

 **Prep:** 10 minutes  
 **Cook:** 35 minutes  
 **Servings:** 6 large waffles

# Cannellini Bean Waffles

## INGREDIENTS

### For the beans:

1 (15-oz) can of cannellini beans, *drained and rinsed*  
(approximately 10 oz *drained, cooked* beans)

½ cup chicken broth

1 tbsp chopped fresh rosemary

1 tsp sea salt

Freshly ground pepper, to taste

1 lemon, *zested*

### For the waffles:

7 ½ oz *all-purpose flour*

1 *tbsp baking powder*

1 *tsp sugar*

½ *tsp sea salt*

1 *large egg*

¾ *cup whole milk*

¾ *cup buttermilk*

1 *tbsp olive oil*

*Honey, to serve (optional)*

## DIRECTIONS

1. Preheat a traditional or Belgian waffle iron.
2. In a small pot, combine the drained beans, rosemary, and chicken broth. Season with salt and pepper and bring to a simmer over medium-high heat. Reduce the heat and continue to simmer for approximately 5 minutes to meld the flavors. Stir in the lemon zest and then remove from the heat and allow the beans to cool to room temperature.
3. Meanwhile in a large mixing bowl combine the flour, baking powder, sugar, and ½ tsp salt.
4. Add the beans and their cooking liquid to a food processor and pulse to puree. Add the egg, milk, buttermilk and olive oil to the bean mixture and puree until smooth. Whisk the wet mixture into the dry slowly to avoid any lumps. Let the batter rest briefly (2-3 minutes) and cook the waffles according manufacturer's instructions, about 2 minutes. Serve warm, with honey if desired.

### Nutrition Information per serving (2 cookies):

Calories 231

Total Fat 5g

Saturated Fat 1.5g

Carbohydrate 37.5g

Fiber 3.8g

Sugars 4.2g

Protein 9g

Calcium 221mg (17%)

Iron 3mg (15%)

Potassium 489mg (10%)



**Canned  
Beans**

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