

Thea's Organic Kitchen

All-American Whole Wheat Waffles



One day while the GreenMan and I were exploring themes for the cover of our upcoming musical CD entitled 'Serve Love,' a photographer friend suggested that we check out the heart-shaped waffle iron he found on the internet. Well we are all about hearts and flowers, and good things to eat, of course, so I went ahead and ordered it. Naturally, I had to find a good old fashioned 'All-American' waffle recipe to go with it. And what better time than Valentine's Day to 'Serve Love,' in the form of heart shaped waffles. For a fine line of Classic Italian Kitchenware including heart shaped waffle irons, do a search for VillaWare on line.

2 free range eggs, separated
 1-3/4 cups organic milk
 1/4 cup cold pressed vegetable oil
 1-3/4 cups whole wheat or spelt flour, or a combination of both
 2 Tbs. raw sugar
 4 tsp. baking powder
 1 tsp. salt

1/4 cup fresh or frozen organic strawberries (I collect the tiny wild strawberries that grow all over our mountains in season, starting around Memorial Day, and freeze them for use throughout the rest of the year in recipes like this one. They are absolutely loaded with flavor and just the right size.)

Beat egg yolks 'til smooth, whisk in milk and oil. Add flour(s), sugar, baking powder and salt. Stir until large lumps disappear. Beat egg whites stiff and gently fold eggs whites and strawberries into batter. Bake in waffle iron til done. Serve with organic butter and real maple syrup.

Waffles can be flash frozen on cookie sheets and stored for later use. They toast up great just like store bought frozen waffles only much healthier for all the obvious reasons (whole wheat flour, 'real' eggs, etc.) but the one thing that is too frequently overlooked is that store bought waffles contain aluminum in the baking powders used. Aluminum is a heavy metal that is stored in brain tissue and is believed to contribute to Alzheimer's. The other ingredient too frequently overlooked even in 'healthy' store bought frozen waffles is corn syrup. Corn syrup is one of the top

known allergens to man. And to add insult to injury most pancake syrups are nothing but pure corn syrup.

Do yourself a favor and eliminate corn syrup from your diet and stop suffering from seasonal allergies. Bon Appetite!

To learn more visit <http://www.theaskitchen.com>.

By Cynthia Stacey

specialty doors *Open the doors to* *custom doors*

Endless possibilities...

stock doors *door shop*

Service is our reputation

www.jenningbuilderssupply.com



Brevard 1550 Asheville Hwy. Brevard, NC 28712 828.884.9963	Cashiers 2897 Highway 64E Cashiers, NC 28717 828.743.3684	Franklin 283 Thomas Street Franklin, NC 28734 828.369.1786	Sylva 967 E. Main Street Sylva, NC 28779 828.369.1786	Asheville 780 Hendersonville Hwy. Asheville, NC 28803 828.277.2085
--	---	--	---	--