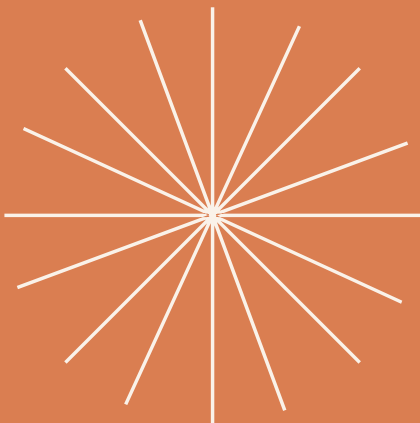




BANANA OAT WAFFLES

INGREDIENTS

- 2C oats
- 2 ripe bananas
- 1.5C water
- 2tbs ground flax seed
- 2tsp tsp baking powder
- 2tsp vanilla.
- 1/8 tsp salt



DIRECTIONS

- Blend ingredients
- Allow to sit for 2–3 mins to thicken
- Pour batter into heated waffle iron that has been lightly sprayed with oil to avoid waffles from sticking
- Cook for 5–8 mins to allow waffles to cook thoroughly
- Serve and enjoy with cut up bananas sprinkled with cinnamon on the top.

