

## DENISE'S WHITE BEAN WAFFLES

### Ingredients

- 2 (15 oz) cans cannellini beans
- 1 cup reduced sodium chicken broth
- 2 tsp. chopped thyme
- ¼ tsp. sea salt
- 1/8 tsp. black pepper
  
- 2 cups all-purpose flour
- 1 cup whole-wheat flour
- 2 Tbsp. baking powder
- 2 tsp. Splenda, granulated
- 1 tsp. sea salt
  
- 1 cup egg substitute
- 2 cups skim milk
- 6 Tbsp. olive oil
  
- Maple Grove Farms sugar-free maple syrup (optional)
- Fresh fruit (optional)



### Directions:

1. Drain and rinse the cannellini beans.
2. In a saucepan, combine the beans, thyme, and chicken broth.
3. Season with the salt and pepper, and bring to a simmer for about 5 minutes over medium heat.
4. Remove from the heat and allow to cool to room temperature.
5. Meanwhile, In a large mixing bowl, combine flour, Splenda, baking powder and salt.
6. Add the beans and their cooking liquid to a food processor and pulse to puree.
7. Add the egg substitute, milk, and olive oil to the bean mixture and puree until smooth.
8. Whisk the wet mixture into the dry slowly to avoid any lumps.
9. Let the batter rest briefly, and use in the griddle according to directions.

Yields: 24 large waffles

Calories: 130

Fat: 4 g

Protein: 5 g

Carbs: 18 g (2 g fiber)



## RECIPES



*For eating well  
after bariatric  
surgery*

*Here's a way to  
get in some  
extra protein  
and fiber in the  
morning, you  
won't even  
know there are  
beans in here!*

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