Six Exotic Fruits to Try

6 EXOTIC FRUITS TO TRY

LIVE WELL UTAH

You don't have to go on a tropical vacation to get a taste of exotic fruits. Look beyond the apples and bananas next time you're at the grocery store, and give these exotic fruits a try.

See USU Extension's Jaqueline Neid-Avila introduce some of these exotic fruits on Fox 13's The PLACE.

When you go to the grocery store, the first thing you typically see are fruits. Most of them probably look familiar– bananas, apples, peaches, pears, melons and more. However, you may see a few fruits that look a bit unusual, if not exoctic.

These fruits could be kumquats, passion fruit, or dragon fruit, among others. While you may be able to find some of these fresh fruits in your regular supermarket, they are more widely available and affordable at Asian, Latin, and gourmet supermarkets. You can even buy them online! Like more common fruits, these unusual varieties are good sources of Vitamin A, C, potassium and fiber. Since they are

not something that you would normally buy, they can be seen as a treat.

So next time you are out buying groceries, check out the unusual fruits selection. Even if their curious appearance may turn some people off from purchasing, remember that mangos and kiwis were once considered to be exotic.

Here are some exotic fruits we recommend, and some ways to eat them:

Longan

Longan have a white, soft pulp that surrounds a large black seed. When cut in half, the fruit resembles an eyeball. It is a small relative of Lychee.

Rambutan

Rambutan have a single seed surrounded by flesh that is grape-like in texture, with a delicate flavor. This is also a relative to lychee, but sweeter and not as juicy.

Longan, rambutan and lychee are all very similar. There are mild differences, so try each one to see which one is your favorite. They can be used to make jams and jellies, or a light refreshing juice.

Dragon Fruit

This is a member of the cactus family and it has a leathery exterior ranging from yellow to bright pink with lime-green spiny tips. Flecked with tiny black seeds, its juicy flesh can be white or red and has a refreshing and light flavor.

The skin is inedible, so peel the dragon fruit or scoop it out of the skin. Dragon fruit tastes refreshing cold. Pair it with banana, berries, and kiwi in a smoothie, or make fruit kebabs, alternating kiwi and dragon fruit. Try broiling kebabs in an oven for 3 minutes.

Passion Fruit

This edible fruit has a sweet-tart flavor and strong tropical scent. The seeds can be eaten with the liquidy center or strained out if you just want the juice.

Since there is only a small amount of golden, jelly-like filling, passion fruit is often used as a filling or flavoring.

Guava

Several varieties of guava are available in varying sizes (they can be as small as an egg, or as large as an apple). They can be round or pear shaped, and have rough or smooth skin. Guava can be yellow, green, red, or purple-black on the outside, with flesh that is pale yellow to bright red. Some guava have small edible seeds, while others are seedless. To eat fresh, guava should be very ripe.

Enjoy fresh, in salads, or juiced to make jelly or syrup. Guava can also be cooked with meat.

Kumquat

Kumquats look like oval shaped miniature oranges. The skin of the kumquat is sweet, while the inside has a sour, citrus tang. This creates a surprising clash of flavor when the fruit is eaten whole. Nibble the end of the kumquat to taste the rind first. Once you encounter the mouth-puckering juice, you can either continue nibbling cautiously, or pop the whole fruit in your mouth.

Kumquats can be sliced and added to salsa, made into marmalade, pickled or added to meat dishes.

This article was written by Jaqueline Neid-Avila, RDN, CD with USU Extension in Davis County

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Wild Rice and Bacon Soup Mix

LIVE WELL UTAH

BACON & WILD RICE SOUP MIX

Prep some wild rice and bacon soup mix for those busy nights when you need an easy dinner.

Soup Mix Ingredients:

- 3/4 cup brown rice
- 1/4 cup imitation bacon bits
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon celery flakes
- 1 cube beef bouillon
- 1/4 cup wild rice
- 1/2 cup dried minced onions

Place soup mix in a large soup pot. Add 7 cups of water, and bring to a boil. Add canned or fresh sliced mushrooms if desired. Cover, reduce to low heat and simmer for 45 minutes or until tender.

