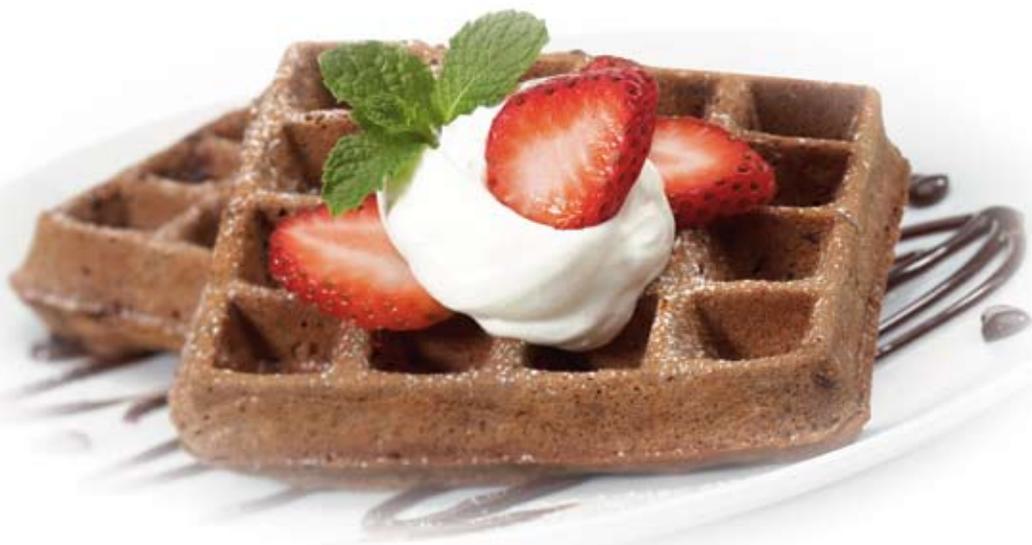


# Cuisinart®

## Recipe Booklet

Instruction  
Booklet  
Reverse Side



**4-Slice Belgian Waffle Maker**

**WAF-100A Series**

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.



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## TIPS TO MAKE PERFECT WAFFLES

- Setting #1 will produce the lightest color waffles. Setting #5 will produce the darkest color waffles. Experiment to determine which setting produces the best waffle color for you.
- For evenly filled waffles, pour the batter onto the center of the lower grid and spread out evenly to the edges. The entire lower grid should be filled.
- We recommend using 2 cups of batter to fill the lower grid.
- Waffles are best when made to order, but baked waffles may be kept warm in a 200°F oven. Place them in a baking pan or wrap in foil while in the oven. Waffles wrapped in foil may lose their crispiness.
- Baked waffles may be frozen. Allow to cool completely, then place in plastic food storage bag. Use waxed paper to keep waffles separated. Reheat in a toaster or toaster oven when ready to eat.

## SUGGESTED TOPPINGS

Fruit syrups, warm fruit compote, fresh berries, chopped fruit, yogurt, chopped nuts, powdered sugar, whipped cream, ice cream or chocolate sauce.

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## ABOUT THE RECIPES

NUTRITIONAL INFORMATION IS BASED ON NUMBER OF SERVINGS INDICATED. IF A RECIPE PRODUCES A RANGE OF SERVINGS, INFORMATION IS BASED ON THE HIGHEST SERVING YIELD FOR THAT PARTICULAR RECIPE.

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## Waffle Mix

Having a batch of this mix at the ready will allow you to make one batch of four waffles at a time. Just prepare as much or as little as you need. Our version is much healthier than purchased mixes.

Makes about 7 cups of mix, enough to make 16 waffles

- 5 cups unbleached, all-purpose flour**
- 1 cup wheat germ**
- 1 cup buttermilk powder\***
- 3 tablespoons granulated sugar**
- 3 tablespoons baking powder**
- 2¼ teaspoons salt**
- 1½ teaspoons baking soda**
- ¾ teaspoon cream of tartar**

1. Using a whisk, combine all ingredients thoroughly in a large mixing bowl.
2. Store in an airtight container in a cool, dry place for up to 6 months. You can store in the refrigerator for ultimate freshness.

\*Buttermilk powder is available in most grocery stores. If you cannot find it, substituting nonfat dry milk is acceptable, but the results will not be as moist.

