

Oat Waffles



Ingredients

- 2 cups rolled oats
- 2 Tablespoons Flax Seeds
- 2 Cups water
- 1 medium ripe banana
- 1 teaspoon pure vanilla extract
- ¼ tea salt

Optional: 1-2 Tablespoons coconut sugar, or maple sugar

Instructions

Ground oats and flax seeds in a blender.

Add all remaining ingredients; water, banana, vanilla, salt and sugar.

Brush some coconut oil on your waffle grill.

Cook as per waffle maker instructions.

Enjoy with your favorite berries, cinnamon, or and whipped coconut.

Note: Freezes well

