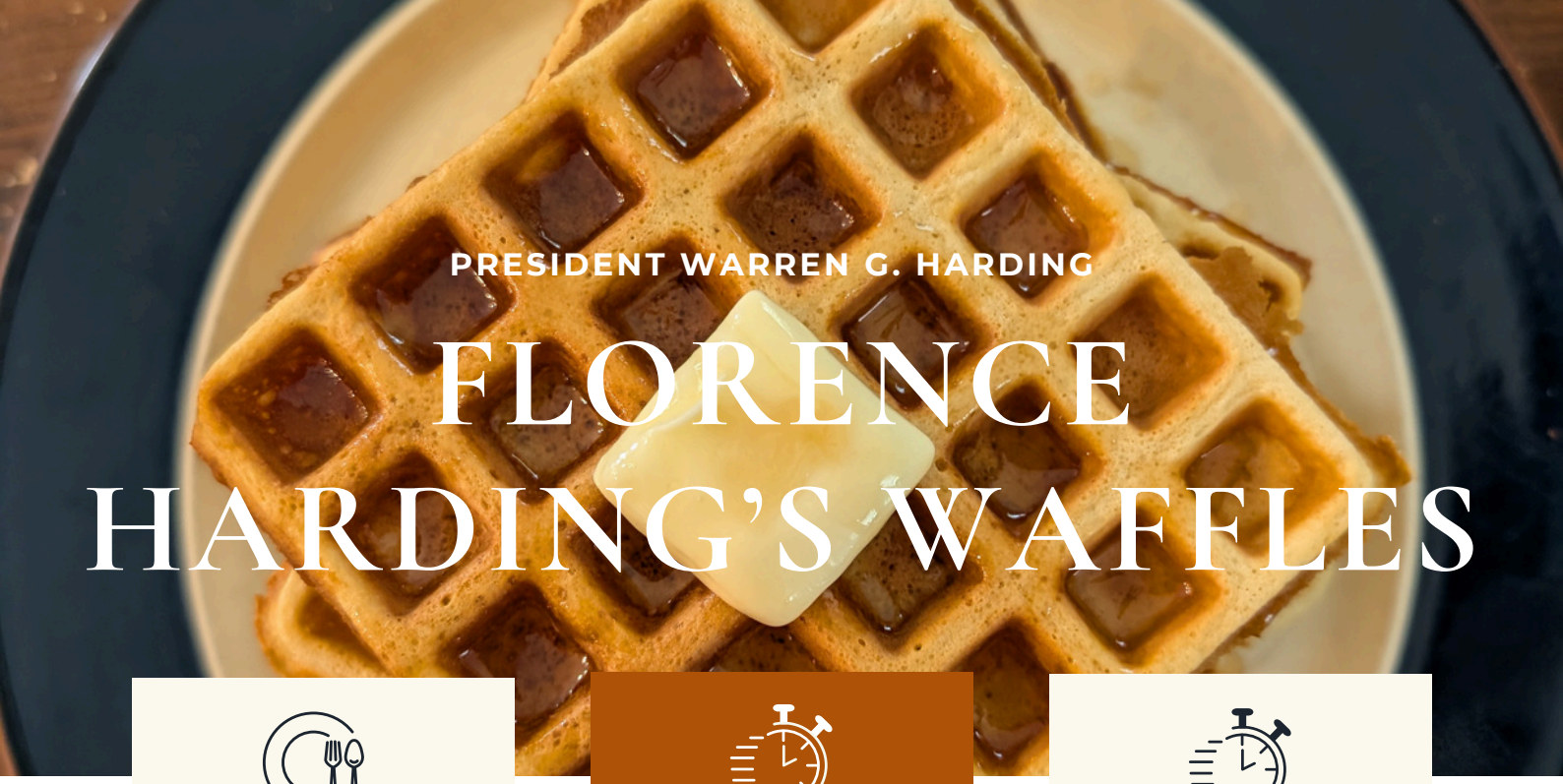

PRESIDENT WARREN G. HARDING

FLORENCE HARDING'S WAFFLES

8-10 SERVINGS

15 MINS PREP TIME

15-20 MINS COOK TIME

INGREDIENTS

- 2 eggs
- 2 tablespoons sugar
- 1 teaspoon salt
- 2 tablespoons unsalted butter, melted
- 1 pint milk
- Flour to make thin batter (about 2 cups)
- 2 large teaspoons baking powder

INSTRUCTIONS

1. Separate the eggs.
2. Beat yolks and add sugar and salt.
3. Add butter, milk, and flour.
4. Stir to combine.
5. Beat egg whites until stiff (but not dry) peaks form.
6. Stir one spoonful of whites into the mixture to lighten and then fold in remainder of egg whites and the baking powder.
7. Bake in a hot waffle iron.

FLORENCE HARDING'S WAFFLES



NUTRITION PER SERVING (8 SERVINGS)

Calories 205 • Total Fat 6g • Saturated Fat 4g • Sodium 425mg •
Total Carbohydrates 30g • Dietary Fiber 1g • Added Sugars 6g • Protein 7g

DIETITIAN'S NOTE

Swap whole milk for skim milk or milk alternative to reduce saturated fat and calories. Use whole wheat flour for added dietary fiber and micronutrients.

Adapted from: Women's History