

# Crispy Whole Grain Waffles

## Ingredients:

1 2/3 cups whole wheat flour  
1/3 cup cornmeal or favorite multigrain hot cereal  
1/4 cup cornstarch  
1 tablespoon sugar  
4 teaspoons baking powder  
1 teaspoon baking soda  
1/4 teaspoon salt  
3 eggs, beaten  
2 cups buttermilk\*  
1/2 cup melted butter or vegetable oil

\*Option - Mix 2 tablespoons vinegar or lemon juice and additional milk to equal 1 cup.

**Preparation Time:** 20 minutes  
**Baking Time:** Check manufacturer's recommendation  
**Makes:** 16 waffles  
**Serving:** 1 waffle

## Directions:

1. Brush waffle iron with oil and preheat as directed by manufacturer.
2. Combine flour, cornmeal, cornstarch, sugar, baking powder, baking soda and salt in large mixing bowl.
3. Combine eggs, buttermilk and butter in separate mixing bowl.
4. Add liquids to dry mixture. Stir just to blend.
5. Bake in waffle iron until crispy brown or as waffle iron instructions direct.

## Family Activity:

Make a special day even better!  
Let the birthday honoree plan their breakfast menu. Prepare the breakfast as a family and serve the "special" family member as a treat to honor their birthday!

### Nutrition Facts (1 serving/66g)

Calories: 155, Protein: 4g, Carbohydrates: 16g, Dietary Fiber: 2g, Fat: 9g,  
Saturated Fat: 1g, Mono Fat: 4g, Poly Fat: 3g, Cholesterol: 43mg, Calcium: 77mg,  
Potassium: 124mg, Sodium: 293mg

## Fun Fact:

Before Meriweather Lewis left on the Lewis and Clark expedition, he visited Thomas Jefferson Washington D.C., 1801-1803. Jefferson introduced Lewis to a new food – waffles.

## Vocabulary:

### Cornstarch:

the dense fine white flour obtained from the center (endosperm) of corn kernels. When mixed with wheat flour in cakes, cookies and waffles, it produces a finer textured product.