

WHOLE GRAIN WAFFLES

Place in blender (Vita-Mix works great for this recipe.):

½ c. wheat berries

¾ c. (¼ c. + 2 T.) regular rolled oats

2 T. pearl barley kernels

1 T. flax seed

2 T. cane juice crystals (or other unrefined sugar)

2 t. egg replacer

½ t. salt

¼ c. soymilk powder

1½ c. water, generous

Blend for 4 minutes (less time with a Vita-Mix) until batter has a smooth and creamy texture. If you need more liquid, add soymilk rather than more water. (You may use commercially prepared milk instead of powdered milk and water in the recipe.)

While blending batter, add:

3 T. canola oil

Transfer batter to a mixing bowl and add:

2 t. baking powder (I use Rumford.)

Pour batter onto hot waffle iron (sprayed with PAM, if that's what your iron requires). Serve with thickened fruit of your choice. Left over waffles can be frozen and then reheated in the toaster.

♥ For a quicker waffle, use 1 c. kernels, omitting all other grains, then rest of ingredients as stated. May not need as much liquid.

Makes 8 classic waffles.