



Just Recipes.

Whole Wheat Waffles with Blueberry Syrup

An indulgent brunch classic made just a tad healthier.

Ingredients

Serves 4

For the waffles:

1 ½ cup [180 g]	whole wheat flour
2 tsp [10 ml]	baking powder
½ tsp [2.5 ml]	salt
¾ tsp [7.5 ml]	ground ginger
1	large egg
1 ½ [350 ml]	milk
2 tbsp [30 ml]	maple syrup
1 tsp [5 ml]	vanilla extract
1/3 cup [80 ml]	canola oil
1 cup [250 ml]	fresh or frozen blueberries

For the syrup:

1 cup [250 ml]	fresh or frozen blueberries
¼ cup [100 g]	granulated sugar



Method

For the syrup:

Combine half the blueberries and the sugar in a small saucepan set over medium-high heat. Bring the mixture to a boil, then lower the heat to medium-low and simmer for 5 minutes, stirring occasionally. Add the remaining blueberries. Bring back to a boil, then take off the heat right away. If making ahead of time, reheat the syrup before serving. If you prefer a sweeter syrup (although this version is already quite sweet), increase the sugar to ½ cup.

For the waffles:

In a large bowl, whisk together the flour, baking powder, salt and ginger. In a medium bowl, whisk together the egg, milk, maple syrup, vanilla and oil. Pour the wet ingredients over the dry ingredients and stir just until smooth. Stir in the blueberries.

Make the waffles according to your waffle maker instructions. Serve the waffles just with the syrup, or add more fruits like bananas and raspberries for a colorful plate.