their *hypothesis*?  
**A:** Gas bubbles produced by the *leavening* (LEH-vuhn-ing) ingredients What is the *leavening* in the waffle and what gas does each type contribute? (A: Beaten egg whites (O<sub>2</sub> & CO<sub>2</sub>); baking powder (CO<sub>2</sub>)
- **Reading.** Read the *recipe* together, top to bottom. Take time to study the directions, terms. Before beginning, gather all *ingredients* and tools. Divide into teams and assign or ask teams self-assign prep steps.
- **Consumer science.** Compare ready-to-eat frozen waffles with Chocolate Waffles (A: Chocolate Waffles are wholegrain; cocoa is rich in heart-healthy *flavanols* ; use Nutrition Facts & compare fat, sugars, fiber, protein, sodium, potassium, Vit. A, C, calcium, iron)
- **Creativity.** Use these terms in a mad-lib story or sentence!  
waffles... leavening... price... ingredients... flour... milk... cocoa... sugar... net weight... French... Thomas Jefferson... protein... whole grain... baking powder... beat... preheat... waffle iron... butter
- **Team work.** Describe how you can work together best to make great Chocolate Waffles. How can you divide clean up and baking?
- **Tech Time.** Learn more about flour, waffles, wheat, sugar and chocolate.  
How Flour is Milled. <http://www.namamillers.org/education/kid-zone/>  
Waffle history. <http://bit.ly/1CPH6Qr>  
Get food facts, not myths. Wheat and Sugar Facts. [Wheatfoods.org](http://Wheatfoods.org) and [sugar.org](http://sugar.org)  
Fun Facts about Chocolate, <https://www.candyusa.com/story-of-chocolate/fun-facts-about-chocolate/>

### Book AND Bake Options:

- **Beans to Chocolate.** How Things are Made. Inez Snyder.
- **Grandma's Chocolate.** Mara Price. (Spanish/English)
- **Smart About Chocolate.** Sandra Markle. (K and up)
- **DK Readers: The Story of Chocolate.** C. J. Polin (Gr. 2 and up)
- **Charlie and the Chocolate Factory.** Roald Dahl. (Many ages)
- **Everything on a Waffle.** Polly Horvath. (Many ages)



### What you'll need.

#### Cost per recipe:

Pre-K to 1st: Teams of 3-4 per aide

- ☐ Tables/space, 6-12 teams
- ☐ Aprons for each baker
- ☐ 2 to 4 waffle irons/drop cords  
(Plug in at separate outlets)
- ☐ 6 – 12 medium mixing bowls
- ☐ 6-12 small glass or metal mixing bowls (to beat egg whites)
- ☐ 6-12 wire whisks
- ☐ 6-12 large mixing spoons
- ☐ 6-12 dry measuring cup sets & measuring spoon sets
- ☐ 6-12 liquid 2-cup measuring cups
- ☐ 2-4 vegetable oil pastry brushes
- ☐ Place tray or cookie sheet pan w/ ingredients for **two** teams:

whole wheat flour (4 cups)  
all-purpose flour (2 cups)  
baking powder (1 can)  
granulated sugar (1 cup)  
Baker's cocoa, ½ cup  
chopped nuts (1 cup, opt.)  
small salt container  
1% milk (4 cups)  
4 large eggs (at room temp)  
1 stick butter, cut in half  
½ cup vegetable oil  
vanilla extract (2 tsp.)

- ☐ Confectioner's (powdered)sugar
- ☐ Sifter, serving spoons
- ☐ Other topping options:

Vanilla low-fat yogurt,  
Fresh Berry Sauce,

<https://www.dominosugar.com/recipe/fresh-berry-sauce>

- ☐ Plates, napkins (no utensils)
- ☐ Dishpans, cloths, drying space
- ☐ Need gluten-free flour blend?

**Go to:** Gluten-free links at HomeBaking.org Glossary

**Make your own Gluten Free Flour** blend, *Baking for Special Needs.*

[https://www.homebaking.org/wp-content/uploads/2019/07/final\\_kitchen\\_science-1.pdf](https://www.homebaking.org/wp-content/uploads/2019/07/final_kitchen_science-1.pdf)

Lesson tested and prepared by Sharon Davis, Family & Consumer Sciences . HomeBaking.org

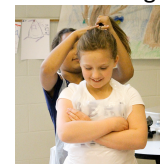
# Chocolate Waffles

## Step-by-Step



1. Store backpacks, coats, phones
2. Wash tables or counter and hands; put on aprons
3. Divide into teams as needed; one recipe serves 12.
4. Read recipe together--top to bottom.
5. Discuss how to share the tasks and begin.
6. Gather ingredients and equipment for each team.

Tie back long hair



### Ingredients and Directions: Makes 12, 3-oz. waffles

1. In a medium-sized bowl, **whisk** together the **dry ingredients**:
  - 2 cups whole wheat flour\* (fluff flour, spoon into dry cup, level off)
  - ½ cup granulated sugar
  - 3 tablespoons baking cocoa
  - 2 teaspoons baking powder
  - ¼ teaspoon salt
  - ½ cup chopped nuts (optional)
2. In a **2-cup liquid measuring cup** use whisk to mix until blended:
  - 1 ½ cups 1% milk
  - ¼ cup melted unsalted butter (**or** ¼ cup vegetable oil)
  - ¼ cup vegetable oil
  - 1 teaspoon vanilla or almond extract
3. **Separate 2 large eggs\*\***--add yolks to 2-cup measuring cup milk mixture; mix well. In a separate glass or metal mixing bowl, **beat** egg whites with clean whisk or electric mixers to form stiff peaks.
4. Brush the waffle irons with vegetable oil and **preheat**.
5. Stir the liquid mixture into the dry ingredient mixture just until blended well. With a large spoon gently **fold** the egg whites into the batter until they disappear.  
View how to "fold," HomeBaking.org Glossary, F. <https://www.homebaking.org/glossary/#f>
6. If possible, warm a cookie sheet or plate to hold waffles in a 175° F. oven.
7. Scoop ¼-cup batter onto each waffle grid, close and bake as waffle iron directs.

➔ Serve waffles hot, sprinkled with confectioner's sugar, OR a drizzle of syrup OR Greek vanilla yogurt and warm cherries.

\* an all-purpose gluten-free flour blend may be substituted

\*\*OR, beat 2 whole eggs until lemon-colored; combine with milk mixture

### Nutrition Facts

Serving Size (83g)  
Servings Per Container

Amount Per Serving

**Calories 250**    **Calories from Fat 130**

% Daily Value\*

**Total Fat 14g**    **22%**

**Saturated Fat 4g**    **20%**

**Trans Fat 0g**

**Cholesterol 50mg**    **17%**

**Sodium 170mg**    **7%**

**Total Carbohydrate 27g**    **9%**

**Dietary Fiber 3g**    **12%**

**Sugars 10g**

**Protein 5g**

Vitamin A 4%    • Vitamin C 0%

Calcium 8%    • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000    2,500



One of 12 waffles, also provides 130 mg potassium, flavanols, 3 servings grain group and one full serving (16g) whole grains. Learn more: [wholegrainscouncil.org](http://wholegrainscouncil.org)

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