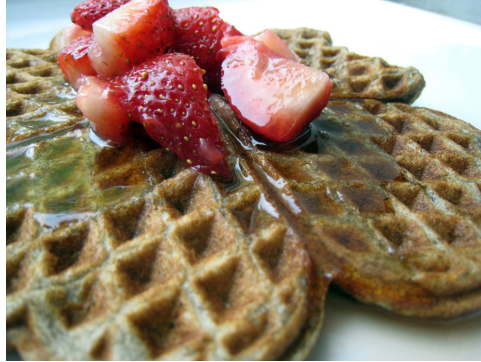


# Buckwheat Waffles

Servings: 6



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**Yield: 6**

*1 cup buckwheat flour*

*1 each egg, Beaten*

*1/2 tablespoon Honey*

*3/4 cup Milk, plus 1 tablespoon*

Stir all ingredients together only until lumps disappear. Cook according to waffle maker's instructions.

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*Per Serving (excluding unknown items): 103 Calories; 2g Fat (20.4% calories from fat); 5g Protein; 17g Carbohydrate; 2g Dietary Fiber; 39mg Cholesterol; 29mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.*