



# Walk Kansas

*celebrate healthy living*

## Crispy Waffles

Makes 12 waffles

### Ingredients:

- 1 $\frac{3}{4}$  cups skim milk
- $\frac{1}{4}$  cup water
- $\frac{1}{4}$  cup canola oil
- 3 eggs
- 1 teaspoon salt
- 2 tablespoons sugar
- 1  $\frac{1}{3}$  cups all purpose flour
- 1  $\frac{1}{3}$  cups whole wheat flour (Can use white whole wheat)
- 2 $\frac{1}{4}$  teaspoons (1 pkg.) active dry yeast OR 1 tablespoon baking powder

Directions: Remember to wash your hands.

1. Combine all-purpose flour, whole wheat flour, yeast, sugar, and salt in a mixing bowl. Stir to combine ingredients.
2. Combine milk, water and oil; heat to 120-130 degrees F. either in the microwave or on the stovetop. Use a thermometer to verify the temperature.
3. Add liquid ingredients to the dry mixture; stir by hand or blend on low speed with your mixer.
4. Add eggs and beat 2-3 minutes on medium speed.
5. Cover bowl and refrigerate batter for several hours or overnight if using yeast; use right away if using baking powder.
6. To make waffles: preheat waffle iron. Remove batter from refrigerator and stir it down. (Batter should have a bubbly surface.)
7. Pour batter onto the waffle iron and close the iron. Bake according to your waffle iron instructions. Serve immediately with your favorite toppings.

Source: Sharon Davis, [www.homebaking.org](http://www.homebaking.org), [www.kswheat.com](http://www.kswheat.com)

Nutrition Facts	
Serving Size 1 waffle (85g)	
Servings Per Container 12	
Amount Per Serving	
Calories 170	Calories from Fat 60
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 220mg	9%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 6g	
Vitamin A 2%	Vitamin C 0%
Calcium 6%	Iron 8%

\*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Sharolyn Jackson, 785-532-2273

**Kansas State University Agricultural Experiment Station  
and Cooperative Extension Service**

K-State Research and Extension is an equal opportunity provider and employer.

