**Waffles with Two-Berry Syrup**

Wheat germ and flaxseed are the ingredients that give these waffles a wonderfully nutty flavor and crunchy texture. But it's the syrup, laced with maple and two kinds of berries, that elevates this breakfast to the sublime.

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* **Yield:** 6 servings (serving size: 2 waffles and 1/3 cup syrup)

**Ingredients**

* Waffles:
* 2 tablespoons flaxseed
* 1 cup all-purpose flour
* 1/2 cup whole-wheat flour
* 1/4 cup toasted wheat germ
* 2 tablespoons sugar
* 1 1/2 teaspoons baking powder
* 1/2 teaspoon salt
* 1 1/2 cups fat-free milk
* 3/4 cup egg substitute
* 1 1/2 tablespoons canola oil
* 1 teaspoon vanilla extract
* Cooking spray
* Syrup:
* 1 1/2 cups frozen blueberries
* 1 1/2 cups frozen unsweetened raspberries
* 1/2 cup maple syrup
* 1/4 teaspoon ground cinnamon

**Preparation**

To prepare waffles, place flaxseed in a clean coffee grinder or blender; process until ground to measure 1/4 cup flaxseed meal. Set the flaxseed meal aside. Lightly spoon flours into dry measuring cups; level with a knife. Combine the flaxseed meal, flours, wheat germ, sugar, baking powder, and salt in a large bowl; make a well in center of mixture. Combine milk, egg substitute, oil, and vanilla; add to flour mixture, stirring just until moist.

Coat a waffle iron with cooking spray; preheat. Spoon about 1/4 cup of batter per 4-inch waffle onto the hot waffle iron, spreading batter to edges. Cook 5 to 6 minutes or until steaming stops; repeat procedure with remaining batter.

To prepare syrup, combine berries, maple syrup, and ground cinnamon in a saucepan. Cook over medium heat until thoroughly heated. Serve warm over waffles.

Note: Look for flaxseed, a grain rich in heart-healthy omega-3 fats, in health-food stores of large supermarkets. Freeze leftover waffles individually on a cookie sheet and then transfer to a zip-top freezer bag for storage. To reheat, place frozen waffles in toaster.