



SIGN of the **BEAR**
KITCHENWARE

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Recipes from **Maple Syrup Cookbook** by Ken Haedrich. Published by Storey Publishing, North Adams, MA. Reprinted with permission of the publisher. All rights reserved.

Whole-Wheat Corn Waffles

These wholesome waffles have a wonderful crunch and a deep, grainy flavor. They're great with a little plain yogurt on the side

Butter or greasing waffle iron.

1-1/2 cups whole-wheat flour

1/2 cup cornmeal, preferably stone-ground

2 tablespoons sugar

4 teaspoons baking powder

3/4 teaspoons salt

2 eggs

2-1/3 cups milk

1/2 cup (1 stick butter, melted (or part butter and part vegetable oil)

Warm pure maple syrup and plain yogurt, optional

1. Preheat a waffle iron and grease it lightly.
2. Combine the flour, cornmeal, sugar, baking powder, and salt in a large bowl. Toss to mix.
3. In a separate bowl, beat the eggs lightly. Whisk in the milk and butter. Make a well in the dry ingredients, then pour in the egg mixture. Whisk briefly, just until blended. Let the batter stand for several minutes.
4. Cook the batter in the prepared waffle iron until crisp and golden, about 2 minutes. Keep warm.
5. Repeat with remaining batter. Serve with warm maple syrup and yogurt, if desired.

Yield: 4-5 servings.