

From: Mary Schoen Petersen

Serves: ~20 4" square waffles

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Ingredients

- 2 c. flour
- 1 pkg. yeast
- 1/4 t. ground cardamon or cinnamon

- 2 T. butter or margarine
- 2 c. milk
- 1 t. sugar
- 1 t. salt

- 2 egg yolks, beaten 1 minute

- 2 egg whites, beaten until stiff

Directions

- Mix flour, yeast, and spice.

- Heat butter, milk, sugar, & salt until warm (butter almost melts -- 115 F). Add to dry mix. Wrap loosely; let sit at room temperature for 1 to 1 1/2 hours, or refrigerate overnight.

- When ready, add egg yolks.

- Then fold in egg whites.

- Bake in preheated waffle iron.

- Approximately 1.5 WW points per 4" waffle.