

Cuisinart®

INSTRUCTION &
RECIPE BOOKLET



Traditional Waffle Iron

WAF-RC

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

IMPORTANT SAFEGUARDS

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

1. **READ ALL INSTRUCTIONS.**
2. Do not touch hot surfaces. Use handles and knobs.
3. To protect against fire, electrical shock, and injury to persons, **DO NOT IMMERSE 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, electrical 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. Unplug the unit when finished baking waffles.
12. Do not use appliance for other than intended use.
13. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn control dial to OFF setting, then remove 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.**

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.

An extension cord may be used if care is exercised in their use. However, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and the cord should be arranged so that it will not drape over the countertop where it can be pulled on by children or tripped over unintentionally. The extension cord should be a grounding-type 3-wire cord.

NOTICE:

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded. Contact a qualified electrician if the grounding instructions are not completely understood or if doubt exists as to whether the appliance is properly grounded. Do not modify the plug in any way.

WARNING- Improper use of the grounding can result in risk of electric shock.

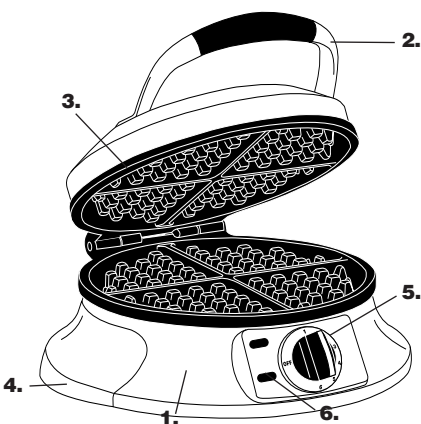
TABLE OF CONTENTS

Important Safeguards	Page 2
Introduction	Page 3
Parts and Features	Page 3
Before First Use	Page 3
Operating Instructions	Page 3
Cleaning and Care	Page 4
Storage	Page 4

Tips	Page 4
Suggested Toppings	Page 5
Recipes	Page 5
Warranty	Page 11

INTRODUCTION

Cuisinart has always had a flair for the dramatic, and your new Traditional Waffle Iron is one of the best examples yet! The look is solid – a cross between commercial and consumer, with brushed stainless steel that's upscale and elegant. Smooth, flared sides add style and catch drips for easy cleanups. You'll love the options that 6 browning settings provide, and the successful



results that indicator lights and an audible tone guarantee. Plates are nonstick, so heat them up and get cooking! Enjoy great breakfasts and creative desserts. Happy waffling!

PARTS AND FEATURES

- 1. Housing** – Elegant brushed stainless steel cover and base with embossed Cuisinart logo.
- 2. Lid Handle** – Polished chrome handle with black cool touch grip.
- 3. Baking Plates** – Die-cast aluminum plates bake one large traditional-style waffle.
- 4. Base Handles** – Cool-touch plastic will not become hot while baking.
- 5. Control Dial** – Six adjustable browning settings and OFF position.
- 6. Indicator Lights** – Red indicator light signals power on; green indicator light signals when

waffle iron is ready to bake and waffles are cooked and ready to eat.

- 7. Audible Signal (not shown)** – Signals when waffle iron is ready to bake and waffles are cooked and ready to eat.
- 8. Storage (not shown)** – Cord wraps under base and unit stands on back end for storing.
- 9. Rubber Feet (not shown)** – Feet keep unit steady and won't mark countertop.

BEFORE THE FIRST USE

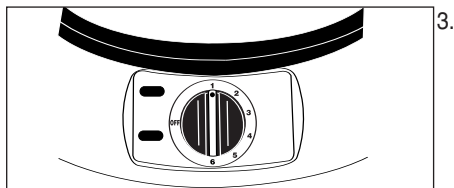
Remove all packaging and any promotional labels or stickers from your waffle iron. Be sure that all parts (listed above, **Parts and Features**) of your new waffle iron have been included before discarding any packaging materials. You may want to keep the box and packing materials for use at a later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

Before using your Cuisinart® Traditional Waffle Iron for the first time, wipe housing and waffle plates with a damp cloth to remove any dust from the warehouse or shipping.

Note: The Cuisinart® Traditional Waffle Iron 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 iron.

OPERATING INSTRUCTIONS

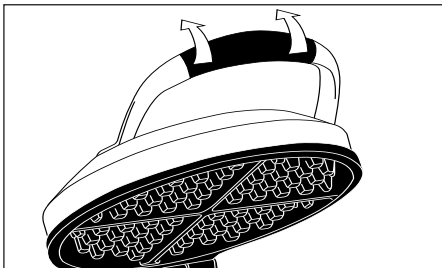
- Place the closed waffle iron on a clean, flat surface where you intend to bake.
- Plug the power cord in a standard electrical outlet.



