

# Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



**4-Slice Belgian Waffle Maker**

**WAF-200C SERIES**

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

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# IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be taken, including the following:

1. **READ ALL INSTRUCTIONS.**
2. Do not touch hot surfaces. Use handles and dials.
3. To protect against fire, electric shock, and injury to persons, **DO NOT IMMERSER CORD, PLUG, OR UNIT** in water or other liquids.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest Cuisinart Authorized Service Facility for examination, repair, or adjustment.
7. The use of accessory attachments not recommended by Cuisinart may result in fire, electric shock, or injury to persons.
8. Do not use outdoors.
9. Do not let power cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Do not use appliance for other than intended use.
12. Always unplug the unit when finished baking waffles.
13. To safely disconnect power at any time, remove the plug from the outlet.
14. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
15. **WARNING: TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, REPAIR SHOULD BE DONE ONLY BY AUTHORIZED PERSONNEL. NO USER-SERVICEABLE PARTS ARE INSIDE.**

16. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

## SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

### SPECIAL CORD SET INSTRUCTIONS

A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.

Extension cords may be used if care is exercised in their use.

If an extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or animals, or tripped over.

### NOTICE

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

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## PARTS AND FEATURES

- 1. Housing** – Elegant brushed stainless steel with embossed Cuisinart logo.
- 2. Lid Handle** – Durable, easy-lift handle that stays cool to the touch.
- 3. Non-Stick Baking Plates** – Die-cast aluminum plates bake four deep-pocketed Belgian waffles.
- 4. Temperature Knob** – Six adjustable browning settings.
- 5. Indicator Lights** – Red indicator light signals power ON; green indicator light signals when waffle maker is ready to bake and when waffles are cooked and ready to eat.
- 6. Audible Signal (not shown)** – Signals when waffle maker is ready to bake and when waffles are cooked and ready to eat.

- 7. Cord Storage (not shown)** – Cord wraps around the back of the unit. Unit stands upright for compact storage.
- 8. Rubber Feet** – Feet keep unit steady and won't mark countertop.
- 9. BPA free (not shown)** – All materials that come in contact with food are BPA free.

## BEFORE THE FIRST USE

Remove all packaging and any promotional labels or stickers from your waffle maker. Be sure that all parts (listed above in **Parts and Features**) of your new waffle maker have been included before discarding any packaging materials. You may want to keep the box and packing materials for use at a later date.

Before using your Cuisinart® 4-Slice Belgian Waffle Maker for the first time, wipe housing and baking plates with a damp cloth to remove any dust from the warehouse or shipping.

**NOTE:** The Cuisinart® 4-Slice Belgian Waffle Maker has been treated with a special nonstick coating. Before the first use, we suggest you season the grids with cooking spray or flavourless vegetable oil. If using oil, apply oil with a paper towel or pastry brush. You may find it helpful to repeat this process before each use of the waffle maker.



## OPERATING INSTRUCTIONS

1. Place the closed waffle maker on a clean, flat surface where you intend to use it.
2. Plug the power cord into a standard electrical outlet.
3. Adjust the temperature knob to the desired browning setting – setting #1 for the lightest colour waffles and setting #6 for the darkest colour waffles. We recommend setting #4 or #5 for golden brown waffles.
4. The red indicator light will turn on to signal that the power is on and the unit will begin to heat. We recommend preheating in the closed position. When the waffle maker has reached desired temperature, the green indicator light will turn on and the audible tone will sound. You are now ready to begin.



**NOTE:** The first time you use your waffle maker, it may have a slight odor and may smoke a bit. This is normal, and common to appliances with a nonstick surface.

5. Lift lid of waffle maker by grasping the handle and pushing up in one fluid motion. Lid will stay open at a 105° position until you lower it.



6. Pour batter onto the center of the lower waffle grid. We recommend using 1 heaping cup of batter. Use a heat-proof spatula to spread batter evenly over the grid. Close the lid. The green light will turn off.

**NOTE:** During baking, you may notice steam releasing from the sides, front and back of the waffle maker. You may also notice the top cover rising during baking. These are both normal occurrences and are necessary for the crispy exterior and moist interior of your waffles.

