

Snack | Breakfast | Lunch | Dinner

# Saturday Morning Oat Waffles

Side Effect: Nausea/Vomiting

**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, Gluten**

**2½ Cups** Old Fashioned Oats 

**¼ Cup** Ground Flax Seed

**½ Tsp** Cinnamon

**2 Cups** Unsweetened Vanilla Almond Milk

**⅓ Cup** Mashed Ripe Banana 

**1 Tsp** Vanilla

### Allergen Swap

**Nuts** Substitute almond milk for a nut-free milk alternative.

**Gluten** Oats are naturally gluten-free, but for those with celiac disease look for certified gluten-free oats.

### Nourishment Note



#### **Oats**

Oats are bland in flavor and mild in odor making them a well-tolerated food option during episodes of nausea.



#### **Bananas**

Bananas are mild in flavor, low in fiber and help to absorb water. Bananas are part of the “BRAT” diet that is often used to help fight nausea. BRAT stands for, bananas, rice, applesauce, and toast.

## 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, and cinnamon until it's a flour-like consistency.

### 4. Mix Ingredients to Create Batter

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

### 5. Add Batter to Waffle Iron

Pour ½ cup waffle batter into the waffle iron and close lid quickly. Cook according to waffle iron directions. When done, lift waffle out onto a plate. Continue with remaining batter. Waffles may be better tolerated when at room temperature. Allow to cool before consuming.

### 6. Serve & Enjoy

Consume waffles within 2 hours of cooking. Refrigerate leftover waffles in a covered container for up to 2 days.

### 7. Wash Hands

Wash hands with soap and water.

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

## What You'll Need



Waffle Iron



Non-Stick Cooking Spray



Food Processor or Blender



Large Bowl



Measuring Cups



Measuring Spoons



Whisk



Spatula



Plate

### Fatigue Buster

- Enlist in the help of a trusted friend or family member to make these waffles.
- Try making a double batch and freezing. Defrost in the toaster on days when energy levels are low to stay nourished. Waffles will keep well in the freezer for up to 3 months.