

Waffles with Chia Berry Sauce

Chia Berry Sauce: Makes 3 cups or 6 half-cup servings

Ingredients:

2 cups	fresh strawberries - washed and sliced
1 cup	fresh blueberries - washed
2 cups	orange juice
2 tablespoons	Chia seed

Procedure:

In saucepot combine all ingredients, bring to a light boil, then turn down heat and simmer for 10 minutes. Turn off heat, cover and serve. A mixture of fresh and frozen berries is fine. Allow time for defrosting before boiling (**see images 1 and 2**).

Waffles: Makes five 6-inch waffle servings

Ingredients:

1 ½ cups	unsweetened almond milk
1 tablespoon	Chia seed
1 ⅓ cup	100% whole wheat pastry flour
2 ½ teaspoons	baking powder
½ teaspoon	salt
1 tablespoon	ground cinnamon
1 whole	banana - 9 inch, ripe
1 tablespoon	vanilla extract
¾ cup	toasted walnuts - chopped
⅓ cup	water (to thin batter if needed)
As needed	canola oil cooking spray (to grease waffle iron)

Procedure:

In small bowl, combine unsweetened almond milk with 1 tablespoon chia seed, stir well to mix, and set aside to allow chia seed to swell (**see image 3**).

In large bowl, combine pastry flour, baking powder, salt, and cinnamon, mix well with wire whisk, and set aside (**see image 4**).

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In medium size bowl, place peeled banana, coarsely mash, add vanilla and mash until loose and well blended (**see image 5**). Add unsweetened almond milk and chia seed mixture, and blend well (**see image 6**). Add and fold in banana mixture to dry ingredients in large bowl stirring until well blended with no lumps of flour (**see image 7**). Add toasted walnuts and fold in with a spatula until well blended (**see image 8**).

If the batter seems too thick then add water in small amounts in order to loosen batter to a mildly loose consistency.

Spray pre-heated waffle iron with canola oil cooking spray (**see image 9**), add ½ cup batter for 6-inch waffle iron (**see image 10**), close top and cook waffle until golden brown (**see image 11**), about 3 ½ minutes and serve with berry sauce (**see image 12**).

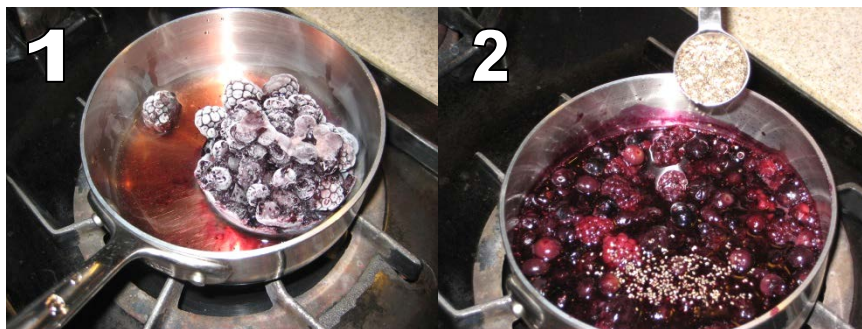
Nutritional Information per Serving:

Calories: 390	Sodium: 550mg	Sugars: 19g	Cholesterol: 0mg
Saturated Fat: 1.5g	Fiber: 8g	Protein: 8g	Carbohydrate: 58g

Allergens: This recipe contains **wheat** (100% whole wheat pastry flour) and **tree nuts** (unsweetened almond milk and walnuts), which may cause allergic reactions in some individuals. Please adjust recipe as needed if you are allergic.

Chef Notes:

- Can easily be made gluten free by using gluten free flour.
- Nuts can be easily omitted.
- Berry sauce can easily be modified to include your favorite fruits.
- Make and freeze for future breakfasts!



1 and 2 - In sauce pot combine all ingredients, bring to a light boil, then turn down heat and simmer for 10 minutes. Turn off heat, cover and serve. A mixture of fresh and frozen berries is fine. Allow time for defrosting before boiling.

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Ingredients for Waffles

- A** - 1 ½ cups **unsweetened almond milk**
- B** - 1 tablespoon **Chia seed**
- C** - 1 ⅓ cup **100% whole wheat pastry flour**
- D** - 2 ½ teaspoons **baking powder**
- E** - ½ teaspoon **salt**
- F** - 1 tablespoon **ground cinnamon**
- G** - 1 **banana**, 9-inch, ripe
- H** - 1 tablespoon **vanilla extract**
- I** - ¾ cup **toasted walnuts** - chopped
- J** - As needed, **canola oil cooking spray**

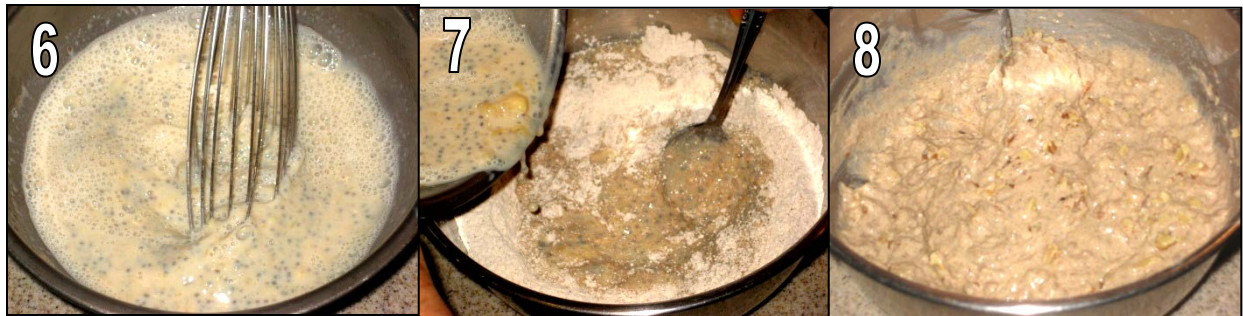


3 - In bowl combine 1 cup unsweetened almond milk with 1 tablespoon Chia seed, stir well to mix, and set aside to allow chia seed to swell.

4 - In large bowl, combine pastry flour, baking powder, salt, and cinnamon, mix well with wire whisk and set aside.

5 - In medium size bowl, place peeled banana, coarsely mash, add vanilla and mash until loose and well blended.

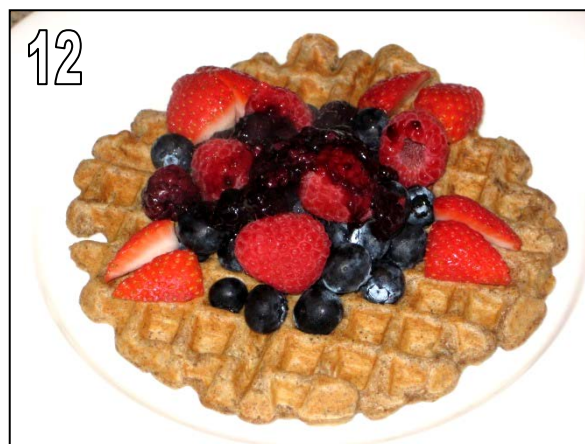
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- 6** - Add reserved 1½ cups unsweetened almond milk with chia seed, and blend well.
7 - Add and fold in banana mixture to dry ingredients in large bowl stirring until well blended with no lumps of flour.
8 - Add toasted walnuts and fold in with a spatula until well blended.



- 9** - Spray pre-heated waffle iron with canola oil cooking spray.
10 - Add ½ cup batter for 6-inch waffle iron.
11 - Close top and cook waffle until golden brown, about 3 ½ minutes.
12 - Serve with berry sauce.



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