

Breakfast

Saturday Morning Oat Waffles

15 Mins
Prep Time

15 Mins
Cook Time

6
Servings

 **173** Calories **5g** Fat **27g** Carbs **6g** Protein



Ingredients

 **6** Servings • **1 Large Waffle** Serving Size  **30 Mins** Total Time  **Allergens: Nuts**

2½ Cups Old Fashioned Oats 

¼ Cup Ground Flax Seed 

2 Tsp Lemon Zest

½ Tsp Cinnamon

2 Cups Unsweetened Vanilla Almond Milk

⅓ Cup Ripe Banana, mashed

1 Tsp Vanilla

Allergen Swap

Nuts Substitute almond milk for a nut-free milk alternative

Nourishment Note



Old Fashioned Oats

Oats provide a gluten-free source of soluble fiber, an important nutrient for gut health. Oats are also a complex carbohydrate that provide your body with the energy it needs to function its best.



Flax Seed

Flax seed is high in omega-3 fatty acids. These types of fats are helpful for reducing inflammation in the body and lowering the risk of heart disease. Flax seed is also rich in dietary fiber.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Waffle Iron

Preheat a non-stick waffle iron.

3. Blend Together Flour Mixture

In a blender or food processor, blend the oats, flaxseed, lemon zest, and cinnamon until it's a flour-like consistency.

4. Mix Flour with Remaining Ingredients

Pour the flour mixture into a large bowl. Whisk in the almond milk, mashed banana, and vanilla.

5. Add Batter to Waffle Iron

Pour $\frac{1}{2}$ cup waffle batter into the waffle iron and close lid quickly. Cook according to waffle iron directions. When done, lift waffle out on to a plate and cover to keep warm. Continue with remaining batter.

6. Serve & Enjoy

Serve waffles warm with your favorite toppings.

7. Wash Hands

Wash hands with soap and water.

Recipe adapted from [forkoverknives.com](https://www.forkoverknives.com)

What You'll Need



Waffle Iron



Non-Stick Cooking Spray



Food Processor or Blender



Large Bowl



Microplane



Measuring Cups



Measuring Spoons



Whisk



Spatula



Plate

Fatigue Buster

- **Lemon Zest:** Purchase pre-squeezed lemon juice in place of lemon zest.
- **Mashed Banana:** Process in a mini food processor to easily mash.