Turn the control dial clockwise from the OFF position to the desired browning setting. Setting #1 for the lightest colour waffles and setting #6 for the darkest colour waffles. We recommend using setting #3 or #4 for golden brown waffles.

The red indicator light will turn on to signal power. Allow the waffle iron to preheat. When the waffle iron has reached desired temperature, the green indicator light will turn on and the audible tone will sound. You are now ready to begin baking.

Note: The first time you use your waffle iron it may have a slight odour and may smoke



a bit. This is normal, and common to appliances with a nonstick surface.

4. Lift lid of waffle iron by grasping the handle and pushing back and up in one fluid motion. Lid will stay open at 105° position until you lower it.
5. Pour batter onto the centre of the lower waffle grid. Use a heat-proof spatula to spread batter evenly over the grids. Close the lid. The green light will turn off but the red light will stay illuminated.
6. Baking time is determined by the browning level that you chose in Step 3. It may take up to 4 minutes to bake your waffle on setting #6.
7. When the waffle is ready to eat, the green light will turn on and the audible tone will sound. Remove the waffle by gently loosening the edges with a heat-proof plastic spatula or wooden spatula. Never use metal utensils, as they will damage the nonstick coating.
8. When you are finished baking, turn the control dial counterclockwise to the OFF setting. The red indicator light will turn off. Unplug the power cord from the wall outlet. Allow the waffle iron to cool down completely before handling.

CLEANING AND CARE

Once you have finished baking, turn the control dial to the OFF position and remove plug from electrical outlet. Leave top lid open so grids begin to cool. Allow waffle iron to cool down completely before handling.

Never take your waffle iron 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 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, thus 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 LIQUID.**

STORAGE

Store unit in a cool, dry place with cord wrapped securely under base.

TIPS TO MAKE PERFECT WAFFLES

We recommend setting #3 or #4 for golden brown waffles, either from mix or homemade.

If you prefer crisper, darker waffles, increase the browning control. For lighter waffles decrease the browning control.

For evenly filled waffles, pour the batter onto the centre of the lower grid and spread out evenly to the edges. The entire lower grid should be filled.

We recommend using 1/3-1/2 cup (75-125 ml) batter per waffle for evenly filled waffles.

Waffles are best when made to order, but baked waffles may be kept warm in a 200° F(95° C) oven. Place in a baking pan or wrap 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 use.

SUGGESTED TOPPINGS

Maple syrup, fruit syrups
Warm fruit compote, fruit sauce
Fresh berries, chopped fruit
Chopped nuts
Powdered sugar
Whipped cream
Ice cream, sorbet
Chocolate sauce
Fruited yogurt

RECIPES

BASIC WAFFLES

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

Makes 8 waffles

- 2 cups (500 ml) all-purpose flour**
- 2 tablespoons (30 ml) granulated sugar**
- 1 tablespoon (15 ml) baking powder**
- 1/2 teaspoon (2 ml) baking soda**
- 1/2 teaspoon (2 ml) salt**
- 1-3/4 cups (440 ml) reduced-fat milk**
- 6 tablespoons (90 ml) vegetable oil**
- 2 large eggs**

Place ingredients in a large mixing bowl and combine until well blended and smooth. Let batter rest 5 minutes before using. Preheat your Cuisinart® Waffle Iron on setting #3.

When preheated, green indicator light will illuminate. Pour 1/3 cup (75 ml) batter onto the centre of the lower grid; spread batter using a heatproof spatula to within 1/2 inch (1 cm) of the edge of the grid. Close lid of waffle iron – green indicator light will turn off. When green indicator light turns on again, waffle is ready. Open lid and carefully remove baked waffle. Repeat with remaining batter. For best results, serve immediately.

Nutritional information per waffle:

Calories 214 (44% from fat) • carb. 24g • pro. 6g • fat 10g • sat. fat 2g • chol. 46mg • sod. 280mg • calc. 71mg • fiber 1g • calc. 177mg • fiber 1g

CHOCOLATE BROWNIE WAFFLES

A treat for breakfast or dessert.

