



THE WESTGATE CENTER | 6035 TN-100 | NASHVILLE TN 37205 | 615.928.8373

## **Greek Yogurt Waffles with Bananas, Candied Pecans, Maple Rum Syrup and Whipped Cream**

Makes about 4 - 5 waffles

Try these waffles! Greek yogurt adds a delightful tanginess while offering a boost to the overall protein content. With this solid foundation, we've loaded these tasty waffles with decadent toppings -- slices of banana, candied pecans, and a drizzle of maple rum syrup. For some extra flair, plan to finish the presentation with a little whipped cream. Brunch is now served!

### ***Maple Rum Syrup Ingredients:***

1 cup pure maple syrup  
1/4 cup dark rum  
2 tablespoons butter  
1 teaspoon vanilla extract

### ***Quick Candied Pecan Ingredients:***

1 tablespoon brown sugar  
1 tablespoon granulated sugar  
1/2 teaspoon cinnamon  
1/4 teaspoon Kosher salt  
1-1/2 teaspoons water  
1/4 teaspoon vanilla  
1 cup pecan halves

### ***Greek Yogurt Waffle Ingredients:***

2 cups all-purpose flour  
1 tablespoon sugar  
2 teaspoons baking powder  
1/2 teaspoon Kosher salt  
2 large eggs  
1 cup Greek yogurt  
1 cup milk  
1/4 cup melted butter  
1 teaspoon vanilla extract

### ***For Serving:***

Maple rum syrup  
Quick candied pecans  
Sliced bananas  
Whipped cream (optional)

### ***Directions:***

1. For the Maple Rum Syrup. Combine the maple syrup, dark rum, and butter in a small saucepan and heat over medium-low heat. Stir and simmer for about 5-7 minutes. Add the vanilla extract to the syrup and stir well.
2. Remove the saucepan from heat and allow the syrup to cool slightly before serving.
3. For the Quick Candied Pecan. Combine the brown sugar, sugar, cinnamon, salt, water, and vanilla in a skillet, and cook for a few minutes until the sugar dissolves.
4. Add the pecans and stir until coated. Cook for another 2-3 minutes while stirring.
5. Cool the coated pecans immediately in a single layer on a parchment-lined baking sheet.
6. For the Greek Yogurt Waffles: Preheat the waffle iron according to the manufacturer's instructions.
7. Mix the dry ingredients. In a large bowl, whisk together the flour, sugar, baking powder, and salt.
8. In another bowl, whisk the eggs. Add the Greek yogurt, milk, melted butter, and vanilla extract. Whisk until well combined.
9. Pour the wet ingredients into the bowl with the dry ingredients. Stir until just combined. Be careful not to overmix; it's okay if there are a few lumps!
10. Lightly grease the waffle iron with a non-stick cooking spray, or a small amount of melted butter. Pour the batter onto the preheated waffle iron, spreading it evenly. Close the lid and cook according to your waffle iron's instructions, usually for about 3-5 minutes, or until the waffles are golden brown and crisp.
11. Carefully remove the waffles from the iron, and serve them warm.
12. Serve with sliced bananas, candied pecans, maple rum syrup, and a few dollops of whipped cream. ENJOY!