



DINNER TONIGHT

Veggie Waffles



FUN

Think of 5 items that belong to a category. Have everyone guess the category.



CONVERSATION

How would your day change if you didn't have internet?





Veggie Waffles

INGREDIENTS

- 1 3/4 cups flour (you can use all-purpose or a whole-grain flour of your choice)
- 1/3 cup granulated sugar
- 2 tsp. baking powder
- 2 tsp. cinnamon
- 2 large eggs
- 1 1/2 cups milk
- 4 tbsp. butter, melted
- 1 cup each grated carrot and zucchini

INSTRUCTIONS

1. Preheat a waffle iron according to manufacturer directions.
2. In a medium bowl, whisk together the dry ingredients (flour, sugar, baking powder, and cinnamon).
3. Add the eggs and milk and mix well.
4. Whisk in the melted butter until the batter is smooth and thick.
5. Fold in the carrots and zucchini.
6. Cook the waffles according to your waffle iron's specifications. Serve warm, with maple syrup or a sweet flavored cream cheese!

Whether you serve these waffles for breakfast or dinner, the hefty helping of carrots and zucchini folded into the batter will add to your daily produce tally in a sweet way. Pop extras into the freezer to toast up on busy mornings!

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conversation!