

Healthy Whole Wheat Waffles

Recipe from Chelsea at www.mmmcafe.blogspot.com

1 cup whole wheat flour
1 cup all-purpose flour
2 tsp. baking powder
1/2 tsp. salt
1 1/2 cups milk
1/3 cup plain applesauce (or canola oil)
2 eggs, separated

Beat egg whites until they hold stiff peaks. In a large bowl whisk flour(s), baking powder, and salt.

In a small bowl whisk together milk, oil, and egg yolks. Stir wet ingredients into the dry ingredients until just combined.

Then, gently fold the egg whites into the batter.

Let rest for 10 minutes, preheat the waffle iron, and bake until golden brown.

Makes 6 Belgian waffles