



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Whole Wheat Waffles

Serves 3

Ingredients:

1 cup 100% white whole wheat flour
¾ cup low-fat milk (or unflavored unsweetened flaxseed milk or almond milk)
1 large egg
¼ cup canola oil
2 tsp baking powder
1 tsp vanilla
½ tsp cinnamon
1/8 tsp salt
Optional: ½ cup chopped walnuts, 1 sliced banana, 1 TBSP nut butter (almond, peanut, or cashew butter), and 1 TBSP pure maple syrup for topping.



Directions:

1. Preheat waffle iron. Beat eggs in a large bowl. Beat in flour, milk, oil, baking powder, salt and vanilla until just smooth. Optional: fold chopped walnuts into batter.
2. Spray pre-heated waffle iron with non-stick cooking spray. Pour mix into hot waffle iron. Cook until golden brown.
3. Serve warm, topped with sliced banana, drizzled with nut butter and maple syrup as desired.

Nutrition Tips:

1. Fresh fruit, such as sliced banana or berries, is a great way to naturally add sweetness, fiber, and various vitamins/minerals to a meal. This waffle batter contains no added sugar, so the “sweetness” comes from fruit on top. Bananas are an excellent source of soluble fiber, vitamin C, potassium, magnesium, and vitamin B6.
2. If you have a walnut allergy or simply don’t love walnuts, you can substitute this ingredient for a different heart-healthy nut such as almonds, pecans, or hazelnuts.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.