



Gingerbread Waffles

Crispy on the outside, fluffy on the inside, and full of rich, warm spice flavours. These are the perfect holiday waffles!

Makes 12 Waffles

Ingredients

2¼ cups white whole-wheat flour
1½ tbsp ground ginger
¾ tsp ground cinnamon
¼ tsp ground nutmeg
¼ tsp ground cloves
2 tsp baking soda
1 tsp baking powder
½ tsp salt
2 tsp unsalted butter or coconut oil, melted
2 large egg whites, at room temperature
1 tbsp vanilla extract
½ cup plain non-fat Greek yogurt
2 tbsp white vinegar
3 tbsp molasses
¾ cup milk or milk alternative
6 tbsp water*

*If you like sweeter waffles, substitute 2-4 tbsp of maple syrup or honey for an equal amount of water

Steps

1. Preheat oven to 350° and spray waffle pans with non-stick spray. (See note below if using a waffle iron.)
2. In a medium bowl, whisk together flour, ginger, cinnamon, nutmeg, cloves, baking soda, baking powder, and salt.
3. In a separate bowl, whisk together butter, egg whites, and vanilla. Add in Greek yogurt, stirring until no large lumps remain. Stir in vinegar, molasses, and milk.
4. To the wet ingredients, alternate between adding the flour mixture and water, beginning and ending with the flour mixture. (For best results, add the flour mixture in 4 equal parts.) Stir just until incorporated.
5. Divide batter into pan and bake for 13 to 16 minutes or until the centers are firm to the touch and a toothpick inserted into the centre comes out clean. Cool for 5 minutes before transferring to a wire rack.
6. For crispy waffles, let waffles cool completely to room temperature. Toast individual waffles in a toaster oven until deep golden brown.

Note: This recipe is specifically designed for baking. If using a waffle iron, waffles will turn out more limp. Toasting the waffles (step 6) will make them firmer.

Nutrition Information (per 2 waffles)

249 Calories | 46.8g Carbohydrates | 3g Fat | 1.3g Saturated Fat | 5.6g Fibre | 9.7g Protein | 669mg Sodium | 10.5g Sugar

Source: www.amyshealthybaking.com