

## The Mango Inn Bed and Breakfast

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### Our Favorite Recipes

#### **Oat and Whole Wheat Waffles with Mango Sauce and Fresh Fruit** - Serves 6.

¾ cup rolled oats  
1 cup plus 2 tablespoons whole wheat flour  
1 cup plus 2 tablespoons cake flour (not self-rising)  
3 tablespoons instant nonfat dry milk  
4 tablespoons sugar  
¾ teaspoon salt  
1-1/2 tablespoons baking powder  
1-1/2 teaspoons baking soda  
1 large whole egg  
2 large egg whites  
2-1/4 cups nonfat buttermilk  
3 tablespoons unsalted butter, melted

#### **Mango Sauce** (recipe follows)

1-1/2 pints assorted fresh fruit such as blueberries, raspberries, strawberries

1. Heat waffle iron to medium-high setting. Place the oats in a food processor and process until coarsely ground, about 30 seconds. Transfer to a medium bowl and whisk in the whole wheat flour, cake flour, dry milk, sugar, salt, baking powder and baking soda.
2. In another medium bowl, whisk together the egg, egg whites and buttermilk. Pour the egg-buttermilk mixture into the dry ingredients, add the melted butter and whisk together until thoroughly combined.
3. Pour batter onto waffle iron. Cook until golden brown. Transfer to a warm oven. Repeat until all batter is used.
4. Top with mango sauce and fresh berries.

#### **Mango Sauce**

**1 mango**  
**2 tablespoons freshly squeezed lemon juice**  
**1-1/2 tablespoon sugar**

Peel mango; remove and discard the pit. Cut the mango into chunks and place in food processor. Process with 5 tablespoons water, lemon juice and sugar until pureed, about 1 minute. Transfer to bowl. Serve over waffles or ice cream.