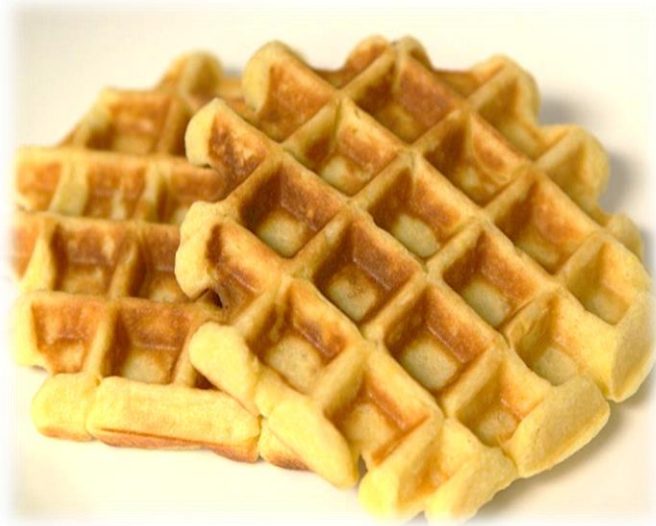


WAFFLES



	Ingredients	Exchanges
Protein	8.4 gm Bob's Red Mill® soy flour	2.7 (+1.35 gm fat)
	15 gm fresh whole egg, raw	1 (-1 gm fat)
Fat	12.5 gm butter (topping)	2.5
	17.9 gm butter	3.5 (+0.35 gm)
Carbohydrate	1.6 gm Jell-O® vanilla sugar-free instant pudding powder	1.3
Other	Water as needed	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- In a small bowl, weigh the ingredients using a gram scale.
- Stir until smooth using a small rubber spatula.
- If the batter is dry, add water until smooth and moist.
- Preheat a waffle iron and coat with nonstick cooking spray.
- Scoop batter into the well of the iron creating a mound.
- Secure the lid.
- Cook for five to seven minutes until golden brown in color.
- Once finished, gently remove the waffle and transfer to a plate.
- Serve warm topped with butter.

VARIATIONS

- If your child's personal meal plan requires additional carbohydrates, options such as sugar-free chocolate chips or berries could be added to the batter.
- This recipe can be frozen in an airtight storage bag for up to two months or stored in the refrigerator for up to five days.
- If butter leaks out during the cooking process, unplug the waffle iron and allow to cool while waffle is still inside. As the waffle and iron cools, the butter should re-absorb. For the next waffle, set the iron to a lower the temperature.
- Walden Farms® pancake syrup can be drizzled otop.
- Whipped cream can be served otop of the cooked waffle.