

Food Babe's Banana Nut Waffles



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	5 mins	15 mins	4

<https://foodbabe.com/banana-nut-waffles>

Ingredients:

- 4 large eggs, beaten
- 2 bananas, ripe, mashed
- 1 teaspoon vanilla extract
- ¼ cup filtered water
- 1 cup almond flour (nut allergy - use spelt flour)
- ¼ teaspoon sea salt
- 1 teaspoon baking soda
- ½ teaspoon cinnamon
- ¼ cup walnuts, chopped
- 4 tablespoons maple syrup - grade B

Instructions:

1. Preheat waffle iron.
2. Whisk together the eggs, banana, water and vanilla.
3. Add almond flour, cinnamon, walnuts and baking soda into the egg mixture
4. Grease preheated waffle iron with cooking spray or coconut oil (depending on what type of waffle iron you have).
5. Spoon batter onto hot waffle iron.
6. Cook until golden or timer goes off, roughly 4 minutes.
7. Serve hot with a dash of maple syrup, coconut oil or butter.

Notes:

- Please choose all organic ingredients if possible.