

Whole Wheat Waffles

YOU WILL NEED

- 1.5 cups whole wheat flour
- 1/2 cup cornstarch
- 1 tsp baking powder
- 2 tsp each of baking soda and sugar
- 1/2 tsp salt
- 2 cups milk
- 2 eggs
- 1/2 cup sunflower seed oil (or yours!)
- 2 tsp vanilla or other extract
- 2 Tbsp apple cider vinegar

PROCEDURE

Pre-heat waffle iron and apply cooking spray

Put all dry ingredients in a large bowl and whisk together

In a separate bowl, mix together the milk, eggs, oil and extract

Add wet ingredients INTO dry ingredients. mix until combined with no lumps. do not over mix!

Just before pouring batter into waffle maker, add vinegar and mix quickly

Place on cooling rack to cool completely before putting in plastic freezer bags for storage.

Made 18 waffles in my iron!



TOP TIP

You can add more flavor with various items such as cinnamon, cardamom, nutmeg or experiment with extracts such as almond!