Makes 6 waffles

- 1 cup (250 ml) all-purpose flour**
- 6 tablespoons (90 ml) granulated sugar**
- 1/3 cup (75 ml) unsweetened cocoa powder**
- 1-1/2 teaspoons (7 ml) baking powder**
- 1/4 teaspoon (1 ml) baking soda**
- 1/4 teaspoon (1 ml) salt**
- 1/4 teaspoon (1 ml) cinnamon**
- 1 cup (250 ml) reduced-fat milk (may use evaporated fat-free milk)**
- 1 large egg, lightly beaten**
- 1/2 teaspoon (2 ml) vanilla extract**
- 4 tablespoons (60 ml) unsalted butter, melted, cooled slightly**
- 1/3 cup (75 ml) semi-sweet mini chocolate morsels**
- 1/4 cup [50 ml (1 ounce)] finely chopped walnuts or pecans**

Place the flour, sugar, cocoa powder, baking powder, baking soda, salt, and cinnamon in a medium bowl; stir with a whisk to blend. Add the milk, egg and vanilla. Stir with a whisk until well blended and smooth. Stir in melted butter. Let batter stand 5 minutes. Preheat Cuisinart® Waffle Iron on setting #4.

When preheated, green indicator light will illuminate. Stir chocolate morsels and chopped walnuts/pecans into batter. Pour 1/3 cup (75 ml) batter onto centre of the lower grid. Let batter spread out from centre slightly – for 5 to 10 seconds. Close lid of waffle iron – green indicator light will turn off. When green indicator light turns on again, waffle is ready. Remove waffle using a heatproof plastic spatula. Repeat with remaining batter. For best results, serve immediately.

Nutritional analysis per waffle:

Calories 322 (44% from fat) • carb. 40g • pro. 7g • fat 16g • sat. fat 7g • chol. 59mg • sod. 238mg • calc. 73mg • fiber 3g

APPLE WALNUT WAFFLES

Stir a teaspoon of cinnamon into maple syrup and warm to serve with Apple Walnut Waffles.

Makes 8 waffles

- 3 tablespoons (45 ml) packed brown sugar**
- 1-1/3 cups (325 ml) unbleached all-purpose flour**
- 1/4 cup (50 ml) whole wheat flour**

- 1/4 cup (50 ml) honey toasted wheat germ**
- 1 tablespoon (15 ml) baking powder**
- 1/2 teaspoon (2 ml) salt**
- 1-1/2 cups (375 ml) lowfat milk**
- 2 large eggs, lightly beaten**
- 1/3 cup (75 ml) vegetable oil**
- 1/2 teaspoon vanilla extract**
- 1 cup (250 ml) finely diced or shredded apple [1 apple, 8 ounces (225 g), peeled & cored]**
- 1/2 cup (125 ml) finely chopped walnuts**

Crumble the brown sugar into a medium bowl to remove all lumps. Add the flours, wheat germ, baking powder and salt. Stir to blend. In another bowl, combine the milk, eggs, oil, and vanilla; stir with a whisk. Add the wet mixture to the dry mixture and stir until smooth. Stir in the apple and walnuts. Let batter rest 5 minutes before using. Preheat your Cuisinart® Waffle Iron on setting #3.

When preheated, green indicator light will illuminate. Pour 1/3 cup (75 ml) batter onto the centre of the lower grid; spread batter using a heat-proof spatula to within 1/2 inch (1 cm) of the edge of the grid. Close lid of waffle iron – green indicator light will turn off. When green indicator light turns on again, waffle is ready. Open lid and carefully remove baked waffle. Repeat with remaining batter. For best results, serve immediately.

Nutritional Information per waffle:
Calories 305 • carb. 33g • pro. 7g •
fat 16g • sat fat 2g • chol. 57mg • sod. 319mg •
calc. 85mg • fiber 2g

NUTTY WHEAT WAFFLES

Wholesome wheat flavour combines with crunchy nuts for a delicious breakfast, brunch or snack. Top with warm syrup or fruit compote.

Makes 10 waffles

- 1-1/2 cups (375 ml) all-purpose flour**
- 1/2 cup (125 ml) whole wheat flour**
- 2 tablespoons (30 ml) granulated sugar**
- 1 tablespoon (15 ml) baking powder**
- 1/2 teaspoon (2 ml) salt**
- 2 cups (500 ml) reduced-fat milk**
- 6 tablespoons (90 ml) vegetable oil**
- 2 large eggs**
- 1/2 cup (125 ml) finely chopped nuts, such as pecans, walnuts, almonds or hazelnuts**

Place ingredients in a large mixing bowl and combine until well blended and smooth. Let

batter rest 5 minutes before using. Preheat your Cuisinart® Waffle Iron on setting #3.

When preheated, green indicator light will illuminate. Pour 1/3 cup (75 ml) batter onto the centre of the lower grid; spread batter using a heat-proof spatula to within 1/2 inch (1 cm) of the edge of the grid. Close lid of waffle iron – green indicator light will turn off. When green indicator light turns on again, waffle is ready. Open lid and carefully remove baked waffle. Repeat with remaining batter. For best results, serve immediately.

