

Piña Colada Waffles with Rum Buttermilk Syrup

(Makes 6 seven-inch waffles and 2-1/2 cups of syrup)

Description:

This is an incredibly rich and unique treat for Brunches or anytime. The pineapple, coconut and rum flavors capture the essence of the popular cocktail, but without the alcohol.



Waffle Ingredients:

- 3 Large Eggs
- 2 Cups of Flour
- 1-3/4 Cups of Buttermilk
- 1 Can (20oz) of Crushed Pineapple (drain off the juice)
- 1/4 Cup of Juice from Pineapple
- 1/2 Cup of Vegetable Oil (or Margarine or Melted Butter)
- 1-1/4 Cup of Sugar (or *Sugar Substitute but you will need to use a little less milk)
- 1/2 Cup of Coconut
- 2 Teaspoon Baking Powder
- 1/2 Teaspoon Baking Soda
- 1-1/4 Teaspoon of Salt
- 1 Teaspoon of Vanilla
- 1/2 Teaspoon of Coconut extract

Waffle Directions:

1. Heat the Waffle Iron
2. Beat eggs in a large bowl with hand mixer until fluffy. Beat in the remaining ingredients until smooth.
3. Pour scant 2/3 cup batter from cup or pitcher onto center of hot waffle iron. (It may be a good idea to check the waffle iron manufacturer's directions for recommended amount of batter.) Close the lid of the waffle iron.
4. Bake about 5 minutes or until steaming stops. Carefully remove the waffle from the iron and repeat with the remaining batter.

Buttermilk Syrup Ingredients:

- 1-1/2 Cups of Sugar (or *Sugar Substitute)
 - 1-1/2 Sticks of Butter (3/4 Cup)
 - 3/4 Cup of Buttermilk
 - 2 Teaspoons of Light Corn Syrup
- For step 3-
- 1-1/2 Teaspoon of Rum Extract

- 1-1/2 Teaspoon of Baking Soda

Syrup Directions:

1. Put all the above ingredients (except for the Rum flavoring and the Baking Soda) in a pan or dish that is at least twice the capacity of the ingredients because it will foam up aggressively when you add the ingredients in step 3.
2. Bring ingredients to a boil (you can do this in the Microwave or on the Stove Top)
3. Remove from heat and add 1-1/2 Teaspoon of Rum Extract and 1-1/2 Teaspoon of Baking Soda.
4. Whisk to combine ingredients and serve immediately.

Serve the Buttermilk Syrup (while still frothy) over the warm Waffles. There is no need to butter the waffles since the syrup is loaded with butter already. To add a touch of elegance for that special brunch, sprinkle coconut over the top after the syrup has been poured on.

*Sugar substitutes that work best are the ones intended as baking replacements for the no calorie sweeteners, such as Splenda "Granulated" or Equal "Measure". Don't use any of the saccharin based sweeteners or these otherwise delightful recipes will make you gag. The recipes are considerably tastier with real sugar but we have a bunch of diabetics in our family so I offer an alternative.