



## Corn Meal and Oat Waffle Mix



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



2

CALORIES



2510 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.3 cup double-acting baking powder
- ☐ 4 cups cornmeal yellow
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup oats (do not use quick-cooking or steel-cut oats)
- ☐ 4 teaspoons salt
- ☐ 1.8 cups rice flour
- ☐ 0.8 cup sugar
- ☐ 2 cups flour whole wheat

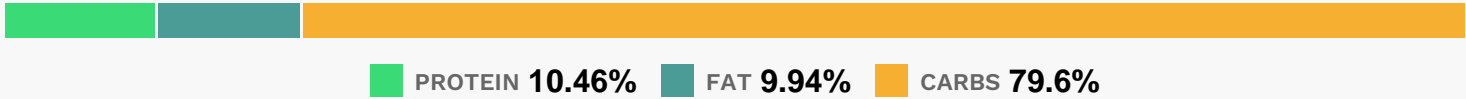
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ blender
- ☐ waffle iron

## Directions

- ☐ Whisk all the ingredients in a large bowl, taking care that the baking powder is evenly distributed throughout. Spoon or pour the whole kit and caboodle into a large container and seal tightly. Store up to 3 months in a dark, cool pantry.
- ☐ NOW WHAT?
- ☐ To make 3 waffles, scoop 1 cup plus 3 tablespoons of the mix into a bowl.
- ☐ Whisk in 1 large egg, 1/2 cup plus 1 tablespoon milk (whole, 2%, 1%, or even fat-free), 1/2 teaspoon vanilla extract, and 2 tablespoons nut oil (walnut, hazelnut, or pecan) or 2 1/2 tablespoons melted and cooled unsalted butter.
- ☐ Mix well and set aside for 10 minutes while the waffle iron heats. Then make the waffles in the iron according to the manufacturer's instructions.
- ☐ Chef It Up! Although butter and maple syrup are the standard condiments, you might want to try sorghum syrup, a Southern favorite. **Testers' Notes**• A whole-grain mix you can make ahead and have on hand for when you're ready for waffles? Sounds like heaven to us!• Make sure you buy coarse whole-grain cornmeal. While the mix can be made with more standard yellow cornmeal—and is still a whole-grain recipe because of the rolled oats—the coarse cornmeal will make every forkful more toothsome.• If you want to turn this mix into pancake batter, thin it out with about 1/4 cup additional milk—or maybe even a little more, depending on how dry the flours have gotten as they've sat on the shelf.• Can't find whole-grain cornmeal? Grind coarse, whole-grain polenta in a large blender or food processor until it's the consistency of coarse cornmeal.
- ☐ Reprinted with permission from *Grain Mains: 101 Surprising and Satisfying Whole Grain Recipes for Every Meal of the Day* by Bruce Weinstein and Mark Scarbrough. Copyright © 2012 by Bruce Weinstein and Mark Scarbrough. Photographs by Tina Rupp. Published by Rodale, Inc.

# Nutrition Facts



## Properties

Glycemic Index:137.8, Glycemic Load:207.52, Inflammation Score:-9, Nutrition Score:57.078695487231%

## Nutrients (% of daily need)

Calories: 2509.66kcal (125.48%), Fat: 28.09g (43.22%), Saturated Fat: 4.29g (26.79%), Carbohydrates: 506.33g (168.78%), Net Carbohydrates: 444.91g (161.79%), Sugar: 80.73g (89.7%), Cholesterol: 0mg (0%), Sodium: 7807.65mg (339.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.56g (133.13%), Manganese: 8.58mg (429.17%), Fiber: 61.41g (245.65%), Phosphorus: 1958.71mg (195.87%), Calcium: 1832.35mg (183.24%), Selenium: 105.51µg (150.73%), Magnesium: 569.31mg (142.33%), Iron: 24.01mg (133.39%), Vitamin B6: 2.41mg (120.34%), Vitamin B1: 1.74mg (116.21%), Zinc: 14.49mg (96.63%), Copper: 1.44mg (71.76%), Vitamin B3: 14.27mg (71.35%), Potassium: 1619mg (46.26%), Folate: 173.95µg (43.49%), Vitamin B2: 0.57mg (33.6%), Vitamin B5: 3.07mg (30.73%), Vitamin E: 2.22mg (14.81%), Vitamin K: 4.04µg (3.85%)