




# TANTE RUTH'S NORWEGIAN HEART WAFFLES

(Hjertevafler)

*Hjertevafler are soft and sweet Norwegian heart-shaped waffles, typically enjoyed as a dessert or snack. They are often topped with ingredients like whipped cream, jam, berries, chocolate, or the traditional brown goat cheese (Gjetost).*

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|  PREP TIME<br>15 MIN |  COOK TIME<br>1 MIN PER<br>WAFFLE |  TOTAL TIME<br>30-40<br>MIN |  SERVINGS<br>30 HEART<br>WAFFLES |
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 EQUIPMENT  
USE TWO BOWLS- ONE FOR DRY INGREDIENTS, & ONE FOR  
WET INGREDIENTS.

## Ingredients

- 2 cups all-purpose flour
- ½ cup sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 2-1/2 teaspoons ground cardamom
- 6 large eggs
- 2 cups full-fat sour cream
- ½ cup vegetable oil

## Instructions

Heat your waffle maker. Mix dry ingredients. Mix wet ingredients. Whisk the wet mix into the dry mix and stir until well blended, but do not over-mix. When your waffle maker shows that it's ready to use, spoon ¼ cup of batter onto the center of the waffle iron and close the lid. After the waffle iron light goes off, approximately 1 minute, remove the waffle and place it on a plate. Put a tea towel over your baked waffles while you're making the others.

### Notes:

- In our family, the traditional way is to serve warm waffles with apricot and/or raspberry jam. However, I have seen them served with lightly sweetened whipped cream and fresh berries, which sounds delicious, as well as a favorite among many Norwegians, brown goat cheese (Gjetost).
- These waffles freeze really well. After they have cooled completely, wrap them in plastic wrap and slip them into a freezer bag. They will keep in the freezer for a couple of months. When you are ready to enjoy a waffle, unwrap the plastic, place it on a microwave-safe plate, cover it with a paper or small tea towel, and microwave for 15-20 seconds. Yum!!!