This recipe was contributed by Suzanne Prevedel, family and consumer sciences educator for USU Extension in Duchesne County

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Crockpot Calico Beans

LIVE WELL UTAH
CROCKPOT
CALICO BEANS

Try this hearty bean crockpot recipe as a side dish at your next barbecue, or as an easy main dish you can start in the morning, and have ready by dinnertime.

Ingredients:

- 1/3 C yellow split peas
- 1/3 C green split peas
- 1/3 C dry lima beans
- 1/4 C dry pinto beans
- 1/4 C dry kidney beans
- 1/4 C dry Great Northern beans
- 2 tsp beef bouillon granules
- 1/2 tsp ground cumin
- 1/2 tsp garlic powder
- 7 C hot water
- 2 carrots, diced
- 2 stalks celery, diced
- 1/2 onion, diced
- 1 pound diced ham or bacon
- 1/2 C ketchup
- 1/2 C BBQ Sauce

Directions:

Place beans, bouillon, cumin and garlic powder into crockpot. Pour hot water over mix, add other ingredients and stir. Cook 6 hours on high, 8 hours on low. Can be served as a side or main dish.

This recipe was contributed by Suzanne Prevedel, family and consumer sciences educator for USU Extension in Duchesne County

Menu Planning Around Farmers Market Selection

LIVE WELL UTAH

MENU PLANNING AROUND FARMERS MARKET SELECTION

How do you plan your weekly menu and shop at your local farmers market, without knowing what exactly you might find there? Follow these tips to help you plan a more flexible menu, and and take advantage of the fresh local produce at the farmers market.

Farmers markets are known for offering an ever-changing variety of fresh fruits and vegetables. Although variety is a benefit of shopping at local farmers markets, it can be difficult and overwhelming to come up with a menu for the week without knowing beforehand what will be available. Yet, being flexible allows you to choose the produce that looks the best and is offered at a good price. Below are some tips for planning meals around the unpredictable availability at the farmers market.

1. Reverse your menu planning schedule. Shop at the market first, then build a menu for the week based on what you purchased. This will also help ensure that you use what you bought, reducing food waste.
2. Plan the non-vegetable portion of the meal, and then add the vegetables after seeing what looks best at the market.
3. Have a general sense of when different fruits and vegetables are usually in season and available. Plan your menu with at least two different options and then buy the one that is offered at the best price.
4. Bring your menu to the market. If there is something that looks great, but isn’t in your plan revise your menu on the spot to incorporate it.
5. Include some meals that use a wide variety of produce in like stir-fry, soup, or omelets.
6. Be open to making last minute substitutions to your favorite recipe. Here are some ideas of fruits and vegetables that are good substitutions for each other.

Recipe calls for	Try this instead
Apples	Pears, grapes, cherries
Beets	Radishes, turnips, rutabaga, potatoes
Blueberries	Strawberries, raspberries, blackberries, pitted cherries
Broccoli	Cauliflower, cabbage, Brussel sprouts
Cucumbers	Zucchini, celery
Zucchini	Yellow squash, patty pan squash, eggplant
Potatoes	Carrots, sweet potatoes, beets, rutabaga, turnips
Spinach	Kale, Swiss chard, bok choy
Onions	Shallots, leeks, scallions
Peaches	Nectarines, plums, pears

This article was written by Heidi LeBlanc, Food $ense State Director, and Casey Coombs, RD, CD; Policy, Systems, and Environments Coordinator, Utah State University Food $ense,

