

Nutmeg Waffles

Kitchen # _____

- 1 $\frac{1}{4}$ c. All-Purpose Flour
- 1 tsp. baking powder
- 1 tsp. cinnamon
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. nutmeg
- $\frac{1}{4}$ tsp. baking soda
- 1 egg, lightly beaten
- 1 c. fat-free milk
- 1 tsp. vegetable oil
- 1 tsp. vanilla extract
- Butter & Maple Syrup (optional)



In a small bowl, combine the flour, baking powder, cinnamon, salt, nutmeg and baking soda. In another bowl, combine the egg, milk, oil and vanilla; stir into dry ingredients until smooth.

Measure $\frac{1}{4}$ c. of batter into each section of the hot waffle iron. Bake for a couple of minutes until golden brown. Serve with butter and syrup if desired. Yield: 2 full waffles or 8 quarters.

- _____ Plug waffle iron in to preheat. Measure flour & baking powder
 - _____ Measure cinnamon & salt; add to flour mixture
 - _____ Measure nutmeg & baking soda; add to flour mixture
 - _____ Crack & lightly beat egg in another mixing bowl
 - _____ Measure milk & vegetable oil; add to egg bowl
 - _____ Measure vanilla & whisk all wet ingredients
 - _____ Add wet ingredients to dry ingredient bowl & Stir until smooth
 - _____ Add $\frac{1}{4}$ c. of waffle batter to each waffle iron section; close for a couple minutes till golden brown. Serve with butter and maple syrup, if desired.
- Unplug the waffle iron. Cool before cleaning.***

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- _____ Wash dishes & Place dirty linens in basket
 - _____ Rinse & Dry dishes & Sink
 - _____ Put dishes away & Place recipe in basket on teacher's desk
 - _____ Wipe off counters, stove, microwave, etc.
 - _____ Empty garbage & Sweep floors