7. Baking time is determined by the browning level that you chose in Step 3. It may take up to 6 minutes to bake your waffles on setting #6.
8. When the waffles are ready, the green light will turn on and the audible tone will sound. Remove the waffles by gently loosening the edges with a heat-proof plastic spatula or wooden spatula or non-stick coated tongs. Never use metal utensils, as they will damage the nonstick coating.
9. When you are finished baking, turn the temperature knob to OFF and unplug the power cord from the wall outlet. Allow the waffle maker to cool down completely before handling.

## CLEANING AND CARE

Once you have finished baking, remove plug from electrical outlet. Leave lid open so grids begin to cool. Allow waffle maker to cool down completely before handling.

Never take your waffle maker apart for cleaning. Simply brush crumbs from grooves, and absorb any excess cooking oil by wiping with a dry cloth or paper towel.

You may also clean the grids by wiping with a damp cloth to prevent staining and sticking from batter or oil buildup. **Be certain grids have cooled completely before cleaning.** If batter adheres to plates, simply pour a little cooking oil onto the baked batter and let stand approximately 5 minutes, allowing it to soften for easy removal.

To clean exterior, wipe with a soft dry cloth. Never use an abrasive cleanser or harsh pad. **NEVER IMMERSE CORD, PLUG OR UNIT IN WATER OR OTHER LIQUIDS.**

Any other servicing should be performed by an authorized service representative.

## STORAGE

Store with cord wrapped around the back of the unit. For compact storage, stand the unit on its back end with control panel facing up.



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## TIPS TO MAKE PERFECT WAFFLES

- Setting #1 will produce the lightest colour waffles. Setting #6 will produce the darkest colour waffles. Experiment to determine which setting produces the best waffle colour for you. We recommend setting #4 or #5 for golden brown waffles.
- We recommend using 1 heaping cup of batter to fill the lower grid. Be careful not to over-mix the batter – this will produce dense, chewy waffles.
- For evenly filled waffles, pour the batter onto the center of the lower grid and spread out evenly to the edges. The entire lower grid should be filled.
- Waffles are best when made to order, but baked waffles may be kept warm in a 200°F (93.3 C) oven. Place them in a baking pan or loosely cover in foil while in the oven. Waffles wrapped in foil may lose their crispiness.
- Baked waffles may be frozen. Allow to cool completely, then place in plastic food storage bag. Use waxed paper to keep waffles separated. Reheat in a toaster or toaster oven when ready to eat.

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# WARRANTY LIMITED THREE-YEAR WARRANTY

We warrant that this Cuisinart product will be free of defects in materials or workmanship under normal home use for 3 years from the date of original purchase. This warranty covers manufacturer's defects including mechanical and electrical defects. It does not cover damage from consumer abuse, unauthorized repairs or modifications, theft, misuse, or damage due to transportation or environmental conditions. Products with removed or altered identification numbers will not be covered.

This warranty is not available to retailers or other commercial purchasers or owners. If your Cuisinart product should prove to be defective within the warranty period, we will repair it or replace it if necessary. For warranty purposes, please register your product online at [www.cuisinart.ca](http://www.cuisinart.ca) to facilitate verification of the date of original purchase and keep your original receipt for the duration of the limited warranty. This warranty excludes damage caused by accident, misuse or abuse, including damage caused by overheating, and it does not apply to scratches, stains, discolouration or other damage to external or internal surfaces that does not impair the functional utility of the product. This warranty also expressly excludes all incidental or consequential damages.

Your Cuisinart product has been manufactured to the strictest specifications and has been designed for use only in 120 volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart.

