

## Whole Wheat Greek Yogurt Waffles 全粒粉ヨーグルトワッフル

Yield: ~6 waffles | Vitantonio (20×11 cm)

### Ingredients

#### Dry:

- 150 g whole wheat flour (全粒粉)
- 100 g all-purpose flour (薄力粉)
- 2 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt

#### Wet:

- 2 eggs (卵 M サイズ)
- 240 g Greek yogurt (ギリシャヨーグルト)
- 240 ml soy milk (豆乳)
- 2 T / 40 g honey
- 2 tsp vanilla
- 2 T / 28 g canola oil (キャノーラ油)

#### Add-ins:

- 60 g blueberries (ブルーベリー)
- 60 g walnuts (くるみ)

### Instructions

1. Preheat waffle maker fully and lightly oil plates.
2. In a bowl, mix **dry ingredients** including **walnuts**.
3. In another bowl, whisk **eggs, yogurt, soy milk, honey, vanilla, and oil**.
4. Combine wet and dry ingredients gently.
  - Batter should be pourable; add 1–2 T soy milk if too thick.
5. Pour batter into waffle maker.
  - Sprinkle **blueberries** on top (do not mix into batter).
6. Cook **4–5 minutes** until golden and crisp.
7. Remove and cool on rack.
8. Repeat with remaining batter.

### Notes

- Preheating is critical for crisp waffles.
- Do not overload batter.
- Adding blueberries on top prevents burning.
- Slightly thinner batter improves texture.
- Cool on rack to maintain crispness.

### Freezing & Reheating

- Cool completely before freezing.
- Freeze flat, then store up to 2 months.
- Reheat in toaster or 180°C oven (5–7 min).

### Nutrition

**Per waffle:** Kcal: 260 | Protein: 10 g | Fat: 12 g | Sat Fat: 2 g | Carbs: 30 g | Sugars: 8 g | Fiber: 4 g | Sodium: 250 mg | Omega-3: 0.6 g

