

Snack | Breakfast | Lunch | Dinner

Saturday Morning Oat Waffles

Side Effect: Nausea/Vomiting

15 Mins **Prep Time**

15 Mins **Cook Time**

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



1/4 Cup Ground Flax Seed

1/2 Tsp Cinnamon

2 Cups Unsweetened Vanilla Almond Milk

1/3 Cup Mashed Ripe Banana (1)

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

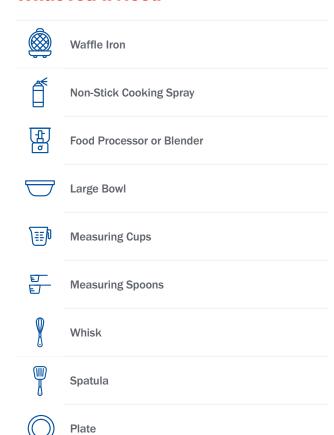
Consume waffles within 2 hours of cooking. Refrigerate leftover waffles in a covered container for up to 2 days.

7. Wash Hands

Wash hands with soap and water.

Recipe adapted from: forksoverknives.com

What You'll Need



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.