If the appliance should become defective within the warranty period, do not return the appliance to the store. Please contact our Customer Service Centre:

**Toll-free phone number:**

1-800-472-7606

**Address:**

Cuisinart Canada  
100 Conair Parkway  
Woodbridge, Ont. L4H 0L2

**Email:**

[consumer\\_Canada@conair.com](mailto:consumer_Canada@conair.com)

**Model:** WAF-200C Series

To facilitate the speed and accuracy of your return, please enclose:

- \$10.00 for shipping and handling of the product (cheque or money order)
- Return address and phone number
- Description of the product defect
- Product date code\*/copy of original proof of purchase
- Any other information pertinent to the product's return

\*Product date code can be found on the underside of the base of the product. The product date code is a 4 or 5 digit number. Example, 90630 would designate year, month & day (2009 June 30th).

**Note:** We recommend you use a traceable, insured delivery service for added protection. Cuisinart will not be held responsible for in-transit damage or for packages that are not delivered to us.

To order replacement parts or accessories, call our Customer Service Centre at 1-800-472-7606. For more information, please visit our website at [www.cuisinart.ca](http://www.cuisinart.ca).

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## Waffle Mix

Having this mix at the ready will allow you to make eight full waffles at a time. Just prepare as much or as little as you need. Our version is much healthier than purchased mixes.

Makes about 7 cups (1.75 ml) of mix, enough to make 8 full waffles

- 6 cups (1.5 L) unbleached, all-purpose flour**
- 1 cup (250 ml) wheat germ**
- 3 tablespoons (45 ml) granulated sugar**
- 3 tablespoons (45 ml) baking powder**
- 2 teaspoons (10 ml) kosher salt**

1. Using a whisk, combine all ingredients thoroughly in a large mixing bowl.
2. Store in an airtight container in a cool, dry place for up to 6 months. You can store mix in the refrigerator for ultimate freshness.

## Waffle Mix Waffles

The recipe makes enough for four waffles, but increase it for however many mouths you need to feed. The waffles freeze well and can be reheated quickly in a toaster oven.

Makes 4 full waffles (16 waffle wedges)

- 3½ cups (875 ml) Waffle Mix (previous recipe)**
- 2 cups (500 ml) reduced-fat milk**
- 2 large eggs, lightly beaten**
- 2 tablespoons (30 ml) grapeseed or vegetable oil**

1. Put all the ingredients into a medium mixing bowl. Whisk until smooth. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 1 heaping cup onto the center of the lower grid of the preheated waffle maker; spread batter evenly using a heatproof spatula. Close lid of waffle maker. When tone sounds, waffle is ready. Open lid and carefully remove baked waffle. Repeat with remaining batter.
4. For best results, serve immediately with desired toppings.

*Nutritional information per waffle wedge:*  
Calories 126 (21% from fat) • carb. 21g • pro. 4g • fat 3g  
• sat. fat 1g • chol. 26mg • sod. 300mg  
• calc. 63mg • fiber 1g

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## Buttermilk Waffles

Fresh, homemade waffles make breakfast a special occasion. Freeze the extras to use when time is short.

Makes 4 full waffles (16 waffle wedges)

- 3 cups (750 ml) unbleached, all-purpose flour**
- ¼ cup (60 ml) yellow cornmeal**
- 3 tablespoons (45 ml) granulated sugar**
- 1 teaspoon (5 ml) baking soda**
- ¾ teaspoon (3.75 ml) kosher salt**
- 2½ cups (625 ml) buttermilk**
- 3 large eggs, lightly beaten**
- 1 teaspoon (5 ml) pure vanilla extract**
- ⅔ cup (150 ml) grapeseed or vegetable oil**

1. Combine all dry ingredients in a large mixing bowl; whisk until well blended. Add the remaining ingredients and whisk until just smooth. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 1 heaping cup of batter onto the center of the lower grid of the preheated waffle maker; spread batter evenly using a heatproof spatula. Close lid of waffle maker. When tone sounds, waffle is ready. Open lid and carefully remove baked waffle. Repeat with remaining batter. For best results, serve immediately.

*Nutritional information per waffle wedge:*

*Calories 204 (47% from fat) • carb. 22g • pro. 20g • fat 11g  
• sat. fat 2g • chol. 37mg • sod. 191mg  
• calc. 52mg • fiber 1g*

## Multigrain Waffles

A great mix of whole grains, healthy oils and nuts. Skip the sugary syrups and top with fresh fruit.

