

Breakfast Waffles

Swick

Serves 1 | Active Time: 25 minutes | Total Time: 25 minutes

Step 1: Prepare Mise en Place

- ½ cup oat flour
- ½ cup of old-fashioned oats
- ½ tsp baking powder
- ½ tsp baking soda
- 1 tsp ground cinnamon
- 1 medium-sized mashed banana
- ¾ cup of plant milk (add a bit more if the batter is too thick)
- 1 tsp pure vanilla extract

In a bowl, combine the oat flour and oats, blend well. Add baking powder, baking soda and cinnamon.

Step 2: Mix the Batter and Bake the Waffles

Create a well in the center of the dry ingredients, and add bananas, milk, and vanilla extract.

Stir until all the ingredients are combined.

NOTE: Do not over mix, as the texture of your batter will become dense or gummy in texture.

Allow the batter to rest 5-10 minutes so the oat flour can absorb the liquid. This will improve the texture without over mixing.

In a heated, non-stick waffle iron, gently pour the batter into the center of the waffle pad. Cover, and wait until the waffle is done.

Remove the cooked waffle from the waffle iron, and serve immediately with pure maple syrup and fresh fruit.

TIP: If you cut parchment paper to the size of your waffle iron, you can line the top and bottom plates for cooking. Many who are oil-free are concerned about using oil-sprays. The parchment paper has been tested and works well. Although there will be no browning—once the waffle is done, remove the paper, and serve.