**Ingredients:**

310mL Flour

10mL Baking Powder

1mL Baking Soda

2mL Salt

15mL White sugar

1 Egg

250mL Sourdough Starter

60mL Vegetable Oil

185mL Milk

**Instructions:**

1. Preheat waffle iron and set table
2. In a large bowl, stir together flour, baking powder, baking soda, salt and sugar. Set aside.
3. In a medium bowl, beat egg. Stir in sourdough starter, oil and milk
4. Add wet ingredients into dry ingredients all at once. Stir until dry ingredients are **just moistened then stop!** We don’t want a lot of gluten today.
5. Pour about 60 – 125mL of batter onto preheated iron for each waffle.
6. Bake 1 – 2 minutes or until golden brown
7. Stack on a plate and cover with tea towel until ready to eat

**Ingredients:**

2 Large Apples

1mL Cinnamon

30mL White Sugar

60mL Water

7mL Cornstarch

15mL Cold Water

**Instructions:**

1. Peel, core and dice apples into thick pieces
2. In a small saucepan combine water, cinnamon, and sugar. Add apples. Bring to a boil then turn heat down to low and put the lid on. Simmer until apples are tender, stirring occasionally. (Approx. 5-8 minutes)
3. Dissolve cornstarch in cold water. To thicken juices bring softened apples back up to a boil then add the dissolved cornstarch to the saucepan while constantly stirring. Cook until juice is clear and thickened.
4. Turn off heat and serve.

**Ingredients:**

125mL Whipping Cream

5mL Vanilla

15mL Icing Sugar

**Instructions:**

1. Combine ingredients in a bowl or large liquid measuring cup. Whisk until thickened (coats the whisk) **Careful** you can easily over mix this and curdle your whipcream!