

Light and Crispy Waffles

INGREDIENTS:

- $\frac{3}{4}$ cup all-purpose flour
- $\frac{1}{4}$ cup cornstarch - is the key to crispy waffles!
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{4}$ teaspoon baking soda
- 1 tablespoon sugar
- $\frac{1}{2}$ teaspoon kosher salt
- 1 cup milk, whole or 2% reduced fat
- 6 tablespoons vegetable oil
- 1 large egg
- $\frac{1}{2}$ teaspoon vanilla extract
- Fruit
- Peanut butter

DIRECTIONS:

Prepare batter:

1. Whisk the flour, cornstarch, sugar, baking powder, baking soda and salt in a medium bowl.
2. In another bowl, whisk the milk, vegetable oil, egg and vanilla together until blended.
3. Pour the milk mixture into the flour mixture and whisk until just mixed. Set batter aside for 10 to 15 minutes so the baking powder has time to activate.

Make waffles:

1. Heat the oven to 200 degrees F and heat the waffle iron.
2. Pour the batter onto the heated waffle iron (about $\frac{1}{2}$ cup) and cook until the waffle is crisp and golden brown.
3. Repeat with the remaining batter, holding the waffles in the oven (try not to stack them). Reheat by toasting and serve with berries and peanut butter for a grab & go breakfast.

Yield: 5 $\frac{1}{2}$ servings

Adapted from: www.inspiredtaste.net



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