



Banana Oatmeal Waffles

Ingredients:

- 2 large ripe bananas (approx. 1 cup mashed)*
- 1½ cups non-dairy milk + 2 tbsp. lemon juice
- 1 tsp. maple or vanilla extract (optional)
- 2 tbsp. maple syrup or other liquid sweetener
- 2 tablespoons runny almond butter or tahini**
- 4 cup old-fashioned rolled oats
- 2 tsp. coriander (optional)
- 2 tsp. Non-GMO, aluminum-free baking powder
- 1 tsp. baking soda***
- ½ tsp. sea salt or pink salt

Instructions:

1. Preheat your waffle iron.
2. Mix together the almond milk and lemon juice in a measuring cup or bowl.
3. Add all ingredients to a blender in the order listed (the blender functions best if the wet ingredients are at the bottom). Blend on high until smooth (approx. 10 seconds).
4. Pour the batter into the waffle iron and cook until the edges are crispy, (approx. 10 minutes). The cooking time depends on the waffle iron being used. Follow manufactures instructions.
5. Remove from iron and set aside to cool for a few minutes.

Tips: Serve warm with pure maple syrup, carob sauce, or nut/seed butter and fruit.

**Substitute the banana with the same amount of applesauce*

***Any runny or drippy nut or seed butter will work in this recipe. You can add some water or non-dairy milk to thin it out if it is too thick.*

****The lemon in this recipe neutralizes the very alkaline baking soda. For the sake of your health **do not leave it out**. It also turns the vegan milk into buttermilk. **Note.** ½ tsp. baking soda is neutralized by 1 tbsp. lemon juice.*