

## Recipe

### Brisbane Whole Grain Waffles

## By

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## Ingredients

- 1 cup whole wheat flour (or whole wheat pastry flour)
- ½ cup cornmeal
- ½ cup rye flour
- ½ cup oats
- 1 tbsp baking powder
- ½ tsp cinnamon

1 cup orange juice  
1 cup milk  
½ cup water  
2 tbsp canola oil (or any oil)

## Preparation

Preheat the waffle iron according to the manufacturer's directions.

In a medium bowl, mix the flour, oats, cornmeal, milk, baking powder, and cinnamon. Stir in the water, milk, juice, and oil. If the batter is too stiff, thin it with a little water.

Use a ½ cup measuring cup to ladle batter into the waffle iron. Cover and bake according to the directions. Repeat until all the batter has been used (again, if it gets too stiff, add a little bit water).

Garnish with fruits and maple syrup before serving. If you are using the waffle as a snack, you may garnish it with ice cream and fresh fruits! That was the way waffle was presented when I first tasted a waffle (the Aussie way)!

\*\*\*I used whole wheat pastry flour in this recipe. I have tried to use lentil flour and rice flour before and they all turned out to be good. You may simply use all-purpose flour though I would not recommend since you want to make a healthy breakfast item for your child. You may also omit milk, and simply use water or soymilk. I used yogurt before and the waffles turned out to be softer.

\*\*\*If you do not have a waffle iron/maker, simply panfry the batter in a greased pan to make pancakes!

## Serves

6 pieces

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