

Sweet & Savory Waffle-Wiches

Makes
6 Mini Waffles

Prep time
10 minutes

Cook time
20 minutes

Good source of
Fiber
Protein

Ingredients for Mini-Waffles:

- 1¼ cups whole wheat flour
- ¼ cup nonfat dry milk powder
- ½ tsp. baking powder
- 1 tbsp. honey
- 1 tsp. salt
- 1 cup water

For Sweet Waffle-wiches

- 2 Mini Waffles (*see recipe above*)
- ¼ apple, thinly sliced
- 2 tsp. creamy peanut butter
- 1 tsp. honey (optional)

For Savory Waffle-wiches

- 2 Mini Waffles (*see recipe above*)
- 1 large egg
- 1 tsp. shredded cheese (e.g. low-fat cheddar, part-skim mozzarella, etc.)
- Thin sliced veggies (e.g. tomato, cucumber, etc.)
- Leafy greens (lettuce, spinach, etc.)

Nutrition Facts

6 servings per container
Serving size 1 mini waffle (40g)

Amount per serving
Calories 120

% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	18%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 99mg	8%
Iron 1mg	6%
Potassium 273mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

Sweet & Savory Waffle-Wiches

Directions:

1. In a large bowl, combine whole wheat flour, dry milk powder, baking powder, and salt. Stir to combine evenly.
2. In a separate bowl, combine water and honey, and mix well.
3. Add wet ingredients to dry ingredients. Stir to combine, but do not overmix.
4. Preheat waffle maker. Spray with nonstick cooking spray.
5. Pour in two tablespoons of the waffle mix into the waffle maker. Cook until golden brown. Repeat with remaining ingredients.
6. Assemble the waffle sandwiches.
 - **For Sweet Waffle-wiches:** Spread peanut butter evenly over one waffle. Drizzle with honey, add apple slices, and top with another waffle.
 - **For Savory Waffle-wiches:** Cook egg to your preference. Place atop one waffle. Sprinkle with cheese and top with veggies.
7. Serve hot. Refrigerate leftovers.

Serving Suggestions: Use marinara, shredded cheese, and veggies for a pizza waffle-wich. Or substitute peanut butter and apples for different spreads & toppings, like cream cheese and strawberries, or ham & cheese.

