

# Whole Wheat Granola Waffle

This tasty waffle has a pleasant flavor and a crunchy texture. If you enjoy granola, you'll love this variation. There is a lot of difference in the granola, if you are just buying one off the shelf, but the one that we love to use was published in our October 20, 2002 CHIP CHAT, and is also on our website. It has a great nutty combination with grains and seeds.

- 3/4 cup granola**  
(Nature Valley Low Fat Fruit Granola used for Nutritional Facts)
- 1 cup soy milk, (Soy Dream)**
- 1 tsp pure vanilla extract**
- 3/4 cup whole grain wheat flour**
- 1-1/2 tsp aluminum-free baking powder**
- 1/4 tsp baking soda**
- pinch of salt**
- 1/2 package desert tofu (Sunrise 300 g./2)**

In a small bowl, combine granola, rice milk and vanilla. Set aside for 10 minutes.

Preheat waffle iron and lightly spray with nonstick olive oil spray... be sure to do this between cooking each waffle.

In a large mixing bowl combine flour, baking powder, baking soda, and salt.

Add the wet mixture into the large bowl, along with the desert tofu and stir well.

Pour 2/3-cup mixture onto the hot waffle iron and bake until golden brown.

Serve with fresh sliced fruit or thickened fruit topping.

Makes 4 -7" round waffles.

~~~~~  
**NOTE:** Granola cereals are a healthy choice, but depending on the recipe, can be high in fat. A 1-ounce serving (about a third cup) can contain as much as 5 grams of fat. If you are not making your own granola, look for low-fat or no fat added varieties now available in most grocery stores.

Developed by Shirley Goerlitz February 22, 2003

| <b>Nutrition Facts</b>                                                                  |     |
|-----------------------------------------------------------------------------------------|-----|
| per serving<br>makes 4 servings                                                         |     |
| Amount per serving                                                                      |     |
| <b>Calories</b>                                                                         | 202 |
| Calories from fat                                                                       | 40  |
| % Daily Value *                                                                         |     |
| <b>Total Fat 4.4g</b>                                                                   | 7%  |
| Saturated Fat 0.6g                                                                      | 3%  |
| <b>Cholesterol 0mg</b>                                                                  | 0%  |
| <b>Sodium 358mg</b>                                                                     | 15% |
| <b>Total Carbohydrate 31g</b>                                                           | 10% |
| Dietary Fiber 4.6g                                                                      | 18% |
| <b>Protein 9.5g</b>                                                                     |     |
| Percent values are based on a 2,000 calorie per day diet. Your daily values may differ. |     |
| <b>Additional Information</b>                                                           |     |
| 19.8% of calories from Fat                                                              |     |
| 61.4% from Carbohydrates                                                                |     |
| 18.8% from Protein                                                                      |     |