



Whole Wheat Waffles

Trying to add extra fiber to your family's diet? These whole-grain waffles are a tasty place to start. They're so crisp and light, no one will ever suspect they're made with 100% whole wheat flour!

Baking gluten-free? For great results, substitute King Arthur Gluten-Free Measure for Measure Flour for the all-purpose flour in this recipe; no other changes needed.

- 1 1/2 cups King Arthur White Whole Wheat Flour or Gluten-Free Measure for Measure Flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 tablespoons sugar
- 1 large egg
- 1 1/2 cups lukewarm milk
- 1/3 cup melted butter or vegetable oil

Directions

1. Preheat your iron while you make the waffle batter.
2. Whisk together the flour, baking powder, salt, and sugar.
3. In a separate bowl, whisk together the egg, milk, and butter or oil.
4. Mix together the wet and dry ingredients, stirring just until combined. The batter will be a bit lumpy; that's OK.
5. Cook the waffles as directed in the instructions that came with your waffle iron.
6. Yield: 3 generous round Belgian-style (deep-pocket) 7" waffles.

Tips from our bakers

- If you or your family are very sensitive to whole wheat's sometimes assertive flavor, try substituting 2 tablespoons orange juice for 2 tablespoons of the milk in this recipe. The OJ tames whole wheat's potentially tannic taste, without adding any citrus flavor of its own.
- Our Gluten-Free Measure for Measure Flour makes it easy to make many of your favorite traditional recipes (like this one) gluten-free. Simply substitute Measure for Measure flour 1:1 for the flour called for in your recipe; no additional ingredients or other changes needed.



AT A GLANCE

PREP

15 mins. to 25 mins.

BAKE

4 mins. to 5 mins.

TOTAL

31 mins. to 45 mins.

YIELD

3 generous round Belgian-style (deep-pocket) 7" waffles

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