



## Whole-Grain Waffles with Cherry Sauce



Photo Credit: Ken Burris

### Nutritional Information (per serving)

Calories	<b>380</b>
Total Fat	5g
Saturated Fat	1g
Cholesterol	74mg
Sodium	456mg
Total Carbohydrate	--
Dietary Fiber	6g
Sugars	--
Protein	12g
Calcium	--

### Ingredients

#### Cherry Sauce

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

#### Waffles

- 2 cup(s) white whole-wheat flour (see Tips & Techniques)
- .5 cup(s) fine cornmeal
- 1.5 teaspoon(s) baking powder

- .5 teaspoon(s) baking soda
- .25 teaspoon(s) salt
- 2 large eggs
- .25 cup(s) packed light brown sugar
- 2 cup(s) low-fat or nonfat buttermilk
- 1 tablespoon(s) extra-virgin olive oil or canola oil
- 2 teaspoon(s) vanilla extract

## Directions

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.

**Carb Servings:** 2 1/2 starch, 1/2 fruit, 2 other carbohydrate, 1 fat Carbohydrate Servings: 4 1/2 Nutrition Bonus: Iron (35% daily value).

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