

# Recipe for: GREEN WAFFLES

## INGREDIENTS

- 3 eggs
- 1/4 cup coconut oil, melted + extra for greasing
- 2 very ripe bananas
- 1/4 cup honey/maple syrup
- 2 cups gluten free rolled oats, uncooked
- 1/2 teaspoon baking soda
- 1 teaspoon apple cider vinegar
- 1/4 teaspoon sea salt
- 1 teaspoon cinnamon
- 2 -3 handfuls kale

## DIRECTIONS

1. Heat up waffle iron and brush some coconut oil on both the top and bottom griddle.
2. While your waffle iron heats up, prepare the batter by combining all ingredients in your blender. Pulse until mixture is smooth and all ingredients are well incorporated.
3. Pour about 1/3-1/2 cup of batter onto the griddle, just enough to coat the bottom griddle.
4. Close and flip waffle iron, cooking waffle for 4-5 minutes.
5. Enjoy warm with extra maple syrup, nut butter, honey or chia jam.
6. Let leftovers cool and store in fridge for up to 4 days or in freezer for a month.

Recipe Adapted from <https://thenaturalnurturer.com/oatmeal-green-smoothie-waffles/>

