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### **Back to School Banana Waffles**

These banana waffles are soft, fluffy and made with whole-wheat flour and oats that make them delicious and high in filling fiber. Whole grains provide more fiber and phytonutrients than their refined counterparts. The oats provide polyphenolic substances that can help reduce cancer-promoting inflammation. Top with fresh blueberries and walnuts for a healthy start to your day.

#### **Banana Waffles with Blueberries and Walnuts**

- 1 medium banana
- 1 large egg
- 1½ cups milk
- ¼ cup canola oil
- 1 tsp. vanilla extract
- ¾ cup white whole-wheat flour or whole-wheat pastry flour
- ½ cup unbleached all purpose flour
- ½ cup quick cooking oats
- 2 Tbsp. sugar
- 2 tsp. baking powder
- 1 tsp. ground cinnamon
- 1 tsp. nutmeg
- ½ tsp. salt
- Cooking spray
- ⅓ cup toasted, chopped walnuts

Prepare Blueberry Sauce below.

Preheat waffle iron. For golden brown waffles set browning control on medium. For crisper, darker waffles set browning control to higher setting.

In large mixing bowl, mash banana with fork. Add egg, milk, oil and vanilla extract and stir together. Add flours, oats, sugar, baking powder, cinnamon, nutmeg and salt. Stir together until just combined. Batter will be lumpy.

Spray both sides of waffle iron with cooking spray. Pour batter in center of waffle iron (amount will vary depending on waffle iron size; check manufacturer's instructions for amount). Cook until waffle iron indicates waffle is done, about 3-5 minutes.

Remove waffle from iron and place on serving plate. Top waffle with walnuts and blueberry sauce and serve.

Waffles are best served when made to order. Cooked waffles may be kept warm in oven or toaster oven set on 200 degrees F. Waffles will lose crispness upon holding. Freeze leftover waffles in plastic storage bag and reheat in toaster or toaster oven.

**Makes six 6½-inch waffles.**

**Blueberry Sauce**

1/4 cup honey

2 cups fresh blueberries

2 Tbsp. lemon juice

In small saucepan over medium heat, warm honey, stirring until thin, about 2 minutes. Turn off heat and add blueberries and lemon juice. Let sauce sit until ready to use.

**Makes 2 cups sauce; eight 1/4 cup servings.**

**Per serving (waffles):** 302 calories, 16 g total fat (2 g saturated fat), 33 g carbohydrate, 9 g protein, 4 g dietary fiber, 405 mg sodium.

**Per serving (blueberry sauce):** 54 calories, 0 g total fat (0 g saturated fat), 14 g carbohydrate, 0 g protein, <1 g dietary fiber, <1 mg sodium.