Nutritional information per waffle:
Calories 228 (55% from fat) • carb. 21g • pro. 5g •
fat 14g • sat. fat 2g • chol. 46mg • sod. 225mg •
calc. 81mg • fiber 1g

CINNAMON PECAN WAFFLES

Top these tasty waffles with warm maple syrup and fresh fruit.

Makes 10 waffles

- 2 tablespoons (30 ml) packed light brown sugar**
- 2 cups (500 ml) all-purpose flour**
- 1 tablespoon (15 ml) baking powder**
- 1-1/2 teaspoons (7 ml) ground cinnamon**
- 1/2 teaspoon (2 ml) baking soda**
- 1/2 teaspoon (2 ml) salt**
- 1-3/4 cups (425 ml) lowfat fat milk**
- 6 tablespoons (90 ml) vegetable oil**
- 2 large eggs, lightly beaten**
- 1 cup (250 ml) chopped pecans**

Crumble the brown sugar to remove all lumps and place in a medium, mixing bowl with the flour, baking powder, cinnamon, baking soda, and salt. Add the milk, oil and eggs; stir until blended and smooth. Stir in the chopped pecans. Let batter rest 5 minutes before using. Preheat your Cuisinart® Waffle Iron on setting #3.

When preheated, green indicator light will illuminate. Pour 1/3 cup (75 ml) batter onto the centre of the lower grid; spread batter using a heat-proof spatula to within 1/2 inch (1 cm) of the edge of the grid. Close lid of waffle iron – green indicator light will turn off. When green indicator light turns on again, waffle is ready. Open lid and carefully remove baked waffle. Repeat with remaining batter. For best results, serve immediately.

Nutritional Information per waffle:
Calories 283 • carb. 26g • pro. 6g •
fat 18g • sat fat 2g • chol 46mg • sod. 277mg •
calc. 71 mg • fiber 2g

BANANA WALNUT WAFFLES

Classic waffle for a weekend brunch –
top with warm syrup.

Makes 8 waffles

- 2 cups (500 ml) unbleached flour**
- 2 tablespoons (30 ml) granulated sugar**
- 1 tablespoon (15 ml) baking soda**
- 1/2 teaspoon (2 ml) salt**
- 2 eggs, lightly beaten**
- 6 tablespoons (90 ml) vegetable oil**
- 1 cup (250 ml) vanilla yogurt, lowfat**
- 3/4 cup (175 ml) whole milk**
- 1 cup (250 ml) banana, mashed**
- 1/2 cup (125 ml) walnuts, chopped**

Combine flour, sugar, baking soda, and salt in a mixing bowl and stir to combine. In a separate bowl whisk together the eggs and oil and stir into dry ingredients. Stir in yogurt. Add milk and stir until mixture is a smooth batter. Stir in banana and walnuts until incorporated. Let batter rest 5 minutes before using. Preheat your Cuisinart® Waffle Iron on setting #3.

When preheated, green indicator light will illuminate. Pour 1/2 cup (125 ml) of batter onto the centre of the lower grid. Allow batter to spread toward edges for 5 seconds. Close lid of waffle iron – green indicator light will turn off. When green indicator light turns on again, waffle is ready. Open lid and carefully remove baked waffle. Repeat with remaining batter. For best results, serve immediately.

Nutritional information per waffle:

*Calories 334 • carb. 37g • pro. 8g •
fat 18g • sat fat 3g • chol 58mg • sod. 604mg •
calc. 95mg • fiber 1g*

PUMPKIN WALNUT WAFFLES

For a change, you may substitute dried cranberries, raisins or even mini chocolate morsels for the walnuts.

Makes 9 waffles

- 1-3/4 cups (425 ml) reduced-fat milk**
- 3/4 cup (175 ml) solid pack pumpkin (not pumpkin pie filling)***
- 6 tablespoons (90 ml) vegetable oil**
- 2 large eggs, lightly beaten**
- 2-1/4 cups (560 ml) all-purpose flour**
- 1/4 cup (50 ml) packed light brown sugar**
- 4 teaspoons (20 ml) baking powder**
- 1 teaspoon (5 ml) ground cinnamon**
- 1/2 teaspoon (2 ml) baking soda**
- 1/4 teaspoon (1 ml) salt**
- 3/4 cup (175 ml) chopped walnuts**

Place the milk, pumpkin, oil, and eggs in a bowl. Stir to blend; reserve. Place the flour in a large bowl. Crumble the brown sugar to remove the lumps; add to the flour along with the baking powder, cinnamon, baking soda, and salt. Stir to blend. Add the liquid ingredients and whisk until smooth. Let batter rest 5 minutes before using. Preheat your Cuisinart® Waffle Iron on setting #3.