## Waffle Mix Waffles

Makes 4 waffles

- 1¾ cups Waffle Mix (See waffle mix recipe)**
- ¾ cup reduced-fat milk**
- 1 large egg, lightly beaten**
- 1½ tablespoons vegetable oil**

1. Put all the ingredients into a medium mixing bowl. Whisk until smooth. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour all of the batter (about 2 cups) onto the center of the lower grid of the preheated waffle maker; spread batter evenly using a heatproof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. For best results, serve immediately with desired toppings.

*Nutritional information per waffle:*

*Calories 296 (27% from fat) • carb. 43g • pro. 11g  
• fat 9g • sat. fat 2g • chol. 62mg • sod. 420mg  
• calc. 310mg • fiber 2g*

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## Basic Waffles

Fresh, homemade waffles make breakfast a special occasion. Freeze the extras to use when time is short.

Makes 16 waffles

- 6 cups unbleached, all-purpose flour**
- ¼ cup plus 2 tablespoons granulated sugar**
- ¼ cup baking powder**
- 1½ teaspoons salt**
- 3½ cups reduced-fat milk**
- 1 cup plus 2 tablespoons vegetable oil**
- 4 large eggs, lightly beaten**

1. Combine all ingredients, in order listed, in a large mixing bowl; whisk until well blended and smooth. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour a scant 2 cups of batter onto the center of the lower grid of the preheated waffle maker; spread batter evenly using a heatproof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

*Nutritional information per waffle:*

*Calories 375 (44% from fat) • carb. 44g • pro. 8g  
• fat 18g • sat. fat 2g • chol. 57mg • sod. 627mg  
• calc. 279mg • fiber 1g*

## Nutty Wheat Waffles

Wholesome wheat flavor combined with crunchy pecans makes a delicious breakfast, brunch or snack. Top with warm fruit compote or syrup.

Makes 16 waffles

- 3 cups unbleached, all-purpose flour**
- 1 cup whole wheat flour**
- ¼ cup granulated sugar**
- 2 tablespoons baking powder**
- 1 teaspoon salt**
- 4 cups reduced-fat milk**
- ¾ cup vegetable oil**
- 4 large eggs, lightly beaten**
- 1 cup finely chopped pecans, walnuts, almonds, or hazelnuts**

1. Combine all ingredients, in order listed, in a large mixing bowl; whisk until well blended and smooth. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 2 cups of batter onto the center of the lower grid of the preheated waffle maker; spread batter evenly using a heat-proof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

*Nutritional information per waffle:*

*Calories 396 (45% from fat) • carb. 45g • pro. 10g  
• fat 20g • sat. fat 3g • chol. 86mg • sod. 600mg  
• calc. 412mg • fiber 1g*

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## Chocolate Brownie Waffles

Kids will love having chocolate for breakfast, but these waffles also make for a delicious dessert when topped with whipped cream or ice cream and berries.

Makes 16 waffles

- 4 cups unbleached, all-purpose flour**
- 1½ cups granulated sugar**
- 1⅓ cups unsweetened cocoa powder, sifted**
- 2 tablespoons baking powder**
- 1 teaspoon baking soda**
- 1 teaspoon salt**
- 1 teaspoon ground cinnamon**
- 4 cups reduced-fat milk**
- 4 large eggs, lightly beaten**
- 2 teaspoons pure vanilla extract**
- ½ cup (1 stick) unsalted butter, melted, cooled slightly**
- 1⅓ cups semi-sweet mini chocolate morsels**
- 1 cup finely chopped walnuts or pecans**

1. Combine the flour, sugar, cocoa powder, baking powder, baking soda, salt, and cinnamon in a large mixing bowl; whisk to blend. Add the milk, eggs and vanilla extract. Whisk until well blended and smooth. Stir in melted butter until completely combined. Fold in morsels and nuts. Let batter rest 5 minutes.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when unit is preheated).
3. Pour 2 cups of batter onto the center of the lower grid of the preheated waffle maker; spread batter evenly using a heat-proof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

*Nutritional information per waffle:*

*Calories 460 (36% from fat) • carb. 63g • pro. 11g  
• fat 19g • sat. fat 8g • chol. 74mg • sod. 405mg  
• calc. 225mg • fiber 4g*

## Apple Walnut Waffles

Served with warm maple syrup, these waffles are a comforting fall treat.