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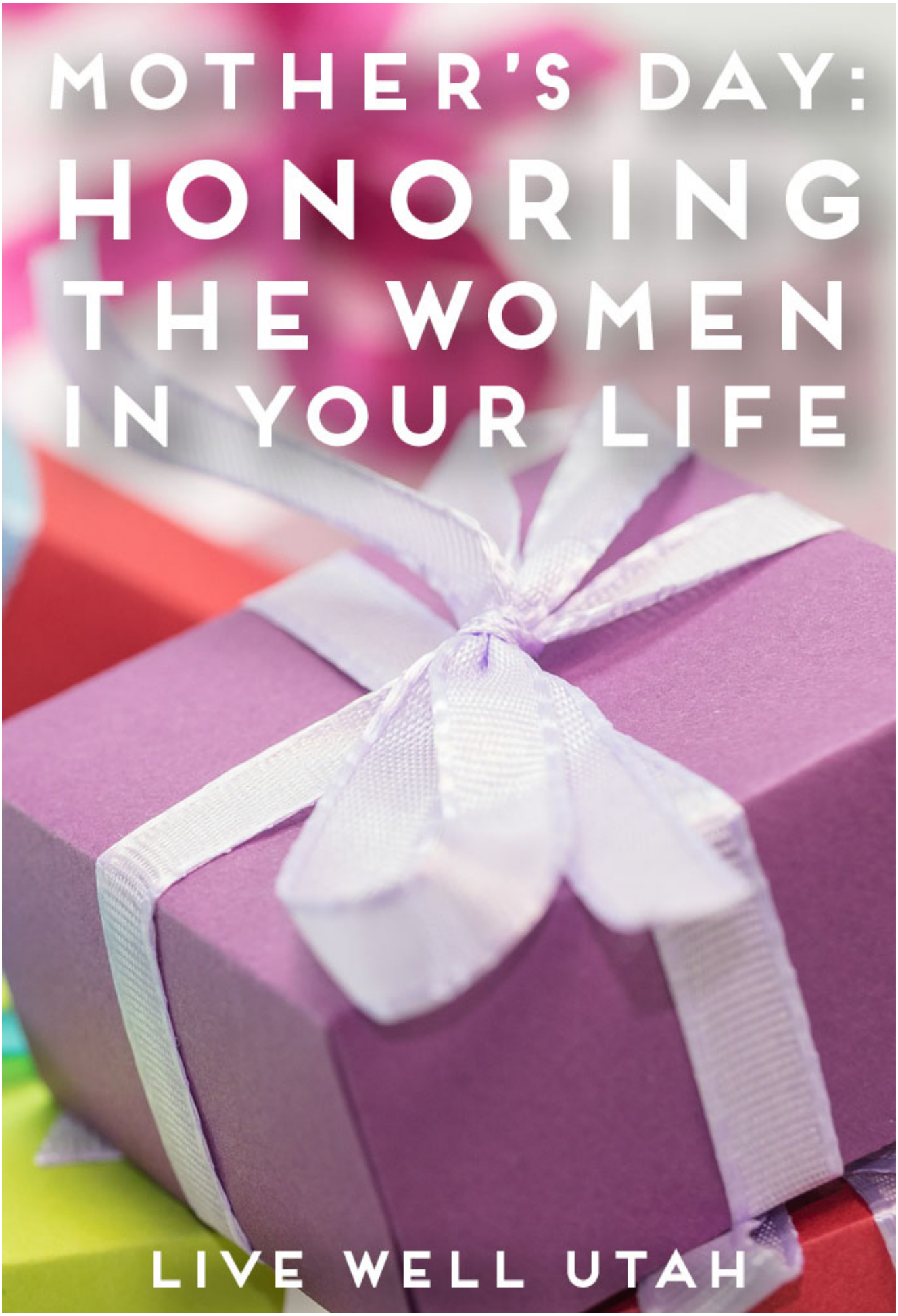
Mother’s Day // Honoring the Women in Your Life



MOTHER'S DAY: HONORING THE WOMEN IN YOUR LIFE

LIVE WELL UTAH

Mother's Day is coming right up. Try some of these thoughtful ideas to celebrate mom, grandma, and all the influential women in your life.

Mother's Day has been a tradition since the 1860s when Ann Jarvis created a committee to establish a "Mother's Friendship Day" and was nationally recognized in 1914 by a proclamation signed by Woodrow Wilson. It is a great way to honor those who gave us life, nurtured us and helped us on our way through life. It is usually celebrated in May in the United States. So how can we let these wonderful women know of our love and appreciation? Here are a few ideas you might try or adapt.

For Your Mom or Grandma- After You Have Left the Nest

When children grow up and leave home, it is very hard for their moms. They still worry about their children, and miss all the fun times and meaningful interactions they had together.

