

**NAMES & JOBS   KITCHEN Color \_\_\_\_\_**

\_\_\_\_\_ **Head Chef**

\_\_\_\_\_ **Sous Chef**

\_\_\_\_\_ **Class Host**

\_\_\_\_\_ **Kitchen Manager**

# Whole Wheat Blueberry Waffles

## Ingredients

### DRY - Head Chef

- $\frac{3}{4}$  c \_\_\_\_\_ whole wheat flour (sifted)
- $\frac{1}{4}$  tsp \_\_\_\_\_ baking powder
- $\frac{1}{4}$  tsp \_\_\_\_\_ baking soda
- $\frac{1}{4}$  tsp \_\_\_\_\_ cinnamon
- Pinch of salt
- $\frac{1}{2}$  c \_\_\_\_\_ of blueberries

### WET - Sous Chef

- $\frac{1}{2}$  c \_\_\_\_\_ mashed bananas
- 1 large egg
- $\frac{1}{2}$  tsp \_\_\_\_\_ vanilla extract
- 2 Tbsp \_\_\_\_\_ maple syrup
- $\frac{1}{2}$  c \_\_\_\_\_ oat milk

## Directions

### DRY

1. Stir together sifted flour, baking powder, baking soda, cinnamon, and a pinch of salt. set aside.

### WET

2. Whisk together the mashed banana, egg, vanilla extract, maple syrup & oat milk, in a bowl.
3. Preheat the waffle maker. (Plug in the waffle maker. - The red ON Light will glow.) Choose medium temperature. Spray both sides with cooking spray.
4. Stir dries into wets until all moistened, add blueberries, and stir/fold in to incorporate into the waffle batter.
5. When the green READY light glows. Pour one full premeasured scoop of the batter into the center of the cooking grid.
6. Waffles are done when the READY green light turns back on.

**Yield:** 2 waffles