

Blender Oatmeal Waffles

Adapted from Go Dairy Free: The Guide and Cookbook

Ingredients:

- 2 cups milk or milk alternative (rice, almond milk or water)
- 2¼ cups regular oats (not quick-cooking)
- ½ cup nut butter (peanut butter, almond butter, or other)
- 2 Tb white or brown sugar (makes the waffles brown)
- ¼ tsp salt
- 2 tsp baking powder
- Optional: 2 eggs (for a heartier waffle); ½ tsp vanilla or cinnamon

Method:

- Put all ingredients into a blender and blend for one minute. Let sit for 3 minutes to thicken.
- Heat the waffle iron and coat well with nonstick spray.
- Cook according to waffle iron instructions.
- Serve with fresh fruit.
- To freeze: Allow to cool completely (or they will stick together). Place in a freezer bag and put in freezer. Heat in the toaster for a quick and healthy breakfast!

HopelinkHarvest@hope-link.org

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