When preheated, green indicator light will illuminate. Stir walnuts into batter. Pour 1/3 cup (75 ml) batter onto the centre of the lower grid. Allow batter to spread toward edges for 5 seconds. Close lid of waffle iron – green indicator light will turn off. When green indicator light turns on again, waffle is ready. Open lid and carefully remove baked waffle. Repeat with remaining batter. For best results, serve immediately.

*This is a little less than 1/2 of a 15-ounce (425 g) can. Measure out 3/4 cup (175 ml) of the remaining pumpkin and freeze to make these at another time.

Nutritional Information per waffle:

*Calories 307 • carb. 30g • pro. 8g •
fat 18g • sat fat 3g • chol 51mg • sod. 269 mg •
calc. 86 mg • fiber 2g*

OATMEAL RAISIN WAFFLES

These waffles taste like an oatmeal raisin cookie. They are delicious when spread with apple butter.

Makes 6 waffles

- 3 tablespoons (45 ml) packed light brown sugar**
- 1-1/2 cups (375 ml) all-purpose flour**
- 1 cup (250 ml) oatmeal (regular rolled oats, not quick oats)**
- 2 teaspoons (10 ml) ground cinnamon**
- 1-1/2 teaspoons (7 ml) baking powder**
- 1 teaspoon (5 ml) baking soda**
- 1/2 teaspoon (2 ml) salt**
- 1-1/2 cups (375 ml) buttermilk**
- 2 large eggs, lightly beaten**
- 6 tablespoons (90 ml) vegetable oil (you may substitute unsalted butter, melted and cooled)**
- 1/2 teaspoon (2 ml) vanilla extract**
- 2/3 cup (150 ml) raisins**

Crumble the brown sugar to remove any lumps and place in a medium bowl with flour, oatmeal, cinnamon, baking powder, baking soda, and salt. Stir to blend. Add buttermilk, eggs, oil, and vanilla. Stir until well blended and smooth. Stir

in raisins. Let batter rest 5 minutes before using. Preheat your Cuisinart® Waffle Iron on setting #3.

When preheated, green indicator light will illuminate. Pour a scant 1/2 cup (125 ml) of batter onto the centre of the lower grid; spread batter using a heat-proof spatula to within 1/2 inch (1 cm) of the edge of the grid. Close lid of waffle iron – green indicator light will turn off. When green indicator light turns on again, waffle is ready. Open lid and remove baked waffle. Repeat with remaining batter. For best results, serve immediately.

Nutritional Information per waffle:
Calories 417 • carb. 58g • pro. 10g •
fat 17g • sat fat 2g • chol 73mg • sod. 526mg •
calc. 115mg • fiber 3g

LEMON WAFFLES

These waffles are a fresh change – if you want, add blueberries for Lemon Blueberry Waffles.

Makes 10 waffles

- 1-1/2 cups (375 ml) unbleached flour
- 6 tablespoons (90 ml) granulated sugar
- 2 teaspoons (30 ml) baking soda
- 1/2 teaspoon (2 ml) salt
- 2 eggs
- 1 cup (250 ml) buttermilk
- 1 teaspoon (5 ml) pure vanilla extract
- 2 tablespoons (30 ml) fresh lemon juice
- 1 tablespoon (15 ml) lemon zest
- 6 tablespoons (90 ml) unsalted butter, melted
- 1 cup (250 ml) vanilla yogurt

Place flour, sugar, baking soda, and salt in mixing bowl and stir to combine. In a second bowl, whisk eggs, buttermilk, and vanilla until blended. Stir wet mixture into dry ingredients. Stir in lemon juice and zest. Fold in melted butter and then vanilla yogurt with a rubber spatula or wooden spoon. Let batter rest a few minutes before using. Preheat your Cuisinart® Waffle Iron on setting #3.

When preheated, green indicator light will illuminate. Pour 1/2 cup (125 ml) of batter onto the centre of the lower grid. Allow batter to spread toward edges for 5 seconds. Close lid of waffle iron – green indicator light will turn off. When green indicator light turns on again, waffle is ready. Open lid and carefully remove baked waffle. Repeat with remaining batter. For best results, serve immediately.

Variations: For lemon ginger waffles, add 1 tablespoon (15 ml) of grated fresh ginger to

the batter with the juice and zest. For lemon blueberry waffles add 1 cup (250 ml) of blueberries to the batter as the last ingredient.

