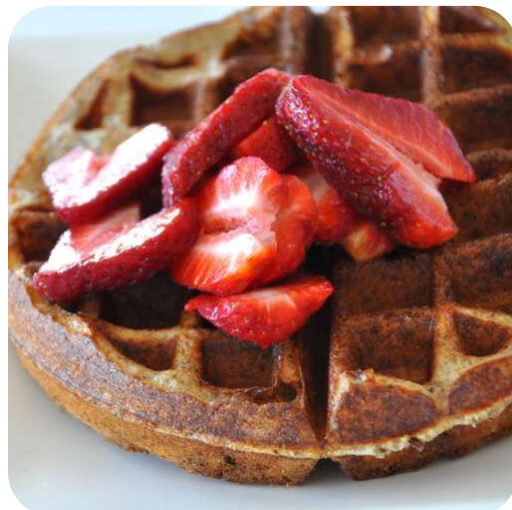


These are more filling than your average waffles. Top with your favorite berries. Such a great way to start your day!

INGREDIENTS:

- 2 eggs, beaten
- 1 $\frac{3}{4}$ cups skim milk
- $\frac{1}{4}$ cup canola oil
- $\frac{1}{4}$ cup unsweetened applesauce
- 1 teaspoon vanilla extract
- 1 cup whole wheat pastry flour
- $\frac{1}{2}$ cup flax seed meal
- $\frac{1}{4}$ cup wheat germ
- $\frac{1}{4}$ cup all-purpose flour
- 4 teaspoons baking powder
- 1 tablespoon sugar
- $\frac{1}{4}$ teaspoon salt



INSTRUCTIONS:

1. In a large bowl, whisk together the eggs, milk, oil, applesauce, and vanilla. Beat in whole wheat pastry flour, flax seed meal, wheat germ, all-purpose flour, baking powder, sugar, and salt until batter is smooth.
2. Preheat a waffle iron, and coat with cooking spray. Pour batter into waffle iron in batches, and cook until crisp and golden brown.

Nutrition Facts
Servings Per Recipe 6
Calories 288

	% Daily Value *
Total Fat 16g	20%
Saturated Fat 2g	9%
Cholesterol 63mg	21%
Sodium 394mg	17%
Total Carbohydrate 28g	10%
Dietary Fiber 5g	18%
Total Sugars 7g	
Protein 10g	
Vitamin C 0mg	1%
Calcium 268mg	21%
Iron 2mg	10%
Potassium 313mg	7%

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.