

Almond Whole Wheat Toaster Waffles

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Makes 6 small waffles or 3 large waffles



(Adapted from King Arthur Flour www.kingarthurfLOUR.com/recipes/whole-wheat-waffles-recipe)

My mornings are always superbusy, and it can be hard to fit in a nutritious breakfast. Recently I've been obsessed with making homemade toaster waffles. On Sunday morning I make a big batch of waffles, freeze what we don't eat, and put the rest in the freezer. Then on weekdays, I grab one out, pop it in the toaster, and eat it on the run. Or, if I have a few minutes, I can sit and eat it with fresh fruit and syrup.

I love this recipe because it has a great nutty flavor and crisp, light texture. It really sticks with me! The whole-wheat flour means I am getting plenty of fiber and phytochemicals. The almond flour adds a wonderful nutty flavor, and some healthy fats, protein, and fiber. I hope you will try it and let me know what you think!

Ingredients

- 1 ½ cup whole wheat flour
- ½ cup almond flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- 2 tablespoons sugar
- 2 large eggs
- 1 ½ cup milk
- 1/3 cup canola oil

Directions

1. In a large bowl, whisk together the dry ingredients (whole wheat flour, almond flour, salt, baking powder, and sugar.)

2. In a medium bowl beat the two eggs, and then stir in the milk and oil.
3. Add the egg/milk/oil mixture to the dry ingredients and stir just until combined. It is ok if it is a little lumpy, and you don't want to stir too much or the waffles will be tough.
4. Cook the waffles using your waffle iron according to the instructions that came with your waffle iron.
5. Freeze the waffles flat on a cookie sheet and then transfer to a Ziploc bag and put in the freezer.

Notes

You might need to experiment a little to figure out how much batter to use in your iron to make waffles that fit in your toaster. In my iron (it makes thin waffles), I use about $\frac{1}{4}$ cup of batter and this makes a waffle of the right diameter to fit in my toaster.

I find almond flour in the natural section of my grocery store. If you can't find it, or it is too expensive, the waffles are really good without it too. If you leave out the almond flour, only use one egg.

This recipe is very flexible for people with food allergies or restrictions. Try using soy or almond milk instead of cows milk, substitute a gluten-free flour mixture for the whole wheat flour, or leave out the almond flour if you can't have nuts (only use 1 egg if you leave out the almond flour).

Right after you pour the batter into your waffle iron but before you close the lid, you can sprinkle in some chopped pecans if you like a little extra crunch in your waffle.

Authors

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