



"Seedy" Belgian Waffles

Makes 4 servings

Ingredients

- 1 ½ cups whole-wheat pastry flour
- 2 tablespoons chia seeds
- 1 tablespoon poppy seeds
- 1 tablespoon ground flaxseed
- 2 teaspoons baking powder
- 6 tablespoons buttermilk powder
- 1 ½ cups water
- 6 tablespoons cold-pressed canola oil
- 1 tablespoon vanilla extract
- 1 large egg

Directions

1. Preheat Belgian waffle iron.
2. In a large bowl, whisk together flour, seeds and baking powder.
3. In a medium bowl, whisk together remaining ingredients. Add to dry mixture (made in step 2) and stir until well-combined.
4. Pour 1 ¼ cups batter in the middle of the waffle iron. Cook until waffle is cooked through (about 3 to 5 minutes). Repeat with remaining batter.
5. Serve warm with syrup and fresh fruit, if desired.* Freeze leftovers in zip-close bags to enjoy later!

*Option not included in nutrition facts.



MAIN DISH



TIP

If you only have a regular-size waffle iron, follow the manufacturer's instructions for how much batter to add for each waffle.

♥ = heart smart

⊗ = low sodium

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Nutrition Facts

Serving Size 1 Belgian waffle (175g)
Servings Per Container 4

Amount Per Serving

Calories 400 **Calories from Fat 240**

% Daily Value*

Total Fat 27g **42%**

 Saturated Fat 2.5g **13%**

 Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 310mg **13%**

Total Carbohydrate 34g **11%**

 Dietary Fiber 6g **24%**

 Sugars 6g

Protein 9g

Vitamin A 2% • Vitamin C 2%

Calcium 30% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, milk, egg

Carb choices per serving: 2