



Overnight Raised Waffles

Recipe Source: www.melskitchencafe.com

Yield: 8-12 waffles depending on size

Ingredients:

- 3 ½ cups low-fat milk
- ¼ cup canola oil
- 4 large eggs
- 2 tsp vanilla
- 4 cups white whole wheat flour (or 2 cups white whole wheat and 2 cups all-purpose flour)
- 1 Tbsp granulated sugar
- 1 tsp salt
- 1 Tbsp instant yeast

Steps:

- Make the batter 12-24 hours in advance and refrigerate tightly covered. Use a bowl that gives the batter at least double the space to puff and rise so the batter doesn't overflow.
- In a medium saucepan, combine the milk and oil and warm over medium-low heat until the mixture is warm to the touch. Set aside.
- Whisk together the eggs and vanilla in a small bowl and set aside.
- In a large bowl, whisk together the flour, sugar, salt, and yeast.
- Stir the warm milk/oil mixture into the dry ingredients, stirring just until combined. Whisk in the egg mixture, stirring just until incorporated.
- Cover the bowl with plastic wrap and refrigerate at least 12 hours, up to 24 hours.
- When ready to make waffles, stir the batter down gently. Heat a waffle iron and cook the waffles according to manufacturer's directions. Amount of batter per waffle will vary depending on iron used.

Tips from the Test Kitchen: These waffles are delicious with all whole wheat flour, but you can use half all-purpose if you or your family prefer a mixture. Suggested toppings: natural peanut butter with sliced banana; diced apples with honey and cinnamon; fresh or warmed berries, mashed slightly to make a syrup, with a sprinkle of powdered sugar on top.