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Whole-Grain Waffles with Cherry Sauce

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Cornmeal adds appealing texture to these waffles and hot cherry sauce is a tasty, nutrient-rich alternative to maple syrup. Any fine cornmeal works in the recipe. If you want to use whole-grain cornmeal, look for finely ground cornmeal labeled “whole-grain” or “stone-ground” in the natural-foods section of the supermarket or at natural-foods stores.

6 servings, one 6-inch Belgian waffle & 1/4 cup sauce each | Active Time: 1 hour | **Total Time:** 1 hour

Ingredients

Cherry Sauce

- 2 cups fresh or frozen (not thawed) pitted cherries (10-ounce package)
- 1/4 cup water
- 1/4 cup honey
- 2 teaspoons cornstarch
- 1 teaspoon lemon juice
- 1 teaspoon vanilla extract

Waffles

- 2 cups white whole-wheat flour (see Note)
- 1/2 cup fine cornmeal
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 large eggs
- 1/4 cup packed light brown sugar
- 2 cups low-fat or nonfat buttermilk
- 1 tablespoon extra-virgin olive oil or canola oil
- 2 teaspoons vanilla extract

Preparation

1. To prepare cherry sauce: Combine cherries, water, honey, cornstarch, lemon juice and vanilla extract in a small saucepan. Bring to a boil over medium heat and cook, stirring occasionally, until the mixture thickens, about 1 minute. Set aside.
2. To prepare waffles: Preheat oven to 200°F; place a large baking sheet on the center rack.
3. Whisk whole-wheat flour (see Measuring Tip), cornmeal, baking powder, baking soda and salt in a large bowl. Lightly beat eggs and brown sugar in a medium bowl. Add buttermilk, oil and vanilla; whisk until well blended. Add the wet ingredients to the dry ingredients, stirring until just combined.
4. Preheat a Belgian-style waffle iron. Lightly coat it with cooking spray. Add enough batter to cover about two-thirds of the surface (about 2/3 cup); distribute evenly with a spatula. Close and cook until golden brown, 4 to 5 minutes. Transfer the waffles to the baking sheet to keep warm until ready to serve; do not stack. Repeat with the remaining batter, using more cooking spray as needed. Warm the cherry sauce over medium heat until hot and bubbling; serve with the waffles.

Nutrition

Per serving : 380 Calories; 5 g Fat; 1 g Sat; 3 g Mono; 74 mg Cholesterol; 74 g Carbohydrates; 12 g Protein; 6 g Fiber; 456 mg Sodium; 346 mg Potassium

4 1/2 Carbohydrate Serving

Exchanges: 2 1/2 starch, 1/2 fruit, 2 other carbohydrate, 1 fat

Tips & Notes

- **Make Ahead Tip:** Prepare the sauce (Step 1), cover and refrigerate for up to 3 days. To serve, gently reheat. Tightly wrap the waffles and refrigerate for up to 3 days or freeze for up to 3 months. Reheat in the toaster. | Equipment: Belgian-style waffle iron
- **Ingredient note:** White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour. It is available in large supermarkets and at natural-foods stores. (Or find it online from bobsredmill.com or kingarthurflour.com.) Store it in the freezer.
- **Measuring tip:** We use the “spoon and level” method to measure flours. Here’s how it is done: Use a spoon to lightly scoop flour from its container into a measuring cup. Use a knife or other straight edge to level the flour with the top of the measuring cup.