

Belgian Waffles



breakfast

POINTS® Value: 6
Servings: 10
Preparation Time: 30 min
Cooking Time: 20 min
Level of Difficulty: Moderate

These fluffy Belgian waffles are well worth the extra time and effort it takes to make them.

Ingredients

1/4 oz yeast
3 cup(s) fat-free skim milk, warmed in a microwave for 1 minute
1/4 cup(s) fat-free egg substitute
1/4 cup(s) vegetable oil
1/4 cup(s) sugar
1/2 tsp table salt
4 cup(s) all-purpose flour
3 large egg white(s)
5 cup(s) strawberries, sliced
10 tsp powdered sugar

Instructions

Sprinkle yeast over 1/4 cup milk and let sit 5 minutes.

In a large bowl, whisk together 1/4 cup milk, egg substitute and oil. Whisk in yeast mixture, sugar and salt. Stir in flour in 3 parts (1 1/3 cups at a time), alternating with remaining 2 1/2 cups milk.

Beat egg whites until soft peaks form, then fold into batter. Cover bowl and let rise until doubled, about 1 hour.

Preheat a nonstick waffle iron. Stir batter. Spoon about 3/4 cup batter onto iron, close lid, and bake until brown, about 2 minutes.

Serve each waffle with 1/2 cup sliced strawberries and 1 teaspoon powdered sugar. Makes ten 4- x 8-inch waffles.