

Lewyman's Crispy Waffles

1½ cups skim milk

½ cup rolled oats

3 tablespoons applesauce

4 teaspoons baking powder

½ cup white flour

½ cup wheat flour

Let oats soak in milk. Add applesauce. Set aside. Preheat waffle iron to 350 degrees. Mix dry ingredients together. Add dry mixture to gooey oat mixture. Pour ½ cup of batter into 350 degree waffle iron and close lid. Wait for indicator light. Open lid and transfer waffle to plate. (Repeat or store left-over batter in refrigerator.) Server warm with favorite toppings.

Yields 4 servings

Each serving contains about 150 calories (not including toppings)

James Baker

Harrison County

Senior - Grains