Nutritional information per waffle:
Calories 203 • carb. 27g • pro. 5g •
fat 9g • sat fat 5g • chol 63 mg • sod. 274mg •
calc. 78mg • fiber 1g

SUPER MULTIGRAIN WAFFLES

High in protein, these crispy waffles have a nice texture and pleasant flavour – you would never know they are also good for you.

Makes 9 waffles

- 1 cup (250 ml) whole wheat flour
- 1/2 cup (125 ml) unbleached flour
- 1/2 cup (125 ml) old-fashioned oats
- 1 teaspoon (5 ml) baking powder
- 1 teaspoon (5 ml) baking soda
- 1/2 teaspoon (2 ml) salt
- 2 eggs, lightly beaten
- 1 cup (250 ml) soy milk
- 2 tablespoons (30 ml) pure maple syrup
- 1 teaspoon (5 ml) vanilla extract
- 6 tablespoons (90 ml) unsalted butter, melted
- 2 tablespoons (30 ml) flaxseed oil
- 1 cup (250 ml) lowfat plain yogurt
- 1/2 cup (125 ml) pecans or walnuts, finely chopped

Place whole wheat flour, unbleached flour, oats, baking powder, baking soda, and salt in mixing bowl and stir to combine. In a separate bowl stir together eggs, soy milk, syrup, and vanilla and add to the dry ingredients. Stir in butter, flaxseed oil, and yogurt/cottage cheese. Finally stir chopped nuts into batter. Let batter rest 5 minutes before using. Preheat your Cuisinart® Waffle Iron on setting #3.

When preheated, green indicator light will illuminate. Pour 1/2 cup (125 ml) of batter onto the centre of the lower grid. Allow batter to spread toward edges for 5 seconds. Close lid of waffle iron – green indicator light will turn off. When green indicator light turns on again, waffle is ready. Open lid and carefully remove baked waffle. Repeat with remaining batter. For best results, serve immediately.

Nutritional information per waffle with yogurt:
Calories 183 • carb. 23g • pro. 8g •
fat 7g • sat fat 1g • chol 48mg • sod. 325mg •
calc. 83mg • fiber 2g

With 1%-cottage cheese:
Calories 197 • carb. 24g • pro. 10g •

fat 7g • sat fat 1g • chol 48mg • sod. 408mg •
calc. 50mg • fiber 3g

CHOCOLATE BUTTERMILK WAFFLES

Chocolate Waffles make a great base for an ice cream sundae with fudge sauce.

Makes 8 waffles

- 1-1/2 cups (375 ml) unbleached flour
- 1/2 cup (125 ml) unsweetened cocoa, sifted
- 2 tablespoons (30 ml) granulated sugar
- 2 tablespoons (30 ml) light brown sugar, packed
- 2 teaspoons (10 ml) baking soda
- 1/2 teaspoon (2 ml) salt
- 2 eggs, lightly beaten
- 1 teaspoon (5 ml) vanilla extract
- 6 tablespoons (90 ml) unsalted butter, melted
- 1 cup (250 ml) buttermilk
- 1 cup (250 ml) lowfat yogurt (plain or vanilla)
- 1 cup (250 ml) semi sweet chocolate chips

Place flour, cocoa, sugars, baking soda, and salt in a medium mixing bowl. Stir to combine. Stir in eggs, vanilla, butter, buttermilk, and yogurt successively, making sure each ingredient is incorporated well. Finally stir chocolate chips into batter. Let batter rest 5 minutes before using. Preheat your Cuisinart® Waffle Iron on setting #3.

When preheated, green indicator light will illuminate. Pour 1/2 cup (125 ml) of batter onto the centre of the lower grid. Allow batter to spread toward edges for 5 seconds. Close lid of waffle iron – green indicator light will turn off. When green indicator light turns on again, waffle is ready. Open lid and carefully remove baked waffle. Repeat with remaining batter. For best results, serve immediately.

Nutritional information per waffle:
Calories 400 • carb. 50g • protein 8g •
fat 19g • sat fat 11g • chol 79 mg • sod. 490mg •
calc. 106mg • fiber 6g

WHOLE WHEAT BERRY WAFFLES

Any type of berry will work for this versatile waffle.

