

**SHARON FARQUHAR**

**Multi-Grain Waffles**

Ingredients:

2 cups buttermilk  
½ cup old-fashioned rolled oats  
2/3 cup whole-wheat flour  
2/3 cup all-purpose flour  
¼ cup toasted wheat germ or cornmeal  
1 ½ tsp. baking powder  
½ tsp. baking soda  
¼ tsp. salt  
1 tsp. ground cinnamon  
2 large eggs, lightly beaten  
¼ cup packed brown sugar  
1 Tbsp. canola oil  
2 tsp. vanilla extract

Directions:

Mix buttermilk and oats in a medium bowl; let stand for 15 minutes.

Whisk whole-wheat flour, all purpose flour, wheat germ (or cornmeal), baking powder, baking soda, salt and cinnamon in a large bowl. Stir eggs, sugar, oil and vanilla into the oat mixture. Add the wet ingredients to the dry ingredients; mix with a rubber spatula just until moistened. Coat a waffle iron with cooking spray and preheat. Spoon in enough batter to cover three-fourths of the surface. Cook until waffles are crisp and golden brown, 4-5 minutes. Repeat with remaining batter.

Wrap any leftovers individually in plastic wrap and refrigerate for up to two days or freeze for up to one month. Reheat in a toaster or toaster oven.

Per serving: 188 calories; 4 g fat (1 g sat, 2 g mono); 55 mg cholesterol; 30 g carbohydrate; 8 g protein; 3 g fiber; 328 mg sodium; 144 mg calcium.