



## Oatmeal-Honey Waffles

 Vegetarian

READY IN



35 min.

SERVINGS



20

CALORIES



145 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 4 tablespoons butter melted
- ☐ 20 servings maple syrup
- ☐ 2 large eggs separated
- ☐ 1.5 cups flour all-purpose
- ☐ 2 tablespoons honey
- ☐ 1.5 cups milk 1% low-fat
- ☐ 1 cup oats uncooked

☐ 0.5 teaspoon salt

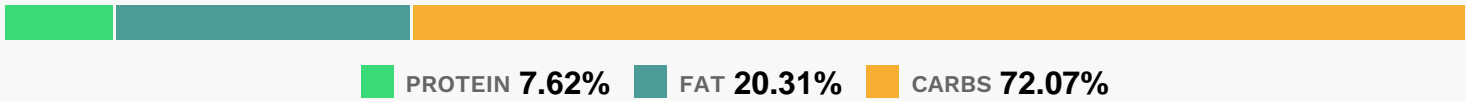
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ waffle iron

## Directions

- ☐ Preheat oven to 35
- ☐ Bake oats in a single layer in a shallow pan 10 minutes or until lightly toasted, stirring after 5 minutes.
- ☐ Let cool on a wire rack 10 minutes. Process oats in a blender or food processor 30 seconds or until finely ground.
- ☐ Sift together flour, baking powder, and salt in a large bowl; stir in ground oats.
- ☐ Beat egg whites at high speed with an electric mixer until soft peaks form.
- ☐ Whisk together egg yolks, milk, butter, and honey in a medium bowl; gently stir into oat mixture. Gently fold in egg whites just until blended.
- ☐ Cook batter in a preheated, oiled waffle iron until golden.
- ☐ Serve each waffle with 1 tsp. butter and 1 Tbsp. maple syrup, if desired.

## Nutrition Facts



## Properties

Glycemic Index:17.29, Glycemic Load:11.98, Inflammation Score:-2, Nutrition Score:5.3543479394816%

Nutrients (% of daily need)

Calories: 144.82kcal (7.24%), Fat: 3.27g (5.03%), Saturated Fat: 1.76g (10.97%), Carbohydrates: 26.12g (8.71%), Net Carbohydrates: 25.45g (9.25%), Sugar: 14.67g (16.3%), Cholesterol: 25.5mg (8.5%), Sodium: 113.66mg (4.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Manganese: 0.67mg (33.74%), Vitamin B2: 0.36mg (20.94%), Selenium: 6.3µg (9%), Vitamin B1: 0.12mg (7.84%), Calcium: 63mg (6.3%), Phosphorus: 60.02mg (6%), Folate: 21.28µg (5.32%), Iron: 0.75mg (4.16%), Magnesium: 14.73mg (3.68%), Zinc: 0.5mg (3.34%), Vitamin B3: 0.64mg (3.21%), Potassium: 106.57mg (3.04%), Fiber: 0.67g (2.67%), Vitamin A: 131.66IU (2.63%), Vitamin B12: 0.16µg (2.62%), Vitamin B5: 0.23mg (2.32%), Vitamin D: 0.29µg (1.96%), Copper: 0.03mg (1.7%), Vitamin B6: 0.03mg (1.39%)