



Savory Corn and Cranberry Waffles
Accompanied by
Blueberry-Chipotle Barbecue Sauce
Serves 4
Recipes by Naturipe Berry Farms

Ingredients:

- 1 ½ cups Flour, whole wheat, (alternative: almond or coconut flour)
- 1 ¼ cups cornmeal, fine (alternative: oat flour or semolina)
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1 tsp. salt
- 3 eggs, yolk and white separated, or use flax egg alternative
- 2 ½ cups buttermilk (or make your own, 1 TBSP apple cider vinegar in 1 cup of milk, let stand 10 minutes)
- 6 tbsp. oil (a light olive oil will work)
- 1 ½ cups corn, frozen
- 1 ½ cups cranberries, fresh or frozen

Ingredients for Blueberry-Chipotle Barbecue Sauce:

- 2 cups Naturipe blueberries
- 3 Tbsp honey
- ½ cup water
- 1 ½ cups ketchup
- ½ cup molasses
- 2 Tbsp cider vinegar
- 3 Tbsp brown sugar
- 1/2 tsp liquid smoke
- salt and pepper
- hot sauce

Instructions:

1. Put all dry ingredients in one large bowl.
2. In another bowl, mix the egg yolks, the buttermilk, and the oil.
3. In a third bowl, white the egg whites until medium peaks are formed.
4. Fold the wet ingredients into the dry ingredients just to combine all evenly.
5. Softly fold in the egg whites, the corn, and the cranberries to the batter.
6. Cook in a preheated waffle iron according to the instructions and serve.

Instructions for Blueberry-Chipotle Barbecue Sauce:

1. For the Blueberry Puree: combine the blueberries, honey and water to a small saucepan.
2. Heat over medium-high heat until blueberries have softened and burst open – about 10 minutes.
3. Place into food processor or blender and puree until relatively smooth – a few one second pulses.
4. For the Sauce: whisk together ketchup, molasses, cider vinegar, brown sugar and liquid smoke together into a medium bowl.
5. Add the blueberry puree and mix until combined.
6. Season to taste with additional salt, pepper, and/or hot sauce.

*Can be stored in an air-tight container in the refrigerator for several weeks