



## A BERRY BERRY GOOD WAFFLE

Sherry Johnson - Student  
Marie Emerson - Chef Instructor  
Washington County Community College  
Calais, Maine

### Filling Ingredients:

Apples cored, peeled	2
Plain yogurt	1 cup
Ricotta cheese	1 cup
Egg whites	3/4 cup
Granulated sugar	1/2 cup
Frozen orange juice concentrate	2 Tbsp.
Flour	2 Tbsp.
Salt	1/4 tsp.
Dried cranberries	1/2 cup
Maine blueberries	1/2 cup

### Sour Cream Topping Ingredients:

Fat-free sour cream	1 cup
Powdered sugar	1/2 cup
Frozen multigrain waffles	
Granulated sugar	
Egg whites	3
Orange zest for garnish	

### Directions:

For filling, cut apples into small pieces and puree. Combine apple puree, yogurt, Ricotta cheese, egg whites, sugar, orange juice concentrate, flour, salt and cranberries. Pour into an 8x8 baking dish. Place in a larger pan and pour in enough hot water to come halfway up the sides of the 8x8 dish. Bake at 325 degrees for approximately 15-25 minutes, until internal temperature reaches 165 degrees. Remove from oven and set aside to cool.

For topping, mix sour cream and powdered sugar together until smooth. Chill and set aside.

After custard is slightly cooled, gently fold in blueberries which have been dusted lightly with flour.

For waffle, fold into cone shape. Brush with egg whites and sprinkle with sugar. Bake at 350 degrees until browned and cone is sealed, but not overdone. Fill cones to top using a pastry bag. Top with sour cream topping. Garnish with orange zest and more blueberries. Serves 4-6.

*This recipe provides at least 20% of the daily value for calcium and may be modified for fat using lowfat or nonfat dairy products.*



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