Creating an "All about Mom" questionnaire can be a way to remind your mom how much you love her, and of all the good she has done. Not only does this gift come from the heart, but it's simple to do and can to involve everyone. Try one of these questionnaires:

All About Mom from One She Two She

All About Mom or Grandma from The Crafting Chicks

Try having all your siblings fill out the same questionnaire (be sure to send them the questionnaire in plenty of time before Mother's Day). You can present the completed questionnaires to your mom or grandma on Mother's Day along with her favorite treat or flowers. Another idea is to roll up all the questionnaires, tie a ribbon around them and attach a

little bag of Hershey’s Hugs and Kisses.

From Mom, to the Kids

Sometimes on Mother’s Day we leave the rest of the family out of the celebration. Recognizing and sharing with your family why you love being a mother to them can strengthen your parent-child relationships, build lasting bonds, and remind you why you are glad to be a mother. You can use this form to write to each of your children, young or old, telling them why you love being their mom or grandma. Roll it up and tie it with a ribbon, then attach a treat such as Sweetrts. Here’s a

HAPPY MOTHER'S DAY...FROM ME!

Three things I love about being your mom:
1.
2.
3.

Something I love doing with you is:

A funny memory I have of you is:

Two of your greatest strengths are:
1.
2.

You make me proud when:

You make me laugh when:

I love it when you:

Something I ALWAYS want you to know is:

BEING A MOM IS WONDERFUL BECAUSE OF YOU!!

printable tag you can attach as well.

Download Happy Mother’s Day.. From Me! Form

Download Printable Tags

For Other Women who have Influenced You

For many women, motherhood may not be a role they have had. They may not have become mothers for a variety of reasons. Perhaps they may have never married or not been able to bear children. They may be a neighbor, close friend, aunt, teacher, etc. Mother's Day can be a painful reminder of not being a mother. These women often play a vital role in the nurturing and "mothering" of other's children.

Create a similar questionnaire and fill it out or have your children fill it out for the person who is special to you. You could also take a picture of them with your children, frame it and have your children write a special note to them. Write a letter telling them how they have impacted your life, and let them know of your love for them. You could top it off by inviting them over for a meal or special party to honor them.

For After Your Mother is Gone

After my mother died, it was hard to celebrate Mother's Day without her, so I decided to reach out to some wonderful aunts of mine who I had interacted with during my growing up years. I purchased Mother's Day Cards, and wrote a note telling them

of my love for them. I was surprised at how many of them responded back about how much my thoughts had touched them. Some other ideas you might consider:

- Send a note of remembrance to a someone who has lost their mother. This might help the child be reminded of the fine person their mother was, lessons she taught them or what wonderful characteristics they have inherited from her.
- Send Mother's Day notes or cards to neighbors who you love but are not your own mother. You may want to recount a fond memory and thank them for their influence on your life.

Mother's Day Brunch Fruit Dip

Melted white chocolate is blended into cream cheese and lightened up with fresh whipped cream in this effortless, delicious fruit dip! Perfect for serving at Mother's Day brunch.

Ingredients

- ¼ cup milk
- 4 ounces white chocolate, finely chopped
- 8 ounces cream cheese, at room temperature (very important!)
- ¼ cup sugar
- ½ cup heavy cream
- 1 teaspoon pure vanilla extract
- Fresh fruit (berries, apple slices, pineapple wedges, kiwi fruit, etc.)

Instructions

1. Heat milk until hot but not boiling. Whisk in white chocolate until melted and totally smooth. Set aside to cool.
2. In a large bowl, beat sugar into cream cheese. Mix

the white chocolate mixture into the cream cheese mixture.

3. In a separate bowl, using an electric mixer, beat the heavy cream and vanilla until soft (not stiff) peaks form. Gently fold this whipped cream into the cream cheese mixture.
4. Cover and chill for at least 4 hours (to overnight). Serve with fresh fruit dippers, and/or vanilla wafers, graham crackers, etc.

Notes

If the cream cheese is not completely at room temperature, the melted white chocolate will re-solidify into little chunks once you mix the two together.

Pretzel Flowers

These tasty little flowers would make a cheery gift, and this recipe would be a great one to make with children.

