

Banana Oat Flour Waffles



Discover these delicious banana oat waffles, a healthy and indulgent breakfast to start your day off right. The light oat-based waffles perfectly complement the natural sweetness of the banana, creating an irresistible combination of flavors and textures.

Preparation 15 min

Cooking 10 min

Servings 4

Nutrition Facts (per serving)

Calories 255

Fat 3

Carbohydrates 50

Fibre 6

Protein 7

Sodium 360

Ingredients

- 500 ml (2 cups) rolled oats (also called old-fashioned oats)
- 2 medium ripe bananas
- 125 ml (½ cup) unsweetened soy milk
- 30 ml (2 tbsp) maple syrup
- 10 ml (2 tsp) lemon juice

- 10 ml (2 tsp) baking powder
- 1 ml (¼ tsp) salt
- 2 ml (½ tsp) cinnamon
- 2 ml (½ tsp) nutmeg
- Toppings of choice (fruits, maple syrup, chocolate, whipped cream, yogurt, etc)

Preparation

1. Preheat your greased waffle iron.
2. Make the oat flour: add the oats to the blender and process on high speed until the oats resemble fine flour, with no large pieces remaining.
3. In a medium bowl, mash the banana with a potato masher or a fork, until only a few small lumps remain. You should have about 1 cup of mashed banana. Mix in the soy milk, the maple syrup, the lemon juice, and the vanilla extract. Add the oat flour, the baking powder, the salt, the cinnamon and the nutmeg and mix until just combined.
4. Add about 1/2 cup of batter to your preheated waffle iron. Close the waffle iron and cook according to your waffle iron's directions. Cooking time should range from 2 to 5 minutes, depending on your manufacturer. Repeat with the remaining batter, greasing the waffle iron as needed.
5. Carefully take the waffles out of the waffle iron and place them on a cooling rack for a minute or two. They will crisp up slightly while they cool.
6. Add your favourite toppings to your waffles and enjoy!

Notes

Stays fresh for up to 3 days in the refrigerator.



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