

# White Wheat Waffles

Plymouth-Canton Ed. Park



## Ingredients

4.5 oz. (7/8 c) white wheat flour  
½ tsp. baking soda  
1/8 tsp. salt  
2 tsp. pumpkin pie spice  
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7 fluid oz. low fat buttermilk  
2 tsp. vanilla extract  
2 tsp. canola oil  
2 tsp. orange juice  
1 tsp. orange zest  
3 oz. sweet potato, grated ¾ c.  
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1 egg, separated  
4 tbsp. quinoa  
1 c. water  
High temperature cooking spray.

## Directions

Bring water to a boil, add quinoa and turn to simmer, cover. Cook about 12 to 15 minutes, uncover and fluff with a fork, cool. Use ¼ cup for waffles.

Mix dry ingredients in a bowl (first 4) then add the next 6 items and egg yolk. Whisk the egg white to stiff peaks in a separate bowl. Gently fold the egg white and ¼ cup quinoa into the wet mixture.

Heat waffle iron, spray lightly and put about 4 oz. or ½ cup of mixture for each waffle .

Serve with Korean BBQ sauce & Chicken

## Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

## Servings 5

167

3.83 g

.76g

38.91mg

282mg

25g

3.73g

6.24g