

Banana-Cinnamon Waffles

Prep Time: 5 minutes

Cook Time: 10-15 minutes

Total Time: 20 minutes

Servings: 4

Serving Size: 2 waffles

Ingredients:

3 large eggs, at room temperature
1/2 cup unsweetened coconut milk
2 tablespoons maple syrup
3 tablespoons coconut oil, melted
1/2 teaspoon pure vanilla extract
1 cup raw cashews
3 tablespoons coconut flour
3/4 teaspoon baking soda
1/4 teaspoon salt
3/4 teaspoon ground cinnamon
1 ripe banana, peeled and mashed

Directions:

1. Get your waffle iron turned on- mine is only on and off, but if your waffle iron has settings, then set it to low.
2. Place all ingredients in the order listed, except for the banana, in a high-speed blender.
3. Blend on low for 30 seconds, then increase to high and continue blending until the batter is completely smooth, about another 30 seconds.
4. Add mashed banana and stir with a spatula or spoon to incorporate well into batter.
5. Use a little melted coconut oil and brush or rub it over the waffle iron to prevent sticking. Then pour batter into waffle iron, filling halfway full, spreading evenly and close the lid.
6. Cook for 1-4 minutes (depending on your waffle iron). A good general rule is that when the steam slows down or stops rising from the iron, your waffles are done.

Tips and Tricks:

These are AMAZING! This recipe is certainly a treat to have every now and again. I had several non-grain free/gluten free people eat these waffles and come back for seconds and thirds. A must try recipe for a lazy weekend morning with your family!

I will often double the recipe and freeze the leftovers for a quick breakfast during the week—just pop them into a toaster/toaster oven and they're ready to go!

Nutritional Information Per Serving:

Calories: 415.4
Fat: 28.1 g
Cholesterol: 139.5 mg
Sodium: 541.9 mg
Total Carbohydrate: 35.5 g
Dietary Fiber: 3.8 g
Sugars: 19 g
Protein: 10.3 g