



# Waffles

Light, fluffy waffles with a crispy outside - these are excellent frozen for quick toaster wins.

## Ingredients

- 125 g wheat berries, soft (red or white)
- 250 g milk, whole
- 5 g baking powder
- 1 g sea salt (1/4 tsp)
- 24 g sugar, granulated (optional)
- 100 g egg, whole (2 eggs)
- 24 g butter (melted)

## Directions

1. Pre-heat your skillet to medium heat or ~350 F (if using a digital griddle).
2. Whip eggs, then add liquid ingredients to them and incorporate.
3. In a separate bowl, mill the flour, and mix together with dry ingredients using a whisk or a fork.
4. Grease your waffle iron with a pastry brush, pour 1/4 cup waffle batter into each well (or follow your waffle maker's directions) and close the waffle maker. Open when the machine's light turns green, and carefully remove.
5. Let waffles cool on a baking rack to maintain crispness of the waffle.

## Notes

My Waffle Maker - <https://amzn.to/4r7rsfH>

## Pro Tip:

If the mixture seems too thin, wait 15 minutes! It will thicken considerably. Remember the bran and germ slow down this process vs. working with refined flour. Patience pays off.

