

APPLE CINNAMON OATMEAL WAFFLES

Ingredients:

- 1 Cup oat flour
- 1/2 Cup whole wheat flour 1 Tbsp ground flax seed
- 2 Tsp baking powder pinch salt
- 1 Tsp cinnamon
- 3/4 Cup low-fat milk
- 3/4 Cup part-skim ricotta
- 4 egg whites (room temperature) 1 Cup peeled and grated apple powdered sugar, blackberries and raspberries to serve

Directions:

- In a large bowl, whisk together the dry ingredients... oat flour, whole wheat flour, ground flax seed, baking powder, salt and cinnamon until well combined and there are no lumps.
- Add the milk and ricotta. Whisk to combine.
- In a separate large bowl, whisk the egg whites until the stiff peaks form fold the egg whites into the batter.
- Gently fold in the grated apple.
- Spray the preheated waffle iron with nonstick cooking spray.
- Pour batter into the center of the waffle iron and leave some space near the edge so the waffle doesn't spill over the edges when it cooks.
- Close the lid and cook until crispy and golden (about 3-5 minutes). Remove finished waffles to a serving platter.
- Sprinkle with powdered sugar and serve with berries.

ALWAYS wash fruits and veggies when preparing for cooking or eating.

When cutting, dicing, peeling and slicing - ALWAYS get your parents' help or permission.



Disney Check makes it easier for kids and families to identify nutritious choices in stores, online, on-air, at live-event venues, and while on vacation at Walt Disney Parks & Resorts. Foods and recipes that feature the Disney Check meet The Walt Disney Company's Nutrition Guidelines.

