

LIFE-CHANGING SUNDAY WAFFLES

PREP: 15 min COOK: 3-4 minutes (depending on your waffle iron)

WHAT YOU WILL NEED:

3 cups freshly ground whole wheat flour
1 ½ Tablespoons sugar
1 Tablespoon baking powder
A pinch of salt
5 eggs whites
5 egg yolks
3 cups milk
1 teaspoon vanilla
1/2 cup melted butter, cooled

NOW DOWN TO BUSINESS...

1. In a large mixing bowl, sift the flour, sugar, baking powder, and salt.
2. In another bowl, combine the melted butter, vanilla, milk, and egg yolks.
3. Whip the egg whites until stiff peaks form.
4. Combine the wet and dry ingredients being sure not to over-mix. Then using a spatula, gently fold in the whipped egg whites.
5. Finally scoop 1/2 - 2/3 cups of the batter into your hot, lightly greased waffle iron. Then cook to your satisfaction! (Ours usually takes 3-4 minutes)

GARNISH WITH THE TOPPINGS OF YOUR FANCY!