

Whole Grain Waffles

INGREDIENTS

- 2 eggs, beaten
- 1 3/4 cups milk
- 1/4 cup canola oil
- 1/4 cup unsweetened applesauce
- 1 teaspoon vanilla extract
- 1 cup whole wheat pastry flour
- 1/2 cup flax seed meal
- 1/4 cup wheat germ
- 1/4 cup all-purpose flour
- 4 teaspoons baking powder
- 2 tablespoons sugar
- 1 tablespoon cinnamon
- 1/4 teaspoon salt

DIRECTIONS

1. In a large bowl, whisk together the eggs, milk, oil, applesauce, and vanilla. Beat in whole wheat pastry flour, flax seed meal, wheat germ, all-purpose flour, baking powder, sugar, cinnamon, and salt until batter is smooth.
2. Preheat a waffle iron, and coat with cooking spray. Pour batter into waffle iron in batches, and cook until crisp and golden brown.