



## Buckwheat Waffles

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Recipe Source: [www.cookieandkate.com](http://www.cookieandkate.com)

Yield: 5 waffles

### Ingredients:

- 1 cup buckwheat flour
- 1 Tbsp sugar
- 1 ¼ tsp baking powder
- 1 tsp baking soda
- ¼ tsp salt
- ¼ tsp cinnamon
- 1 ¼ cups low-fat buttermilk
- ¼ cup canola oil
- 1 large egg

Topping suggestions: fresh chopped fruit, applesauce, almond or peanut butter, honey, or pure maple syrup

### Steps:

- Preheat waffle iron. If desired, preheat oven to 200°F to keep waffles warm until ready to serve.
- In a medium mixing bowl, whisk together the buckwheat flour, sugar, baking powder, baking soda, salt, and cinnamon.
- In a liquid measuring cup or small bowl, whisk together the buttermilk, canola oil, and egg. Pour the wet mixture into the dry mixture and stir them together just until moistened. (A few small lumps should remain.)
- Spray waffle iron with cooking spray if needed. Pour batter onto hot waffle iron, close lid and cook according to your waffle iron directions. Carefully lift waffle out of iron and serve immediately or place in oven to keep warm. Avoid stacking waffles or they will lose their crispiness. Repeat with remaining batter as necessary.
- Serve with desired toppings.

*Tips from the Test Kitchen: You may get lighter and crispier waffles if you let the batter rest for 5-10 minutes before cooking.*

**Nutritional Facts (per serving):** Calories: 229, Carbohydrates: 23 grams, Protein: 6 grams, Total Fat: 13 grams, Saturated Fat: 2 grams, Cholesterol: 40 mg, Sodium: 502 mg, Fiber: 2 grams, Total Sugars: 6 grams.