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

- rolled oats (2 cups)
- water (2 cups)
- banana (1)
- salt (1/4 tsp.)
- sugar (1 tbsp.)
- vanilla extract (1 tsp.)
- vegetable oil spray (to taste)

Directions

1. Preheat waffle iron to medium-high.
2. Combine oats, 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. 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:** 132
- **Protein:** 4.5 g
- **Carbohydrate:** 24.9 g
- **Sugar:** 4.9 g
- **Fat:** 1.8 g
  - **Calories from Fat:** 12.1%
- **Fiber:** 3.2 g
- **Sodium:** 104 mg