

*My cousin, Vaudrene, created these waffles for her husband with diabetes. I am not claiming that they are good for diabetes, but they are delicious!*

### **Vaudrene's buttermilk waffles**

1 ½ Cups flour	1 ½ cups buttermilk
1 ½ tsp baking powder	6 TBS butter, melted
½ tsp baking soda	2 eggs, lightly beaten
½ tsp salt	1 cup each: nuts (walnuts or pecans) and craisins (dried cranberries)
2 tsp to 1 TBS cinnamon, to taste	
¾ cup sugar	

In a medium bowl, whisk dry ingredients. Stir in buttermilk, butter and eggs. Stir until thoroughly mixed (batter will be thick), fold in nuts and craisins. Pour about 2/3 – ¾ cup of batter into the middle of the waffle iron. Close the lid and cook 6-7 minutes or until golden brown. Makes 4-6 waffles.

These waffles are good to eat without any topping, but can be topped with fruit, fruit compote, syrup, etc.