



I-Pad Tom's Healthy Start Waffles

Packed with Battery Boosting Energy Ingredients

*Special **Heart Stars** – Flaxseeds, Turmeric, and Olive Oil*

- 1/2 cup multigrain pancake waffle mix
- 1 cup all-purpose flour
- 1/2 Tablespoon baking powder
- 1/4 teaspoon salt
- 3 Tablespoons ground flaxseeds
- 3/4 teaspoon ground turmeric
- 1 Tablespoon olive oil
- 1/4 teaspoon almond extract
- 1 large egg
- 1-1/2 cups unsweetened almond milk or as needed
- Olive oil spray, as needed, to pretreat waffle maker

In medium bowl, mix together multigrain mix, flour, baking powder, salt, flaxseed, and turmeric. Using another bowl, combine olive oil, almond extract, egg, and almond milk.

Make a well in the dry ingredients; pour in liquid ingredients. Whisk until mixed completely. Batter may have a few small/minor lumps.

Preheat waffle maker and lightly spray with olive oil prior to adding batter. Starting at the center, add batter in a spiral motion and fill grids completely. It will spread to the outer edges when the lid is shut. Close lid quickly; do not open until done (when steaming completely subsides). Bake according to waffle maker manufacturer's directions and personal preferences.

When waffles are done, you will be able to easily lift them off the griddle with a silicone spatula. Repeat process with remaining batter. Serve warm with your favorite maple syrup and fresh fruit.

Yield: 3 Large waffles

Cook's Note: If you want an easy substitution for the flour, baking powder, salt, and olive oil, try 1 cup all-purpose baking mix (Bisquick) and 1 Tbsp. olive oil.

We, also, used Hodgson Mill Buttermilk Multi Grain Pancake Mix since it contains 450mg Omega-3s per serving.

About the Recipe: Golden waffles, filled to the brim with Omega 3 flaxseed and immune boosting turmeric, are a welcome sight in the morning. Drizzle with naturally sweet maple syrup and colorful diced fruits. I-Pad Tom really knows how to start the day off right.