



WHOLEGRAIN WAFFLES

Whole grain EDEN Flakes cause people to burn 25% more calories! Superb plant protein, vitamins, minerals, fiber, polyphenol antioxidants, and phytonutrients are included. Whole Grain greatly assists weight management, physical and mental well-being.

DIRECTIONS

Put rye and kamut flakes in a blender/food processor. Grind a minute or two until a coarse flour. Place this in a mixing bowl. Prepare the millet the same way, but for a longer grind-time about 4 to 5 minutes. Add millet flour, unbleached white flour, sea salt and baking powder to a mixing bowl and mix thoroughly. In a separate bowl combine oil, vinegar and EDENSOY. Mix and let sit for 3 to 4 minutes. It will thicken like buttermilk. Add the Edensoy buttermilk to the dry ingredients and blend well. Heat a waffle iron, lightly oil. When hot, turn the temperature setting to low (1 to 3) add a ladle of batter in the waffle section, close the cover and cook until done, about 2 to 3 minutes or until the cover lifts without sticking. Remove the waffle and repeat. Serve with maple syrup.

RECIPE NUTRITIONAL INFORMATION

calories per serving 295
beneficial fat 7 g (20% fat calories)
protein 5g
complex carbohydrate 56 g
fiber 2g
cholesterol 0 mg
sodium 200 mg



PREP TIME 10 minutes

COOK TIME 20 minutes

SERVES 8

INGREDIENTS

1/2 cup EDEN Rye Flakes
1/2 cup EDEN Kamut Flakes
2/3 cup EDEN Millet
1/2 cup organic unbleached white flour
1/4 tsp EDEN Sea Salt
2 tsp non-aluminum baking powder
3 Tbsp EDEN Extra Virgin Olive Oil
1 Tbsp EDEN Apple Cider Vinegar
1 1/2 cup EDENSOY Vanilla
1 cup organic maple syrup