Ingredients

- Pretzel twists or squares
- White chocolate pieces or candy melts
- M&M candies

Instructions

Heat oven to 200 degrees F.

Line a baking sheet with parchment paper. Arrange pretzels on parchment, and place one candy melt on top of each pretzel. Warm in oven for 2 minutes, or until candy melt is soft, but not melted through the pretzel. Place M&Ms on top of the candy melt in a circle to make a flower shape Let cool for an hour or two before storing in an airtight container.

Microwave Instructions:

Place pretzels topped with candy melts on a paper plate and melt in microwave at 50 percent power for 30-50 seconds. Arrange M&M candies on top in a flower shape. Let cool for an hour or two before storing in an airtight container.

This article was written by Marilyn Albertson – Extension Associate Professor – Family & Consumer Sciences, Salt Lake County

Fruit dip recipe from http://oneshetwoshe.com/2014/04/white-chocolate-cheesecake-fruit-dip.html

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10 Tips for Surviving Grocery Shopping with Kids

LIVE WELL UTAH
10 TIPS
TO SURVIVE
GROCERY
SHOPPING
WITH KIDS

Grocery shopping with children can be stressful, but with a little planning and preparation, it can be a great experience for you as a parent and for your children.

Sometimes it's in the produce section, sometimes in the middle of an aisle, and often in the checkout line: a young child melting down in the grocery store. The screams of an overtired, hungry or begging child are annoying to everyone in the store but especially exasperating for the parent trying to deal with kid drama in public. The common wisdom is to do all grocery shopping alone to save money and make healthier choices, but this isn't always practical. When I was a young mother with multiple kids to wrangle, my husband was either in college while working full-time or working two jobs, so I had to take little ones with me to the store if we were going to have any food in the house. Through my experience and learning from other moms, I've gleaned some tips for making grocery store expeditions survivable and even fun! Read on for 10 tips for enjoyable and stress free shopping with your kids

Always, always plan ahead for your shopping trip! It's vital to go into it prepared!

1. Make a list, and arrange it as much as possible to match the layout of the store. Be like Santa and check this list twice. Find more information about planning menus and preparing to shop here.
2. Schedule your shopping for a time when your children will not be getting tired and cranky. For most kids this is in the morning, but go with what you observe is their happiest time of day.
3. Allow enough time to shop without rushing. This helps you make better choices and keeps the kids from feeling your stress and getting themselves worked up.
4. Make sure everyone has eaten, and perhaps even pack a healthy snack to take along.

5. For young kids, let them take a favorite toy or book if they'll be riding in the cart.

Make the kids part of your shopping team. You're all in this together!

6. Before entering the store, go over your expectations for their behavior and make sure they understand. This is best done as a positive pep talk. Be sure to include a reminder about your treat policy. Some parents let kids put a treat on the list to be included in the shopping, some let the kids select something in the checkout line if they've done well during the shopping, some let the kids know that there will be no treats. It's important to be clear with the kids about what will happen with treats ahead of time, since they'll be bombarded with temptation in the store.
7. Give kids age-appropriate tasks to do. Kids of all ages can help look for products by matching what you're looking for to the store ad or coupons (organize this ahead of time), or they can play "I Spy" and look for certain colors, letters or items. Elementary age kids and older can learn about unit pricing and help you find the best deals. Young children love to help pick out produce, for example: "Which squash should we get?" Kids can also help you carry small items. Watch for our next article for more detailed information on age-appropriate tasks children can help with in the grocery store.
8. Use the self-checkout if it's available, and let your kids help scan and bag the groceries. Reusable grocery bags are the easiest for youngsters to use. Self-checkout is also a good way to avoid the kid's-eye-level candy that causes so many grocery store meltdowns.

Safety first!

9. Never allow a child to stand in the grocery cart. I learned first-hand how easily a toddler can fall out of

the cart when you turn your back for a second! We were lucky and my daughter wasn't hurt, but according to the Consumer Product Safety Commission an estimated 19,800 children under five years old were treated in emergency rooms for shopping cart injuries in 2012 in the United States (cpsc.gov). Also make sure the safety belt on the cart you choose is in working order and buckle your child in securely.

