Waffles

Source: Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, MS, RD; recipe by Jennifer Raymond, MS, RD

Delicious waffles are a breakfast staple.

About the Recipe

132 Calories · 4.5 g Protein · 3.2 g Fiber
Breakfast

Ingredients

Makes 6 Servings

- 2 c (162 g) rolled oats
- 1 banana
- 1/4 tsp (1.2 mL) salt
- 1 tbsp (13 g) sugar
- 1 tsp (5 mL) vanilla extract

Directions

1. Preheat waffle iron to medium-high.
2. Combine oats, 2 c (475 mL) of water, banana, salt, sugar, and vanilla in a blender. Blend on high speed until completely smooth. The batter should be pourable. If it becomes too thick as it stands, add a bit more water to achieve desired consistency.
3. Lightly spray waffle iron with vegetable oil if using. Pour in enough batter to reach edges and cook until golden brown, 5 to 10 minutes without lifting lid. If you don’t have a waffle iron, you can make pancakes. Serve with fresh fruit or spreadable fruit—like banana.

Nutrition Facts

Per waffle (6 waffles per recipe):

Calories: 130 kcal
Fat: 2 g
Saturated Fat: <0.5 g
Calories From Fat: 12%
Cholesterol: 0 mg
Protein: 4 g
Carbohydrates: 22 g
Sugar: 5 g
Fiber: 3 g
Sodium: 103 mg
Calcium: 18 mg
Iron: 1.2 mg
Vitamin C: 1.7 mg
Beta-Carotene: 5 mcg
Vitamin E: 0.1 mg