Makes 8 waffles

- 1-1/4 cups (300 ml) unbleached flour
- 3/4 cup (175 ml) whole wheat flour
- 2 tablespoons (30 ml) granulated sugar

- 1 tablespoon (15 ml) baking powder
- 1 teaspoon (5 ml) salt
- 2 eggs, lightly beaten
- 1-3/4 cups (440 ml) whole milk
- 6 tablespoons (90 ml) unsalted butter, melted
- 1 teaspoon (5 ml) pure vanilla extract
- 3/4 cup (175 ml) blueberries or any variety of berry, fresh or frozen
- 1 teaspoon (5 ml) orange zest
- 1/2 cup (125 ml) pecans, chopped

Place both flours, sugar, baking powder, and salt in a mixing bowl and stir to combine. In a separate bowl whisk together eggs, milk and vanilla and stir into dry ingredients until mixture resembles a smooth batter. Stir in melted and cooled butter. Carefully stir in blueberries, orange zest, and pecans. Let batter rest 5 minutes before using. Preheat your Cuisinart® Waffle Iron on setting #3.

When preheated, green indicator light will illuminate. Pour 1/2 cup (125 ml) of batter onto the centre of the lower grid. Allow batter to spread toward edges for 5 seconds. Close lid of waffle iron – green indicator light will turn off. When green indicator light turns on again, waffle is ready. Open lid and carefully remove baked waffle. Repeat with remaining batter. For best results, serve immediately.

Nutritional information per waffle:
Calories 225 • carb. 31g • pro. 8g •
fat 8g • sat fat 2g • chol 60mg • sod. 747mg •
calc. 80mg • fiber 3g

VANILLA YOGURT PECAN WAFFLES

These waffles have a subtle, nutty sweetness and are nice and crispy.

Makes 8 waffles

- 1 cup (250 ml) unbleached flour
- 1 cup (250 ml) whole wheat flour
- 3 tablespoons (45 ml) light brown sugar, firmly packed
- 2 teaspoons (10 ml) baking soda
- 1/2 teaspoon (2 ml) cinnamon
- 1/2 teaspoon (2 ml) salt
- 2 eggs, lightly beaten
- 1 teaspoon (5 ml) vanilla extract
- 6 tablespoons (90 ml) unsalted butter, melted
- 1 cup (250 ml) lowfat vanilla yogurt
- 1 cup (250 ml) reduced-fat milk
- 1/2 cup (125 ml) pecans, chopped

Place both flours, sugar, baking soda, cinnamon, and salt in a mixing bowl and stir to combine. Stir eggs and vanilla together and then stir into dry ingredients. Stir butter, yogurt,

and milk into mixture successively until it resembles a smooth batter. Finally stir in chopped pecans. Let batter rest 5 minutes before using. Preheat your Cuisinart® Waffle Iron on setting #3.

When preheated, green indicator light will illuminate. Pour 1/2 cup (125 ml) of batter onto the centre of the lower grid. Allow batter to spread toward edges for 5 seconds. Close lid of waffle iron – green indicator light will turn off. When green indicator light turns on again, waffle is ready. Open lid and carefully remove baked waffle. Repeat with remaining batter. For best results, serve immediately.

Nutritional information per waffle:
Calories 306 • carb. 34g • pro. 8g •
fat 16g • sat fat 7g • chol 80mg • sod. 474mg •
calc. 109mg • fiber 3g

SAVOURY CHEDDAR CHIVE CORNMEAL WAFFLES

These crispy, savoury waffles are good to serve with soups or your favourite chili in place of corn muffins. You may also try them with scrambled eggs and bacon for brunch or supper.

Makes 10 waffles

- 1-1/4 cups (300 ml) all-purpose flour
- 1 cup (250 ml) cornmeal (yellow or white)
- 1 tablespoon (15 ml) granulated sugar
- 1 tablespoon (15 ml) baking powder
- 1/2 teaspoon (2 ml) baking soda
- 1/4 teaspoon (1 ml) salt
- 3 ounces (90 g) shredded sharp Cheddar cheese
- 2 tablespoons (30 ml) chopped fresh chives
- 1-3/4 cups (425 ml) reduced-fat milk
- 6 tablespoons (90 ml) vegetable oil
- 2 large eggs
- 3-5 dashes hot sauce, such as *Tabasco®

Place flour, cornmeal, sugar, baking powder, baking soda, and salt in a large mixing bowl; stir to combine. Add shredded Cheddar and chopped chives; stir. Place the milk, oil, eggs, and hot sauce in a separate bowl; stir with a whisk to blend. Add to the dry ingredients and stir until smooth. Let batter rest 5 minutes before using. Preheat your Cuisinart® Waffle Iron on setting #3.

When preheated, green indicator light will illuminate. Pour 1/3 cup (75 ml) batter just a little behind the centre of the lower grid; allow batter to spread toward edges for 5 seconds.

Close lid of waffle iron – green indicator light will turn off. When green indicator light turns on again, waffle is ready. Open lid and carefully remove baked waffle. Repeat with remaining batter. For best results, serve immediately.