10. Children who can walk can learn early on to hold on to the cart lightly so that they don't wander off and get lost. My children learned this lesson so well that even after they were grown and moved away from home, a couple of them caught themselves holding onto the cart when we went shopping together! Consistent reminders to hold onto the cart works for most children. Stubborn ones might need incentive to stay in contact with the cart, and you can make a game of this.

Sometimes tantrums just happen. Despite your best-laid plans, sometimes tantrums still happen. Don't panic if your child has a meltdown in the store. Every parent has gone through it so most people will be sympathetic to your plight. If you are unlucky enough to get a comment from a grouch, feel free to ignore it—you are there to help your child not to impress random strangers. It's one of the hardest challenges of parenting, but it is very important NOT to give in to a tantrum. You don't want to teach your child that tantrums work to get what they want or to get you to leave the store before you're finished with your shopping. Simply take the child aside and let them know that you are taking a little time out until they are ready to try again. If necessary, you can ask a store employee to set your cart aside while you take the child to the car to calm down. Once they are ready you can return to the store and finish shopping.

When your shopping trip goes smoothly and the kids maintain good behavior, don't forget to reward them! This can be as

simple as giving them a sticker or as elaborate as a special trip to the park. It’s best to avoid food or “treats” as rewards so that you don’t put children on the road to emotional eating or learning to value sweets over healthier foods. The grocery store experience can be difficult and overwhelming for kids, so when they do well be sure to reinforce that good behavior.

Finally, if possible, shopping alone can be a good choice, especially if you are in a hurry. Most people are able to make more thoughtful purchasing decisions without the distraction of another person going along, but grocery shopping can be low stress and even enjoyable with children when you are prepared. It also provides a great opportunity for children to learn about nutrition, planning, resisting impulses and how to behave appropriately in public.

Check our calendar for Healthy Family Fun events in your area, and join us for a good time with your family learning about healthy lifestyles and relationships.

By Alissa Weller, Healthy Family Fun Box Elder County Coordinator and Carrie Durward, PhD RD Assistant Professor and Extension Nutrition Specialist

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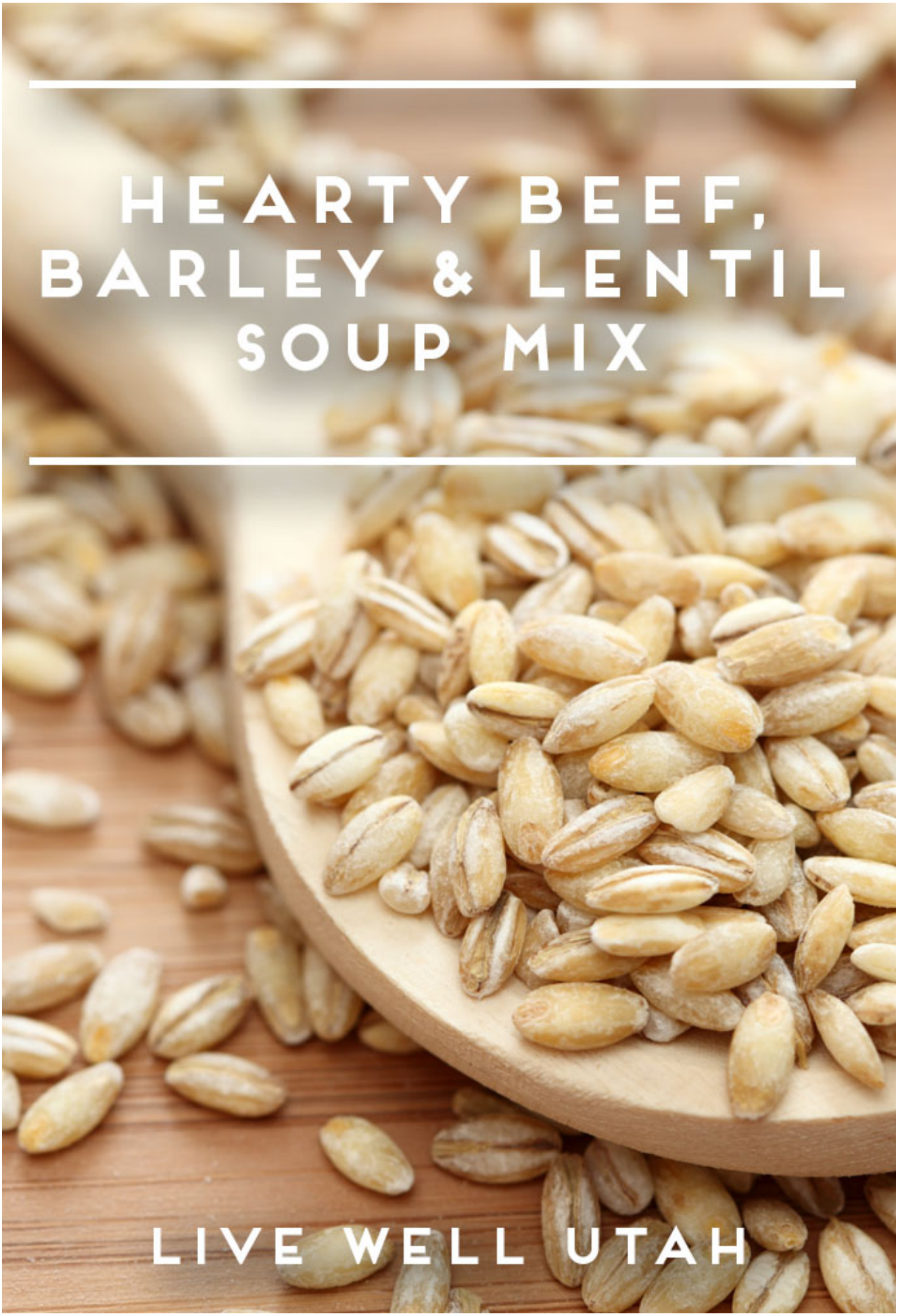
Hearty Beef, Barley & Lentil Soup Mix

