# 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