Makes 16 waffles

- ½ cup plus 1 tablespoon packed light brown sugar**
- 4 cups unbleached, all-purpose flour**
- ¾ cup whole wheat flour**
- ¾ cup wheat germ**
- 3 tablespoons baking powder**
- 1½ teaspoons salt**
- 4½ cups reduced-fat milk**
- 6 large eggs, lightly beaten**
- 1 cup vegetable oil**
- 1½ teaspoons pure vanilla extract**
- 1 large apple, peeled, cored and finely diced or shredded**
- 1½ cups finely chopped walnuts**

1. Crumble the brown sugar into a large mixing bowl to remove any lumps. Add the flours, wheat germ, baking powder and salt. Whisk to blend. Add the milk, eggs, oil, and vanilla; whisk until smooth. Stir in the apple and walnuts. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 2 cups of batter onto the center of the lower grid of the preheated waffle maker; spread batter evenly using a heat-proof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

*Nutritional information per waffle:*

*Calories 449 (50% from fat) • carb. 45g • pro. 12g  
• fat 25g • sat. fat 3g • chol. 85mg • sod. 564mg  
• calc. 361mg • fiber 3g*

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## Cinnamon Pecan Waffles

Top these tasty waffles with warm maple syrup and fresh fruit.

Makes 20 waffles

- 6**    **tablespoons packed light brown sugar**
- 6**    **cups unbleached, all-purpose flour**
- 3**    **tablespoons baking powder**
- 1½**   **teaspoons baking soda**
- 4½**   **teaspoons ground cinnamon**
- 1½**   **teaspoons salt**
- 5½**   **cups reduced-fat milk**
- 1**    **cup plus 2 tablespoons vegetable oil**
- 6**    **large eggs, lightly beaten**
- 3**    **cups chopped pecans**

1. Crumble the brown sugar into a large mixing bowl to remove any lumps. Add the flour, baking powder, baking soda, cinnamon and salt. Whisk to combine. Add the milk, oil and eggs; whisk until blended and smooth. Stir in the chopped pecans. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (tone will sound when preheated).
3. Pour 2 cups of batter onto the center of the lower grid of the preheated waffle maker; spread batter evenly using a heat-proof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

*Nutritional information per waffle:*

*Calories 434 (56% from fat) • carb. 39g • pro. 10g  
• fat 28g • sat. fat 3g • chol. 69mg • sod. 483mg  
• calc. 355mg • fiber 3g*

## Banana Walnut Waffles

Classic waffle for a weekend brunch.

Makes 16 waffles

- 4**    **cups unbleached, all-purpose flour**
- ¼**    **cup granulated sugar**
- 2**    **tablespoons baking soda**
- 1**    **teaspoon salt**
- 4**    **large eggs, lightly beaten**
- ¾**    **cup vegetable oil**
- 2**    **cups low-fat vanilla yogurt**
- 1½**   **cups reduced-fat milk**
- 2**    **cups banana, mashed**
- 1**    **cup chopped walnuts**

1. Using a whisk, combine the flour, sugar, baking soda, and salt in a large mixing bowl. Add the eggs and oil and whisk until blended. Stir in the yogurt and then the milk until mixture is smooth. Stir in banana and walnuts until incorporated. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 2 cups of batter onto the center of the lower grid of the preheated waffle maker; spread batter evenly using a heat-proof spatula. Close lid of waffle maker. When tone sounds, waffle is ready. Open lid and carefully remove baked waffle. Repeat with remaining batter. For best results, serve immediately.

*Nutritional information per waffle:*

*Calories 349 (45% from fat) • carb. 40g • pro. 9g  
• fat 18g • sat. fat 2g • chol. 56mg • sod. 670mg  
• calc. 105mg • fiber 2g*

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## Pumpkin Walnut Waffles

For a change, you may substitute dried cranberries, raisins or even mini chocolate morsels for the walnuts.