HEARTY BEEF, BARLEY & LENTIL SOUP MIX



LIVE WELL UTAH

Make a few batches of this soup mix for an easy weeknight dinner.

Ingredients

- 1/2 pound lean ground beef or stew meat
- 7 cups water
- 1 Tablespoon beef bouillon granules
- 1 Teaspoon black pepper
- 2 Tablespoons dried minced onion
- 2 Tablespoons dried minced celery
- 1/4 cup dried carrots
- 1/2 cup barley
- 1/2 cup lentils
- 1/4 cup imitation bacon bits (optional)

Directions:

Brown meat in a soup pot. Add water and remaining ingredients. Bring to a boil, then lower heat and simmer for about 45 minutes or until lentils, barley, and vegetables are tender.

Make it a Mix:

Dry ingredients can be combined and stored in pint jars or ziplock bags to make dinner easy any night of the week.

Add other dried veggies for a more colorful and flavorful mix. My favorite is the red and green bell pepper mix.

This recipe was contributed by Suzanne Prevedel, family and

consumer sciences educator for USU Extension in Duchesne County

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15 Benefits of Eating Local

15 BENEFITS OF EATING LOCAL

LIVE WELL UTAH

Some of the reasons to buy local food may surprise you. They may even entice you to visit your local farmer's market this summer.

Local is in. And if trends from the past several years are any indication, the movement is here to stay. Why are people so drawn to buying locally? The top three reasons Americans do so, according to the Food Marketing Institute, include freshness, supporting the local economy, and knowing where the product came from. Other studies show similar reasons, along with higher and better quality, positive relationships with growers, and the opportunity to purchase unique products.