Makes 4 full waffles (16 waffle wedges)

- 1 cup (250 ml) whole-wheat flour**
- ½ cup (125 ml) unbleached, all-purpose flour**
- ½ cup (125 ml) rolled oats (not quick)**
- 1 teaspoon (5 ml) baking powder**
- ¼ teaspoon (1 ml) baking soda**
- ½ teaspoon (2 ml) kosher salt**
- ½ teaspoon (2 ml) ground cinnamon**
- 1 cup (250 ml) dairy-free milk (may substitute skim or low-fat)**
- 2 large eggs, lightly beaten**
- 2 tablespoons (30 ml) pure maple syrup**
- 1 teaspoon (5 ml) pure vanilla extract**
- ⅓ cup (75 ml) grapeseed or vegetable oil**
- 2 tablespoons (30 ml) flaxseed oil**
- 1 cup (250 ml) plain yogurt (preferably low fat)**
- ½ cup (125 ml) finely chopped pecans or walnuts (optional)**

1. Combine all dry ingredients in a large mixing bowl; whisk until well blended. Add the milk, eggs, syrup and vanilla. Whisk until smooth. Stir in the oils and yogurt and whisk again until combined. Fold in the nuts, if using. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 1 heaping cup of batter onto the center of the lower grid of the preheated waffle maker; spread batter evenly using a heatproof spatula. Close lid of waffle maker. When tone sounds, waffle is ready. Open lid and carefully remove baked waffle. Repeat with remaining batter. For best results, serve immediately.

*Nutritional information per waffle wedge:*

*Calories 137 (50% from fat) • carb. 14g • pro. 4g • fat 8g  
• sat. fat 1g • chol. 25mg • sod. 65mg  
• calc. 66mg • fiber 1g*

## Buckwheat Waffles

Buckwheat imparts a nutty flavour to these waffles – they pair well with our Blueberry Maple syrup on page 13.

Makes 6 full waffles (24 waffle wedges)

- 2 cups (500 ml) unbleached, all-purpose flour**
- 1 cup (250 ml) buckwheat flour**
- ¼ cup (60 ml) yellow cornmeal**
- 3 tablespoons (45 ml) granulated sugar**
- 1 teaspoon (5 ml) baking soda**
- ¾ teaspoon (3.75 ml) kosher salt**
- 3 cups (750ml) buttermilk**
- 3 large eggs, lightly beaten**
- 1 teaspoon (5 ml) pure vanilla extract**
- ⅔ cup (150 ml) grapeseed or vegetable oil**

1. Combine all dry ingredients in a large mixing bowl; whisk until well blended. Add the remaining ingredients and combined. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 1 heaping cup of batter onto the center of the lower grid of the preheated waffle maker; spread batter evenly using a heatproof spatula. Close lid of waffle maker. When tone sounds, waffle is ready. Open lid and carefully remove baked waffle. Repeat with remaining batter. For best results, serve immediately.

*Nutritional information per waffle wedge:*

*Calories 136 (48% from fat) • carb. 14g • pro. 15g • fat 7g  
• sat. fat 1g • chol. 25mg • sod. 148mg  
• calc. 41mg • fiber 1g*

## Gluten-Free Waffles

Just like our buttermilk waffles, but without the gluten, these are light and crispy. They are extra decadent when served with fresh fruit.

Makes 4 full waffles (16 waffle wedges)

- 3 cups (750 ml) rice flour**
- ½ cup (125 ml) tapioca starch**
- ¼ cup (60 ml) milk powder**
- ¼ cup (60 ml) granulated sugar**
- 1 tablespoon (15 ml) baking powder**
- 1½ teaspoons (25 ml) kosher salt**
- 2 cups (500 ml) buttermilk**
- 2 large eggs, lightly beaten**
- 1 tablespoon (15 ml) pure vanilla extract**
- ½ cup (7 ml) grapeseed or vegetable oil**

1. Combine all dry ingredients in a large mixing bowl; whisk until well blended. Add the remaining ingredients and whisk until just combined. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 1 heaping cup of batter onto the center of the lower grid of the preheated waffle maker; spread batter evenly using a heatproof spatula. Close lid of waffle maker. When tone sounds, waffle is ready. Open lid and carefully remove baked waffle. Repeat with remaining batter. For best results, serve immediately.

