

Bran Wheat Waffles

2/3 cup all-purpose flour, unsifted
2/3 cup whole-wheat flour, unsifted
3/4 cup unprocessed bran
1 tablespoon baking powder
1/2 teaspoon salt
2 eggs, separated
1/4 cup packed brown sugar
1 1/2 milk
1/4 cup melted butter

In a large, bowl stir together the all-purpose and whole-wheat flours, bran, baking powder, and salt. In another bowl, lightly beat the egg yolks and sugar, then stir in the milk and butter. Stir into flour mixture just until moistened (do not beat).

Beat the egg whites until they hold stiff peaks, then fold into the batter until blended. Spoon batter into a preheated waffle iron and bake until well browned. Serve immediately or freeze. Makes 8 4-inch square waffles.

Comments: The frozen waffles warm up nicely in the toaster.

Nutrition Information for recipe:

Nutrient	Total
Calories	1789.51
Pro (g)	56.62
Fat (g)	70.16
Carb (g)	296.57
Na (mg)	24910.64
vitA (IU)	3119.19
vitC (mg)	3.66
satF (g)	37.44
Chol (mg)	578.45

Source: Sunset, September 1977