



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Simple and Delicious Brunch Ideas

If you're planning to serve up breakfast or brunch for Easter, make it simple and flavorful. To prevent going overboard, avoid offering a "one size fits all" menu. Instead, choose a feature entrée like these Cheddar Waffles and then offer a variety of toppings so that everyone can choose their own flavor combinations. Make as many or as few as necessary for the size of your group, as this recipe makes 4 full Belgian-style waffles.



Scan the code to assemble combinations like these:

- BLT Avocado "toast"
- Honeyed Peaches and Thyme-Vanilla Yogurt
- Cinnamon Apple Topped
- Chicken Sausage Breakfast Sandwiches

## Cheddar Waffles

### Ingredients:

- 1-3/4 cups whole wheat flour
- 1 Tbsp. baking powder
- 2 large eggs
- 1-1/2 cups reduced fat buttermilk
- 1 Tbsp. honey
- 1 Tbsp. unsalted butter, melted
- 2/3 cup shredded reduced fat sharp Cheddar cheese



### Directions:

1. Preheat waffle iron. In medium bowl, whisk flour and baking powder. In large bowl, whisk eggs, buttermilk, honey, and butter. Whisk flour mixture into egg mixture until just combined; whisk in cheese. Makes about 2-3/4 cups.
2. Spray both sides of waffle iron with cooking spray. Ladle about 2/3 cup batter (depending on size of waffle iron) evenly onto iron, enough to cover the surface; close iron. Cook 5 minutes or until golden brown; repeat with remaining batter to make 3 more waffles. Cut each waffle into 4 wedges to serve.