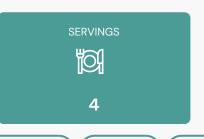


Rise-and-Shine Waffles

Vegetarian







MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

O.8 cup oats
O.3 cup brown sugar packed
1 cup skim milk fat-free (skim)
1 cup yogurt plain fat free yoplait® (from 2-lb container)
0.3 cup maple syrup
O.3 cup eggs fat-free slightly beaten
3 tablespoons soybean oil
0.7 cup flour all-purpose

П	2 tablespoons ground flaxseed	
	2 teaspoons double-acting baking powder	
	1 teaspoon orange zest grated	
	0.3 teaspoon baking soda	
Equipment		
_q	bowl	
H	oven	
H	waffle iron	
ш	warne non	
Directions		
	In large bowl, mix oats, brown sugar and milk; let stand 10 minutes. Meanwhile, in small bowl, mix yogurt and maple syrup until well blended; refrigerate until serving time.	
	Stir egg product and oil into oat mixture. Stir in remaining ingredients until blended.	
	Let stand 5 minutes longer. Meanwhile, heat waffle maker; grease with vegetable oil if necessary (or spray with cooking spray before heating).	
	For each waffle, pour batter onto center of hot waffle maker, spreading batter to edges. (Check manufacturer's directions for recommended amount of batter.) Close lid.	
	Bake 4 to 5 minutes or until steaming stops and waffle is golden brown. Carefully remove waffle. Repeat with remaining batter.	
	Serve waffles with topping.	
Nutrition Facts		
PROTEIN 11.47% FAT 30.26% CARBS 58.27%		
Properties		
Glyc	emic Index:77.19, Glycemic Load:21.47, Inflammation Score:-5, Nutrition Score:17.512173797773%	

Nutrients (% of daily need)

Calories: 427.29kcal (21.36%), Fat: 14.48g (22.27%), Saturated Fat: 2.46g (15.38%), Carbohydrates: 62.74g (20.91%), Net Carbohydrates: 59.63g (21.68%), Sugar: 33.51g (37.23%), Cholesterol: 59.56mg (19.85%), Sodium: 382.3mg

(16.62%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 12.35g (24.69%), Manganese: 1.26mg (63.09%), Vitamin B2: 0.68mg (40.07%), Calcium: 382.87mg (38.29%), Phosphorus: 343.55mg (34.35%), Selenium: 20.61μg (29.45%), Vitamin B1: 0.37mg (24.97%), Vitamin K: 19.44μg (18.52%), Magnesium: 66.21mg (16.55%), Folate: 62.04μg (15.51%), Vitamin B12: 0.86μg (14.4%), Iron: 2.48mg (13.78%), Zinc: 2.06mg (13.75%), Potassium: 450.24mg (12.86%), Fiber: 3.11g (12.44%), Vitamin B5: 1.16mg (11.61%), Vitamin B3: 1.7mg (8.52%), Copper: 0.16mg (8.03%), Vitamin E: 1.08mg (7.22%), Vitamin B6: 0.14mg (7.06%), Vitamin D: 0.98μg (6.52%), Vitamin A: 213.35IU (4.27%), Vitamin C: 1.25mg (1.52%)