



beth dooley's kitchen



**Forever
Green**



Savory Kernza[®] Waffles

Recipe developed by Beth Dooley

1/4 cup all-purpose flour
3/4 cup Kernza flour
1 tablespoon baking powder
1/2 teaspoon salt
2 egg whites
2 egg yolks
1 cup milk
1/2 cup plain yogurt

2 tablespoons melted butter
1 teaspoon chopped fresh thyme
3 tablespoons chopped fresh parsley
1/2 cup cooked Kernza grain, optional
Vegetable oil for cooking

- In a large bowl, stir together the flours, baking soda, and salt.
- In a separate bowl, whip the egg whites until they form soft peaks.
- In a third bowl, whisk together the egg yolks, milk, yogurt and melted butter. Turn this mixture into the dry ingredients and stir to combine. Then fold the egg whites into the batter. Fold in the cooked whole grain Kernza[®].
- Try it topped with a fried or poached egg or scatter it with shredded parmesan.

Serves 6-8