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Breakfast

Waffles & Pancakes

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Buttermilk Waffle, Bacon & Egg Sandwich

Women's Day



8 servings



25 minutes

INGREDIENTS

3/4 c. all-purpose flour

1 1/2 tsp. baking powder

1 tsp. baking soda

1/4 tsp. kosher salt

10 large eggs

1 3/4 c. buttermilk

3 tbsp. unsalted butter, melted, plus more for the eggs

16 slices cooked bacon

2 c. baby spinach

Maple syrup, for serving



INSTRUCTIONS

1. Heat oven to 200 degrees F. In a medium bowl, whisk together the flour, baking powder, baking soda, and salt.
2. Using an electric mixer, beat 2 egg whites (reserve the yolks) until stiff peaks form, 2 to 3 minutes; set aside.
3. In a large bowl, whisk together the 2 egg yolks, buttermilk, and butter. Add the flour mixture, stirring just until incorporated. Gently fold in the whites until no streaks remain.
4. Cook in a waffle maker according to the manufacturer's instructions until golden brown. Transfer waffles to a foil-lined baking sheet and place in the oven to keep warm.
5. Cook the remaining 8 eggs to desired doneness. Cut waffles in half and form sandwiches with the eggs, bacon, and spinach. Drizzle with maple syrup, if desired.

NUTRITIONAL INFORMATION

Calories 316

Fat 21g

Protein 17g

Sugars -

Carbohydrates: 13g

Healthy Banana Waffles

Kitchen at Hoskins

 15 servings  20 minutes

INGREDIENTS

- 3 cups old fashioned oats
- 4 large eggs
- 2 ripe bananas (medium to large), about 1 cup mashed
- 1 cup milk
- 1/2 cup almond butter (or peanut butter)
- 3 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt



INSTRUCTIONS

1. Pre heat waffle iron according to manufactures instructions.
2. In the mean time, add all ingredients into a blender and blend until smooth (it took about 2 minutes in my blender).
3. Pour about 1/3 cup batter into each waffle plate and cook according to manufactures instructions until deep golden brown. (I cooked for 5 minutes in my waffle iron - cooking it shorter than that will yield a more beautiful golden color but does not crisp up)
4. Remove waffles onto a plate and repeat with remaining batter. (The batter tends to thicken as it sits, so your last batch of waffles might be not so light as the first batch. You could stir in 2 to 4 tablespoons water or milk for the last batch, if the batter looks too thick).
5. Serve hot with maple syrup.

NUTRITIONAL INFORMATION

Calories 190

Fat 9g

Protein 8g

Sugars 3g

Carbohydrates 21g

Coconut & Honey Oat Waffles

Sugary & Buttery



8 servings



20 minutes

INGREDIENTS

1 cup oat flour

¼ cup coconut flour

¼ cup flax seed meal

¼ cup shredded coconut

¼ cup honey (a little more if you like them sweeter)

2 teaspoons baking powder

4 eggs

1.5 cups oat milk

¼ cup coconut oil



INSTRUCTIONS

1. Whisk all the wet ingredients together.
2. In a large mixing bowl, mix the dry ingredients and add the wet ingredients.
3. Stir well until well combined in a smooth batter.
4. Let sit for at least 20 mins (the coconut flour needs to sit).
5. Make waffles with your waffle maker.

NUTRITIONAL INFORMATION

Calories 235

Fat 12.6g

Protein 6.3g

Sugars 12.6g

Carbohydrates 25.8g

Lemon Ricotta Pancakes

A Couple Cooks



8-9 servings



20 minutes

INGREDIENTS

- 4 eggs
- 1 ½ cups ricotta cheese
- 3 tablespoons maple syrup
- 1 teaspoon vanilla extract
- ¾ cup all-purpose flour
- ½ tablespoon baking powder
- ¼ teaspoon kosher salt
- 1 tablespoon fresh squeezed lemon juice
- 1 tablespoon grated lemon zest



INSTRUCTIONS

1. In a medium bowl, whisk the eggs, ricotta, maple syrup and vanilla.
2. In another bowl, whisk the flour, baking powder and salt. Add it to the bowl with the wet ingredients, then add the lemon juice and lemon zest and mix until a smooth batter forms.
3. Heat a non-stick skillet or griddle over medium heat, then add a bit of butter to coat. Scoop out ¼ cup portions of batter and cook the pancakes until golden brown on one side, adjusting the heat so it doesn't brown too fast. Flip and cook until cooked through and no longer gooey at the edges (the batter will ooze out a bit at the sides; just keep cooking until it is fully cooked, adjusting the heat as necessary so it doesn't brown too fast). Place the pancakes in a stack under an overturned bowl, and cook the second batch of pancakes.
4. Serve immediately, topped with pure maple syrup

NUTRITIONAL INFORMATION

Calories 181

Fat 8.5g

Protein 9.6g

Sugars 4.6g

Carbohydrates: 15.8g

Banana Pancakes

Love & Lemons



4 servings



30 minutes

INGREDIENTS

1½ cups all-purpose flour, spooned and leveled

2 tablespoons cane sugar

2 teaspoons baking powder

½ teaspoon baking soda

Heaping 1 teaspoon cinnamon

Heaping ¼ sea salt

¼ teaspoon ground nutmeg

1 cup mashed ripe banana, about 2 medium bananas

1 large egg

⅔ cup almond milk

2 tablespoons avocado oil, plus more for brushing

1½ teaspoons vanilla extract

Maple syrup, for serving



INSTRUCTIONS

1. In a large bowl, place the flour, sugar, baking powder, baking soda, cinnamon, salt, and nutmeg, and stir to combine.
2. In a medium bowl, whisk together the mashed banana, egg, almond milk, avocado oil, and vanilla. Add the wet ingredients to the dry ingredients and mix until just combined.
3. Heat a nonstick skillet to medium-low heat and brush lightly with oil. Use a ⅓-cup scoop to pour the batter into the skillet. Cook the pancakes for 1 to 2 minutes per side, or until they're puffed, cooked through, and golden brown on both sides. Serve with maple syrup.

NOTES

- Makes 10 pancakes
- Pancakes will be dense if the flour is too packed

NUTRITIONAL INFORMATION

Calories 272

Fat 15g


Protein 10g


Sugars 3g

Carbohydrates: 17g

Whole Wheat Pancakes

Taste of Home

 10 servings
20 pancakes

 25 minutes

INGREDIENTS

- 2 cups whole wheat flour
- 1/2 cup toasted wheat germ
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 large eggs, room temperature
- 3 cups buttermilk
- 1 tablespoon canola oil



INSTRUCTIONS

1. In a large bowl, combine the flour, wheat germ, baking soda and salt. In another bowl, whisk the eggs, buttermilk and oil. Stir into dry ingredients just until blended.
2. Pour batter by 1/4 cupfuls onto a hot griddle coated with cooking spray; turn when bubbles form on top. Cook until the second side is golden brown.

NUTRITIONAL INFORMATION

Calories 157

Fat 4g

Protein 9g

Sugars 4g

Carbohydrates: 20g