Makes 12 waffles

- 3½ cups reduced-fat milk**
- 1½ cups solid pack pumpkin\***
- ¾ cup vegetable oil**
- 4 large eggs, lightly beaten**
- ½ cup packed light brown sugar**
- 4½ cups unbleached, all-purpose flour**
- 2 tablespoons baking powder**
- 1 teaspoon baking soda**
- 2 teaspoons ground cinnamon**
- ½ teaspoon salt**
- 1½ cups chopped walnuts**

1. Put the milk, pumpkin, oil, and eggs into a medium mixing bowl. Whisk until smooth; reserve. Crumble the brown sugar into a large mixing bowl to remove any lumps. Add the flour, baking powder, baking soda, cinnamon, and salt. Whisk to blend. Add the liquid ingredients and whisk until smooth. Stir in the walnuts. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 2 cups of batter onto the center of the lower grid of the preheated waffle maker; spread batter evenly using a heat-proof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

\*This is a little less than half of a 15-ounce can. Measure out ¾ cup of the remaining pumpkin to freeze to make these waffles at another time.

*Nutritional information per waffle:*

*Calories 497 (48% from fat) • carb. 53g • pro. 12g  
• fat 27g • sat. fat 3g • chol. 76mg • sod. 442mg  
• calc. 414mg • fiber 3g*

## Oatmeal Raisin Waffles

These waffles taste like an oatmeal raisin cookie. They are delicious when topped with apple butter.

Makes 12 waffles

- ¼ cup plus 2 tablespoons packed light brown sugar**
- 3 cups unbleached, all-purpose flour**
- 2 cups rolled oats (old fashioned, not quick oats)**
- 4 teaspoons ground cinnamon**
- 1 tablespoon baking powder**
- 2 teaspoons baking soda**
- 1 teaspoon salt**
- 3 cups buttermilk**
- 4 large eggs, lightly beaten**
- ¾ cup vegetable oil**
- 1 teaspoon pure vanilla extract**
- 1½ cups raisins**

1. Crumble the brown sugar into a large mixing bowl to remove any lumps. Add the flour, oats, cinnamon, baking powder, baking soda, and salt. Whisk to blend. Add buttermilk, eggs, oil, and vanilla. Whisk until well blended and smooth. Stir in raisins. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 2 cups of batter onto the center of the lower grid of the preheated waffle maker; spread batter evenly using a heat-proof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

*Nutritional information per waffle:*

*Calories 465 (35% from fat) • carb. 64g • pro. 12g  
• fat 18g • sat. fat 2g • chol. 73mg • sod. 588mg  
• calc. 281mg • fiber 5g*

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## Lemon Waffles

These waffles are a fresh change – if you want, add blueberries for Lemon Blueberry Waffles.

Makes 20 waffles

- 3 cups unbleached, all-purpose flour**
- ¾ cup granulated sugar**
- 4 teaspoons baking soda**
- 1 teaspoon salt**
- 4 large eggs, lightly beaten**
- 2 cups buttermilk**
- 2 teaspoons pure vanilla extract**
- ¼ cup fresh lemon juice**
- 2 tablespoons lemon zest**
- ¾ cup (1½ sticks) unsalted butter, melted and cooled to room temperature**
- 2 cups low-fat vanilla yogurt**

1. Combine the flour, sugar, baking soda, and salt in a large mixing bowl and whisk to combine. Add the eggs, buttermilk, and vanilla; whisk until blended. Stir in lemon juice and zest. Fold in melted butter and then the vanilla yogurt. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 2 cups of batter onto the center of the lower grid of the preheated waffle maker; spread batter evenly using a heat-proof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

Variations: For lemon ginger add 1 tablespoon of grated fresh ginger to the batter with the juice and zest. For lemon blueberry add 2 cups of blueberries to the batter as the last ingredient.

*Nutritional information per waffle:*

Calories 206 (37% from fat) • carb. 27g • pro. 5g  
• fat 9g • sat. fat 5g • chol. 63mg • sod. 427mg  
• calc. 82mg • fiber 1g

## Super Multigrain Waffles

These crispy waffles have a nice texture and pleasant flavor; you would never know they are good for you.

