

Easy and So Delicious Blender Waffles (Or pancakes) – Banana option too!

Adapted from Real Food, Allergy Free

<http://www.realfoodallergyfree.com/2012/04/blender-waffles-recipe-wheat-egg-and-dairy-free-vegan/>

Ingredients

- 1 1/2 – 1 3/4 Milk or milk substitute
- 2 Tbsp Oil (Coconut oil is great but make sure to warm it first to liquid)
- 1 1/2 Cup Rolled Oats
- 1 Tbsp Chia Seed
- 1-2 Tbsp Real Maple Syrup (Or 1 ripe banana)
- 1 tsp Vanilla
- 2 tsp Baking Powder
- 1/2 tsp Salt

Instructions

1. Preheat waffle iron or skillet if you are making pancakes.
2. Blend on high speed for 3 minutes: milk, oil, oats, chia, maple syrup and vanilla. The secret to light waffles is that the batter should be thin enough to swirl and make a vortex in the blender. If your batter is not forming a vortex, add a little water or milk substitute. If your batter is too thick, you'll end up with very dense waffles.
3. Add to blender and blend just until mixed thoroughly: baking powder and salt.
4. Brush lots of coconut oil onto the waffle iron to ensure your waffle is crispy (or spray skillet for pancakes). Bake on well greased waffle iron until done. For pancakes, flip over when bubbles start to rise to the surface of the dough.
5. Top with butter, pure maple syrup, fresh fruit, or any of your favorite pancake and waffle toppings!
6. Reheat leftovers on a waffle iron or in a toaster for best results. Microwaves produce soggy waffles.