



Nourish Your Body & Soul

# WHOLE GRAIN WAFFLES

## INGREDIENTS

- 3 tbsp coconut oil
- 3/4 cup oat bran
- 1 cup whole wheat flour
- 2 tsp baking powder
- 1/2 tsp salt
- dash of ground cinnamon, cardamom, ginger, nutmeg
- 1 1/4 cups unsweetened vanilla almond milk
- 1/4 cup 2% milk
- 2 eggs
- butter or ghee to grease iron

## TOOLS

- small saucepan or butter warmer
- whisk
- hand mixer
- 2 small bowls & 1 medium bowl
- waffle iron
- metal cooling rack
- fork

**PREP TIME: 25 MINS**

**COOK TIME: 35-45 MINS**

**TOTAL TIME: 1-1.25 HRS**

**SERVES: 6**

## PREP IT

1. Melt the coconut oil in the small saucepan; remove from heat and allow to cool.
2. Combine the oat bran, flour, baking powder, salt and spices in the medium bowl. Whisk to blend well.
3. Separate the egg whites from the yolks. Put the whites in one small bowl, and one yolk in the other small bowl; discard the second yolk. Beat the egg whites with the hand mixer until stiff.
4. Add the almond milk, 2% milk, and cooled coconut oil to the egg yolk. Beat for 5 seconds with the hand mixer.
5. Stir the milk mixture into the dry ingredients with the whisk until just combined. Gently fold in the egg whites.
6. Let stand 10 minutes while the waffle iron heats up. This allows the oat bran to absorb some of the liquid.

## COOK IT

1. When the waffle iron is hot, grease it and pour in 1/2 cup of the waffle batter. Close the iron and let it cook until the waffle is light or dark brown, depending on your preference for crispiness.
2. Pull the waffle out of the iron, using the fork if needed to pry it up. Serve immediately or set aside on the cooling rack.
3. Grease the waffle iron and repeat until you've used up all the batter.