Sunday Morning Waffles

Ingredients:

* 125ml (1/2 cup) all-purpose flour
* 60ml (1/4 cup) whole wheat flour
* 2ml (1/2 tsp) baking powder
* Pinch salt
* 1 egg (separated)
* 165ml milk
* 60ml (1/4 cup) canola oil

Method:

1. In a medium bowl, stir together flour, baking powder and salt. Make a well in the center.
2. In another bowl, beat egg yolks slightly. Stir in milk and oil.
3. Add egg yolk mixture into the well of the dry mixture. Stir until just moistened. Mixture should still be lumpy.
4. In a small bowl beat egg whites until stiff peaks form.
5. Gently fold egg whites into flour and egg yolk mixture. Do not over mix.
6. Spray waffle iron lightly with cooking spray.
7. Spoon ¼ cup of your waffle batter into the waffle iron, making sure not to overfill.

Blueberry Syrup Recipe:

Ingredients:

* 125ml (1/2 cup) blueberries – can be fresh or frozen
* 25ml water
* 25ml white sugar
* 1/8 of a lemon

Method:

1. Using a paring knife, peel strips of peel from the lemon then squeeze the juice of the lemon into a custard cup. Set aside the peel and juice.
2. Place blueberries and water into a medium pot. Using a potato masher, crush the berries.
3. Over medium-high heat bring the berries to a boil then lower heat to low. Simmer for 15 minutes, stirring often.
4. Add lemon peel, juice and sugar. Cook for another minute or two. Remove lemon peel before serving.