Makes 16 waffles

- 2 cups whole wheat flour**
- 1 cup unbleached, all-purpose flour**
- 1 cup rolled oats (old fashioned, not quick oats)**
- 2 teaspoons baking powder**
- 2 teaspoons baking soda**
- 1 teaspoon salt**
- 4 large eggs, lightly beaten**
- 2 cups soy milk**
- ¼ cup pure maple syrup**
- 2 teaspoons pure vanilla extract**
- ¾ cup (1½ sticks) unsalted butter, melted**
- ¼ cup flaxseed oil**
- 2 cups low-fat plain yogurt or 1% cottage cheese**
- 1 cup finely chopped pecans or walnuts (optional)**

1. Put the flours, oats, baking powder, baking soda, and salt into a large mixing bowl and whisk to combine. Add the eggs, soy milk, syrup, and vanilla; whisk until smooth. Stir in butter, flaxseed oil, and yogurt/cottage cheese. Finally stir in the chopped nuts, if using, into batter. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 2 cups of batter onto the center of the lower grid of the preheated waffle maker; spread batter evenly using a heat-proof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

*Nutritional information per waffle with yogurt:*

Calories 337 (52% from fat) • carb. 32g • pro. 10g  
• fat 20g • sat. fat 7g • chol. 76mg • sod. 409mg  
• calc. 162mg • fiber 4g

*With 1% cottage cheese:*

Calories 340 (52% from fat) • carb. 30g • pro. 12g  
• fat 20g • sat. fat 7g • chol. 77mg • sod. 500mg  
• calc. 119mg • fiber 4g

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## Chocolate Buttermilk Waffles

Great for breakfast, or try as a base  
for a hot fudge sundae.

Makes 16 waffles

- ¼ cup packed light brown sugar
- 3 cups unbleached, all-purpose flour
- 1 cup unsweetened cocoa, sifted
- ¼ cup granulated sugar
- 4 teaspoons baking soda
- 1 teaspoon salt
- 4 large eggs, lightly beaten
- 2 teaspoons pure vanilla extract
- ¾ cup (1½ sticks) unsalted butter, melted
- 2 cups buttermilk
- 2 cups low-fat yogurt (plain or vanilla)
- 2 cups semi-sweet chocolate chips

1. Crumble the brown sugar into a large mixing bowl to remove any lumps. Add the flour, cocoa, granulated sugar, baking soda, and salt. Whisk to combine. Stir in the eggs, vanilla, butter, buttermilk, and yogurt, making sure each ingredient is incorporated well. Finally fold in the chocolate chips. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 2 cups of batter onto the center of the lower grid of the preheated waffle maker; spread batter evenly using a heat-proof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

*Nutritional information per waffle:*

Calories 410 (41% from fat) • carb. 52g • pro. 9g  
• fat 19g • sat. fat 11g • chol. 79mg • sod. 534mg  
• calc. 113mg • fiber 4g

## High Protein Waffles

Easy to prepare and high in protein, these  
delicious waffles are a great way to start the day.

Makes 12 waffles

- 3 cups rolled oats (old fashioned, not quick oats)
- 1½ cups unbleached, all-purpose flour
- ¼ cup plus 2 tablespoons granulated sugar
- 4 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- 4 large eggs, lightly beaten
- ¾ cup vegetable oil
- 1 cup 1% cottage cheese
- 2 cups reduced-fat milk

1. Combine the oats, flour, sugar, baking powder, cinnamon, and salt in a large mixing bowl. Stir to combine. Stir in the eggs, oil, cottage cheese and milk, one at a time until mixture is smooth. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 2 cups of batter onto the center of the lower grid of the preheated waffle maker; spread batter evenly using a heat-proof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

*Nutritional information per waffle:*

Calories 487 (36% from fat) • carb. 62g • pro. 17g  
• fat 20g • sat. fat 3g • chol. 75mg • sod. 482mg  
• calc. 239mg • fiber 7g

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## Whole Wheat Berry Waffles

Any type of berry will work for this versatile waffle.