Nutritional information per waffle:
Calories 239 • carb 25g • pro 8g •
fat 12g • sat fat 2g • chol 50mg • sod 262 mg •
calc. 121mg • fiber 1g

*Tabasco® is a registered trademark owned by the McIlhenney Co.

PROTEIN WAFFLES

These oatmeal waffles have a delightful taste, not to mention they are high in protein and very easy to prepare.

Makes 6 waffles

- 1-1/2 cups (375 ml) old-fashioned oats
- 3/4 cup (175 ml) unbleached flour
- 3 tablespoons (45 ml) sugar
- 2 teaspoons (10 ml) baking powder
- 1/2 teaspoon (2 ml) cinnamon
- 1/2 teaspoon (2 ml) salt
- 2 eggs, lightly beaten
- 6 tablespoons (90 ml) oil
- 1/2 cup (125 ml) cottage cheese
- 1 cup (250 ml) reduced-fat milk

Place oats, flour, sugar, baking powder, cinnamon, and salt in a mixing bowl. Stir to combine. Stir in remaining ingredients as listed one at a time until mixture resembles a smooth batter. Let batter rest 5 minutes before using. Preheat your Cuisinart® Waffle Iron on setting #3.

When preheated, green indicator light will illuminate. Pour 1/2 cup (125 ml) of batter onto the centre of the lower grid. Allow batter to spread toward edges for 5 seconds. Close lid of waffle iron – green indicator light will turn off. When green indicator light turns on again, waffle is ready. Open lid and carefully remove baked waffle. Repeat with remaining batter. For best results, serve immediately. You may keep waffles warm on a rack placed on a baking sheet in a warm [200° F (95° C)] oven.

Nutritional information per waffle:
Calories 342 • carbohydrates 35g • protein 11g •
fat 18g • sat fat 3g • chol 75mg • sodium 391mg •
Calcium 86mg • fiber 3g

LIMITED THREE-YEAR WARRANTY

This warranty supersedes all previous warranties on this Cuisinart® product. This warranty is available to consumers only. You are a consumer if you own a Cuisinart® product that was purchased at retail for personal, family or household use. This warranty is not available to retailers or other commercial purchasers or owners.

We warrant that this Cuisinart® product will be free of defects in material or workmanship under normal home use for three years from the date of original purchase.

For warranty purposes, we would like to suggest that you register your product on-line at www.cuisinart.ca to facilitate verification of the date of original purchase. However, should you not wish to register on-line we recommend the consumer to maintain original receipt indicating proof of purchase. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

When calling our Authorized Service Centre for in warranty service please make reference to your model number and the manufacturing date code. This information can be found in the rating area on the body or underneath the base of your unit. The model number will follow the word Model: WAF-RC. The manufacturing date code is a 4 or 5 digit number. Example, 70630 would designate year, month & day (2007, June 30th).

If your Cuisinart® product should prove to be defective within the warranty period, we will repair it or, if we think it necessary, replace it. To obtain warranty service, please call our Consumer Service Centre toll-free at 1-800-472-7606 or write to:

Cuisinart Canada
100 Conair Parkway,
Woodbridge, Ontario L4H 0L2

To facilitate the speed and accuracy of your return, please also enclose \$10.00 for shipping and handling of the product. Please also be sure to include a return address, description of the

product defect, product serial number, and any other information pertinent to the product's return. Please pay by cheque or money order.

NOTE: For added protection and secure handling of any Cuisinart® product that is being returned, we recommend you use a traceable, insured delivery service.

Cuisinart cannot be held responsible for in transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty.

Your Cuisinart® product has been manufactured to strict specifications and has been designed for use with Cuisinart® authorized accessories and replacement parts for your model.

These warranties expressly exclude any defects or damages caused by accessories, replacement parts or repair service other than those that have been authorized by Cuisinart. These warranties exclude all incidental or consequential damages.

BEFORE RETURNING YOUR CUISINART PRODUCT

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Centre, please remind the servicer to call our Consumer Service Centre to ensure that the problem is properly diagnosed, the product serviced with the correct parts, and to ensure that the product is still under warranty.

Cuisinart®

SAVOR THE GOOD LIFE®



Cuisinart offers an extensive assortment of top quality products to make life in the kitchen easier than ever. Try some of our other countertop appliances and cookware, and Savor the Good Life®.

www.cuisinart.ca

©2007 Cuisinart
Cuisinart® is a registered
trademark of Cuisinart

100 Conair Parkway,
Woodbridge, Ontario
L4H 0L2
Printed in China

04CC18080

E IB-5286-CAN-C-TK