



## **Barley Pumpkin Waffles**

1/2 cup warm water (105° F to 115° F)  
1 package (1/4 ounce) active dry yeast  
3 tablespoons granulated sugar, divided  
1-3/4 cups all-purpose wheat flour  
1/2 cup barley flour  
2 tablespoons pumpkin pie spice  
1 tablespoon baking soda  
1 teaspoon salt  
2 cups low-fat buttermilk  
1/2 cup prepared solid pack pumpkin  
2 tablespoons butter, melted

Combine water and 1 teaspoon sugar in small bowl. Sprinkle yeast over water; let stand 5 minutes or until surface bubbles to show yeast is working. Combine flours, remaining sugar, pumpkin pie spice, baking soda and salt in large bowl; set aside. In small bowl, combine buttermilk, pumpkin and melted butter. Stir liquid ingredients and yeast mixture into dry ingredients until well blended. Cover batter and refrigerate overnight. To prepare waffles, heat waffle iron. Pour in 1/2 to 1 cup batter, according to the size of the waffle iron. Bake until waffles are done. Makes 4 servings.

Per serving: calories 425, protein 13g, carbohydrates 76g, fiber 5g, fat 8g, cholesterol 20mg, sodium 1718mg.

***For more recipe ideas, visit [www.barleyfoods.org](http://www.barleyfoods.org).***