Makes 16 waffles

- 2½ cups unbleached, all-purpose flour**
- 1½ cups whole wheat flour**
- ¼ cup granulated sugar**
- 2 tablespoons baking powder**
- 2 teaspoons salt**
- 4 large eggs, lightly beaten**
- 3½ cups reduced-fat milk**
- ¾ cup (1½ sticks) unsalted butter, melted**
- 2 teaspoons pure vanilla extract**
- 1½ cups blueberries, fresh or frozen (thawed)**
- 2 teaspoons orange zest**
- 1 cup chopped pecans**

1. Combine both flours, sugar, baking powder, and salt in a large mixing bowl and whisk to combine. Add the eggs, milk, butter and vanilla; whisk until mixture resembles a smooth batter. Fold in the blueberries, zest, and pecans. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 2 cups of batter onto the center of the lower grid of the preheated waffle maker; spread batter evenly using a heat-proof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

*Nutritional information per waffle:*

*Calories 304 (47% from fat) • carb. 33g • pro. 8g  
• fat 16g • sat. fat 7g • chol. 80mg • sod. 478mg  
• calc. 272mg • fiber 3g*

## Vanilla Yogurt Pecan Waffles

These waffles have a subtle, nutty sweetness and are nice and crispy.

Makes 16 waffles

- ¼ cup plus 2 tablespoons packed light brown sugar**
- 2 cups unbleached, all-purpose flour**
- 2 cups whole wheat flour**
- 4 teaspoons baking soda**
- 1 teaspoon ground cinnamon**
- 1 teaspoon salt**
- 4 large eggs, lightly beaten**
- 2 teaspoons pure vanilla extract**
- ¾ cup (1½ sticks) unsalted butter, melted**
- 2 cups low-fat vanilla yogurt**
- 2 cups reduced-fat milk**
- 1 cup chopped pecans**

1. Crumble the brown sugar into a large mixing bowl to remove any lumps. Add the flours, baking soda, cinnamon, and salt and whisk to combine. Add the eggs and vanilla; whisk until *just* combined. Stir in the butter, yogurt, and milk until the mixture becomes smooth. Fold in the pecans. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 2 cups of batter onto the center of the lower grid of the preheated waffle maker; spread batter evenly using a heat-proof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

*Nutritional information per waffle:*

*Calories 314 (45% from fat) • carb. 35g • pro. 9g  
• fat 16g • sat. fat 7g • chol. 80mg • sod. 565mg  
• calc. 203mg • fiber 3g*

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# Savory Cheddar Chive Cornmeal Waffles

These crispy, savory waffles are good to serve with soups or your favorite chili in place of corn muffins. You may also try them with scrambled eggs and bacon for brunch or supper.

Makes 20 waffles

- 3¾ cups unbleached, all-purpose flour**
- 3 cups cornmeal (yellow or white)**
- 3 tablespoons granulated sugar**
- 3 tablespoons baking powder**
- 1½ teaspoons baking soda**
- ¾ teaspoon salt**
- 9 ounces shredded sharp cheddar cheese (about ¾ cup)**
- ¼ cup plus 2 tablespoons chopped fresh chives**
- 5¼ cups reduced-fat milk**
- ¾ cup vegetable oil**
- 6 large eggs, lightly beaten**
- ½ teaspoon hot sauce**

1. Combine the flour, cornmeal, sugar, baking powder, baking soda, and salt in a large mixing bowl; whisk to combine. Stir in the cheese and chives. Add the milk, oil, eggs, and hot sauce; whisk until completely combined. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 2 cups of batter onto the center of the lower grid of the preheated waffle maker; spread batter evenly using a heat-proof spatula. Close lid of waffle maker. When tone sounds, waffles are ready. Open lid and carefully remove baked waffles. Repeat with remaining batter. For best results, serve immediately.

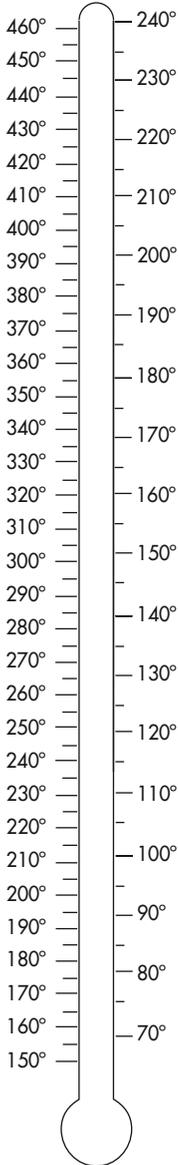
*Nutritional information per waffle:*

*Calories 249 (41% from fat) • carb. 40g • pro. 11g  
• fat 16g • sat. fat 5g • chol. 82mg • sod. 533mg  
• calc. 302mg • fiber 2g*

