



Multi Grain Waffle/Pancake

Serves: 8-10 servings

Active time: 45 min

Total time: 1 hour

Ingredients

2 cups unsweetened plant-based milk
¼ tsp vanilla extract
1 tsp apple cider vinegar
2 tbsp chia seeds
2 tbsp flaxseed meal\1 cup whole wheat flour
¾ cup all-purpose flour
1 tbsp oatmeal flour (ground rolled oats)
1 tbsp baking powder
½ tsp baking soda
¼ tsp salt
Coconut oil (for pancakes)

Optional syrup:

1 ½ cup frozen fruit
½ maple syrup/honey



Directions

- Preheat a nonstick waffle iron to high heat (omit if making pancakes)
- Mix plant-based milk, vanilla, vinegar, chia, and flaxseed meal together and set aside.
- In a medium bowl, whisk together the whole wheat flour, all purpose flour, baking powder, baking soda, and salt.
- Add the plant-based milk mixture to the dry mixture and stir to just combine.
- Cook in a waffle iron or in a pan for pan cakes.
- Syrup: Heat frozen fruit and maple syrup together in a bowl until fruit has thawed and the mixture is warm
- Serve the waffle with the syrup.

NUTRITIONAL DATA PER SERVING (1 serving): calories 209 | fat 3.5g | saturated fat 0.8g | cholesterol 0.mg | sodium 179mg | carbohydrates 41g | fiber 5.6g | protein 6.4g