

Heavenly Light Waffles



1 1/2 cups DP wheat starch
1/2 cup Softasilk Cake Flour
1 tsp egg replacer
1/2 tsp salt
2 tsp baking powder
1/2 cup vegetable oil
1 1/3 cup Sprite or 7-Up

Mix all dry ingredients. Add liquid ingredients and mix well. Spread on heated waffle iron coated with oil. Bake till golden. Makes 4 waffles.

Per recipe: 284 mg phe, 6.2 g protein
Per serving (1/4 waffle): 18 mg phe, 0.4 g protein



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