# Weights, Measures and Conversions

## Temperature °F / °C

Fahrenheit      Celsius



## Metric cup & spoon sizes

cup	metric
¼ cup	60ml
⅓ cup	80ml
½ cup	125ml
1 cup	250ml
spoon	metric
¼ teaspoon	1.25ml
½ teaspoon	2.5ml
1 teaspoon	5ml
2 teaspoon	10ml
1 tablespoon (equal to 4 teaspoons)	20ml

## Liquids

Metric	cup	imperial
30 ml		1 fl oz
60 ml	¼ cup	2 fl oz
80 ml		3 ½ fl oz
100ml	⅓ cup	2 ¾ fl oz
125ml	½ cup	4 fl oz
150ml		5 fl oz
180ml	¾ cup	6 fl oz
200ml		7 fl oz
250ml	1 cup	8 ¾ fl oz
310ml	1 ¼ cups	10 ½ fl oz
375ml	1 ½ cups	13 fl oz
430ml	1 ¾ cups	15 fl oz
475ml		16 fl oz
500ml	2 cups	17 fl oz
625ml	2 ½ cups	21 ½ fl oz
750ml	3 cups	26 fl oz
1L	4 cups	35 fl oz
1.25L	5 cups	44 fl oz
1.5L	6 cups	52 fl oz
2L	8 cups	70 fl oz
2.5L	10 cups	88 fl oz

<b>Mass (weight)</b>	
10g	¼ oz
15g	½ oz
30g	1 oz
60g	2 oz
90g	3 oz
125g	4 oz (¼ lb)
155g	5 oz
185g	6 oz
220g	7 oz
250g	8 oz (½ lb)
280g	9 oz
315g	10 oz
345g	11 oz
375g	12 oz (¾ lb)
410g	13 oz
440g	14 oz
470g	15 oz
500g (½kg)	16 oz (1 lb)
750g	17 oz (1 ½ lb)
1kg	18 oz (2 lb)
1.5kg	19 oz (3 lb)
2kg	20 oz (4 lb)

<b>Cup conversions for metric &amp; imperial</b>								
ingredient	1 cup		1/2 cup		1/3 cup		1/4 cup	
breadcrumbs, dry	90g	2 ¾ oz	45g	1 ½ oz	30g	1 oz	25g	¾ oz
butter	250g	8 oz	125g	4 oz	80g	2 ½ oz	60g	2 oz
cheese, shredded/grated	80g	2 ½ oz	40g	1 oz	35g	1 oz	25g	¾ oz
choc bits	190g	6 oz	95g	3 oz	70g	2 ¼ oz	55g	1 ¾ oz
coconut, desiccated	85g	2 ¾ oz	45g	1 ½ oz	35g	1 oz	20g	½ oz
flour, plain/self-raising	150g	4 ¾ oz	75g	2 ½ oz	50g	1 ½ oz	40g	1 ½ oz
rice, uncooked (long-grain basmati/jasmine)	200g	6 ½ oz	100g	3 oz	70g	2 ¼ oz	50g	1 ½ oz
sour cream	235g	7 ½ oz	125g	4 oz	85g	2 ½ oz	65g	2 oz
sugar, brown-lightly packed	160g	5 oz	80g	2 ½ oz	60g	2 oz	45g	1 ½ oz
sugar, brown-firmly packed	200g	6 ½ oz	100g	3 oz	70g	2 ¼ oz	55g	1 ¾ oz
sugar, caster	220g	7 oz	115g	3 ¾ oz	80g	2 ½ oz	60g	2 oz
sugar, icing	150g	4 ¾ oz	80g	2 ½ oz	60g	2 oz	45g	1 ½ oz
sugar, white	225g	7 oz	110g	3 ½ oz	80g	2 ½ oz	60g	2 oz
sultanas	170g	5 ½ oz	90g	3 oz	65g	2 oz	45g	1 ½ oz
yoghurt	260g	8 ¼ oz	130g	4 oz	90g	3 oz	70g	2 ¼ oz