

KAMUT® WAFFLES



- 1 cup Kamut® flour
- 2 TSP baking powder
- 1 egg or egg substitute
- 1 cup buttermilk or preferred milk
- 1 TBSP vegetable oil

In a medium sized bowl combine flour and baking powder. In a separate bowl mix together buttermilk, eggs and oil. Gently whisk wet ingredients in dry ingredients. Spoon into hot waffle iron and cook until golden brown.

For Kamut® Pancakes, omit oil and cook on a hot griddle or pan. (Makes 4 waffles or 4 six-inch pancakes).



MUSHROOM AND KAMUT® ORZO STUFFED PEPPERS

- 2 cups assorted fresh mushrooms (white, crimini, portabella etc.) sliced
- 4 large peppers
- 1 red onion, diced
- ½ cup cream cheese
- 1 package Kamut® Orzo
- ½ cup goat cheese (optional)
- ½ TSP olive oil
- 1 TSP rosemary, chopped salt and pepper to taste

Cook orzo until al dente.

Sauté onions, mushrooms and rosemary in olive oil until caramelized. Add cream cheese and incorporate. Add orzo (more cream cheese if needed) and salt and pepper to taste.

Stuff peppers with orzo. Bake at 350 degrees for 45 minutes to 1 hour until peppers are tender. Crumble goat cheese on top.

