

MULTI-GRAIN WAFFLES

Adapted from Vegetarian Cooking for Everyone by Deborah Madison

INGREDIENTS

3 eggs, beaten
1 ½ cups milk or buttermilk (plus more to thin the batter as needed)
¼ cup butter, melted
1 teaspoon vanilla
2 cups white whole wheat, all purpose, or whole wheat pastry flour
1 cup additional flour (This can be made from ¼ cup measurements of any of the following: rye, buckwheat, cornmeal, wheat germ, wheat bran, ground flaxseed, quinoa flour, or really any other flour you like.)
1 teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt

optional garnishes:

butter
maple syrup
sautéed apples
fresh fruit

METHOD

Mix the eggs, milk/buttermilk, melted butter, and vanilla together.

In a separate bowl, stir together the flours, baking powder, baking soda and salt.

Pour the wet ingredients into the dry, and stir to combine with a fork.

For waffles, the batter should be on the thin side, so if it seems too thick to pour into your waffle iron easily, add more milk/buttermilk. For pancakes, thicker is better.

Cook according to your waffle iron instructions.