



HEARTY WHOLE WHEAT-BANANA WAFFLES

Yield: about eight 8" waffles.

Ingredients:

1 1/2 cups whole grain soft flour
2 tsp. baking powder
1/2 tsp. salt
2 Tbsp. brown sugar
1 large egg
1 1/4 cups milk
1 large banana mashed
1/3 cup melted butter or vegetable oil

Procedure:

Whisk together the flour, baking powder, salt, and sugar. In a separate bowl, whisk together the egg, milk, and butter or oil, stir in banana. Mix together the wet and dry ingredients, stirring just till combined. You can add 1/3 cup walnuts if desired.

Cook the waffles as directed in the instructions that came with your waffle iron.