Although many might first connect local food purchasing to positive environmental benefits, the benefits extend to your mental and physical health, your social sphere, and your community's prosperity. Specific benefits of engaging in the local movement include:

1. Improved nutrition, increased likelihood of making healthier food choices, obesity prevention, and reduced risk of diet-related chronic disease.
2. Small farms preserved and rural communities sustained.
3. Sixty-five percent of your dollar remains within the community, compared to shopping at large chain stores where only 40 percent of your dollar stays in your community.
4. More job security in your local community.
5. Attraction of employees and patients to local restaurants, hospitals, and other businesses advertising local food sourcing.
6. Increased national food security.
7. Local and small-scale farmland preserved.
8. Food travel distance is reduced (food miles). This cuts down on fossil fuel consumption, air pollution, and greenhouse gas emissions associated with transporting

food.
9. Preserved cultivar genetic diversity.
10. Higher likelihood farmers selling direct to consumers and markets are engaging in environmentally friendly production practices.
11. Reduced food safety risks through product decentralization.
12. If growing your own food, greater physical activity is an additional health benefit.
13. Being able to talk to the people who grew and/or made the food you are buying.
14. Being able to ask questions about pesticides, herbicides, growth hormones, animal treatment, fertilizers, and any other queries you may have about how your food was produced.
15. Getting to know your local producers gives you a stronger sense of place, relationships, trust, and pride within your community.

Read More

More Sustainable Food Resources

This article was written by Roslyn Brain, Sustainable Communities Extension Specialist with USU Extension, Moab

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Ask an Expert // How to Make

Flaky Pie Crust

ASK AN EXPERT: HOW TO MAKE FLAKY PIE CRUST

LIVE WELL UTAH

Having guests over for dinner? Need to use up the fruit on your counter? Ready to wow your family and friends? Try making a flaky, homemade pie crust and filling it with your favorite fruit or creamy filling. If you're overwhelmed with the thought of making your own pie crust, watch this video with Gaelynn Peterson, USU Extension Agent from Wayne County, and you'll be an expert pie maker in no time.

Whole Wheat Almond Toaster Waffles

WHOLE WHEAT ALMOND
TOASTER WAFFLES
LIVE WELL UTAH

Convenient and nutritious? It is possible with these tasty whole wheat toaster waffles.

My mornings are always super busy, and it can be hard to fit in a nutritious breakfast. Recently I've been obsessed with making homemade toaster waffles. On Sunday morning I make a big batch of waffles, freeze what we don't eat, and put the rest in the freezer. Then on weekdays, I grab one out, pop it in the toaster, and eat it on the run. Or, if I have a few minutes, I can sit and eat it with fresh fruit and syrup.

I love this recipe because it has a great nutty flavor and crisp, light texture. It really sticks with me! The whole-wheat flour means I am getting plenty of fiber and phytochemicals. The almond flour adds a wonderful nutty flavor, and some healthy fats, protein, and fiber. I hope you will try and it and let me know what you think!

Almond Whole Wheat Toaster Waffles

Makes 6 small waffles or 3 large waffles

Ingredients:

- 1 ½ cup whole wheat flour
- ½ cup almond flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- 2 tablespoons sugar
- 2 large eggs
- 1 ½ cup milk
- 1/3 cup canola oil

Directions:

1. In a large bowl, whisk together the dry ingredients

(whole wheat flour, almond flour, salt, baking powder, and sugar).
2. In a medium bowl, beat the two eggs, and then stir in the milk and oil.
3. Add the wet mixture to the dry ingredients and stir just until combined. It is okay if it is a little lumpy, and you don't want to stir too much or the waffles will be tough.
4. Cook the waffles using a waffle iron, according to the manufacturer's instructions.
5. Freeze the waffles flat on a cookie sheet and then transfer to a Ziploc bag and put back in the freezer.

Notes:

You might need to experiment a little to figure out how much batter to use in your iron to make waffles that fit in your toaster. In my iron (it makes thin waffles), I use about ¼ cup of batter and this makes a waffle of the right diameter to fit in my toaster.

I find almond flour in the natural section of my grocery store. If you can't find it, or it is too expensive, the waffles are really good without it too. If you leave out the almond flour, only use one egg.

This recipe is very flexible for people with food allergies or restrictions. Try using soy or almond milk instead of cows milk, substitute a gluten-free flour mixture for the whole wheat flour, or leave out the almond flour if you can't have nuts (only use 1 egg if you leave out the almond flour).

Right after you pour the batter into your waffle iron but before you close the lid, you can sprinkle in some chopped pecans if you like a little extra crunch in your waffle.

This article was written by Carrie M. Durward, PhD,

RD, Extension Nutrition Specialist and Assistant Professor

Recipe adapted from King Arthur Flour