*Nutritional information per waffle wedge:*

*Calories 201 (38% from fat) • carb. 26g • pro. 5g • fat 9g  
• sat. fat 1g • chol. 26mg • sod. 303mg  
• calc. 65mg • fiber 1g*

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## Banana Walnut Waffles

Classic waffle for a weekend brunch.

Makes 4 full waffles (16 waffle wedges)

- 2 cups (500 ml) unbleached, all-purpose flour**
- 2 tablespoons (30 ml) granulated sugar**
- 1 teaspoon (5 ml) baking powder**
- ½ teaspoon (2 ml) baking soda**
- ½ teaspoon (2 ml) kosher salt**
- 2 large eggs, lightly beaten**
- ⅓ cup (75 ml) grapeseed or vegetable oil**
- 1 cup (250 ml) low-fat vanilla yogurt (or you can use plain yogurt – if doing so, stir 1 teaspoon (5 ml) pure vanilla extract into the yogurt)**
- ¾ cup (175 ml) buttermilk**
- 1 cup (250 ml) mashed banana (about 2 medium bananas)**
- ½ cup (125 ml) toasted, chopped walnuts**

1. Combine all dry ingredients in a large mixing bowl. Add the eggs and oil and whisk until blended. Stir in the yogurt and then the buttermilk until mixture is smooth. Stir in banana and walnuts until incorporated. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 1 heaping cup of batter onto the center of the lower grid of the preheated waffle maker; spread evenly using a heatproof spatula. Close cover of waffle maker. When tone sounds, waffle is ready. Open cover and carefully remove baked waffle. Repeat with remaining batter. For best results, serve immediately.

*Nutritional information per waffle wedge:*

*Calories 160 (43% from fat) • carb. 19g • pro. 4g • fat 8g  
• sat. fat 1g • chol. 24mg • sod. 162mg  
• calc. 51mg • fiber 1g*

## Chocolate Brownie Waffles

Kids will love having chocolate for breakfast, but these waffles also make a delicious dessert when topped with whipped cream or ice cream and berries.

Makes 5 full waffles (20 waffle wedges)

- 2 cups (500 ml) unbleached, all-purpose flour**
- ¾ cup (175 ml) granulated sugar**
- ⅔ (150 ml) cup unsweetened cocoa powder, sifted**
- 1 tablespoon (15 ml) baking powder**
- ½ teaspoon (2 ml) baking soda**
- ½ teaspoon (2 ml) kosher salt**
- ½ teaspoon (2 ml) ground cinnamon**
- 2 cups (500 ml) reduced-fat milk**
- 2 large eggs, lightly beaten**
- 1 teaspoon pure vanilla extract**
- ¼ cup (5 ml) (½ stick) unsalted butter, melted, cooled slightly**
- ½ cup (125 ml) semisweet mini chocolate morsels**
- ½ cup (125 ml) finely chopped walnuts or pecans**

1. Combine all dry ingredients in a large mixing bowl; whisk to blend. Add the milk, eggs and vanilla. Whisk until well blended and smooth. Stir in melted butter until completely combined. Fold in morsels and nuts. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 1 heaping cup of batter onto the center of the lower grid of the preheated waffle maker; spread evenly using a heatproof spatula. Close cover of waffle maker. When tone sounds, waffle is ready. Open cover and carefully remove baked waffle. Repeat with remaining batter. For best results, serve immediately.

*Nutritional information per waffle wedge:*

*Calories 167 (36% from fat) • carb. 23g • pro. 4g • fat 7g  
• sat. fat 3g • chol. 26mg • sod. 150mg  
• calc. 32mg • fiber 1g*

## Cinnamon Sugar Waffles

The aroma of sweet cinnamon that fills your kitchen while these are baking is reason enough to whip up a batch of these delicious waffles!

