

**Flax Waffles**

1 1/4	cups	unbleached all purpose flour	300	mL
1/4	cup	ground flaxseed	50	mL
1	tbsp.	baking powder	15	mL
1	tbsp.	granulated sugar	15	mL
1/2	tsp.	salt	2	mL
2		large eggs, separated	2	
1	cup	1% milk	250	mL
2	tbsp.	flaxseed oil	25	mL
1/4	tsp.	vanilla extract	1	mL

- In a large bowl, combine flour, ground flaxseed, baking powder, sugar and salt. Blend well.
- In another bowl, whisk egg yolks until thick.
- Add milk, flaxseed oil and vanilla. Mix well.
- Combine wet mixture with dry ingredients. Mix until smooth.
- Beat egg whites until soft peaks form. Fold into batter.
- Heat and prepare waffle iron as per manufacturer's directions.
- Scoop batter onto waffle iron and cook until done.
- Serve with maple syrup, fresh fruit, whipped cream, etc.

Yield: 5 servings

Serving Size: 2 – 3 x 5 inch (7.5 x 12.5 cm) waffles

**Single Serving Nutrient Values**

Calories	253	
Protein	8.64	g
Carbohydrate	31.72	g
Fiber	2.76	g
Fat	10.90	g
Saturated	2.63	g
Monounsaturated	2.70	g
Polyunsaturated	4.99	g
Cholesterol	76.36	mg
Folate	57.44	mcg
Potassium	187.81	mg
Sodium	441.85	mg