Makes 5 full waffles (20 waffle wedges)

- 3 cups (750 ml) unbleached, all-purpose flour**
- ¼ cup (60 ml) yellow cornmeal**
- ¼ cup (60 ml) packed light or dark brown sugar**
- 1 teaspoon (5 ml) baking soda**
- ¾ teaspoon (3.75 ml) kosher salt**
- 1 tablespoon (15 ml) ground cinnamon**
- 2½ cups (625 ml) buttermilk**
- 3 large eggs, lightly beaten**
- 1 teaspoon (5 ml) pure vanilla extract**
- ⅔ cup (150ml) grapeseed or vegetable oil**

1. Combine all dry ingredients in a large mixing bowl; whisk to blend. Add the remaining ingredients and whisk until combined. Let batter rest 5 minutes before using.
2. Preheat the Cuisinart® Waffle Maker to desired setting (a tone will sound when preheated).
3. Pour 1 heaping cup of batter onto the center of the lower grid of the preheated waffle maker; spread evenly using a heat-proof spatula. Close cover of waffle maker. When tone sounds, waffle is ready. Open cover and carefully remove baked waffle. Repeat with remaining batter. For best results, serve immediately.

*Nutritional information per waffle wedge:*

*Calories 165 (46% from fat) • carb. 18g • pro. 4g • fat 9g  
• sat. fat 1g • chol. 30mg • sod. 175mg  
• calc. 44mg • fiber 1g*

## Strawberry Shortcake Waffles

For a more classic presentation, use the Buttermilk Waffle recipe on page 9. If you are in the mood for more of an indulgence, use the Chocolate Brownie Waffle recipe, page 11, for those chocolate lovers.

Makes 4 servings

- 1 quart (15 ml) fresh strawberries, hulled and sliced**
- 3 tablespoons (250 ml) granulated sugar**
- pinch kosher salt**
- 1 cup heavy cream**
- 3 tablespoons (15 ml) confectioners' sugar, plus more for serving (if desired)**
- pinch kosher salt**
- ½ teaspoon (2 ml) pure vanilla extract**
- 2 prepared full waffles**

1. In a medium mixing bowl, stir the strawberries, granulated sugar and pinch of salt together. Put aside until ready to serve.
2. In a large mixing bowl combine the heavy cream, confectioners' sugar, salt and vanilla. Using a Cuisinart hand mixer fitted with the whisk attachment, whisk until medium-soft peaks are achieved. Reserve.
3. Serve either two wedges or more, depending on the desired serving size. Top with whipped cream, then some of the strawberries. Drizzle a bit of the juice from the strawberries (collected at the bottom of the mixing bowl) over the strawberries. Dust with confectioners' sugar if desired. For each waffle you should need only about ⅓ (75 ml) cup of the whipped cream and ⅓ (75 ml) cup of the strawberries.

*Nutritional information per serving:*

*Calories 719 (54% from fat) • carb. 72g • pro. 12g • fat 44g  
• sat. fat 17g • chol. 156mg • sod. 478mg  
• calc. 166mg • fiber 4g*

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# Blueberry Maple Syrup

A great change-up from regular maple syrup – the blueberries in the syrup add nice colour to any breakfast plate.

Makes about 2 cups (500 ml) (1½ [1 1/2 cup (375 ml)] cups if strained)

- 1 cup (250 ml) pure maple syrup**
- 1½ cups (375 ml) fresh blueberries**
- 1 pinch kosher salt**
- 1 pinch orange zest (optional)**

1. Put all ingredients in a small saucepan set over medium heat. Bring to a boil and then reduce heat to maintain a strong simmer to allow the mixture to thicken slightly, about 5 minutes.
2. Strain, if desired, and serve.

*Nutritional information per serving (2 tablespoons):*

*Calories 60 (1% from fat) • carb. 15g • pro. 0g • fat 0g  
• sat. fat 0g • chol. 0mg • sod. 11mg  
• calc. 21mg • fiber 0g*

# Cuisinart®



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