

Recipe of the Week

Oatmeal Waffles

Try these upgraded waffles, and you will feel like you are having 2 delicious breakfasts in 1!

Ingredients:

$\frac{3}{4}$ cup old fashioned oats, cooked with water

2 tablespoons oil

1 $\frac{1}{2}$ cups whole wheat flour

Pinch of salt

4 tablespoons sugar substitute

1 $\frac{1}{2}$ cups almond milk

2 eggs

2 tablespoons sugar-free chocolate syrup or $\frac{1}{4}$ cup blueberries (optional)

Instructions:

1. Combine cooked oats with the rest of the ingredients mixing gently. Do not overmix.
2. Pour approximately 2 tablespoons of batter onto the griddle, and allow to heat for about two minutes or until desired doneness is reached.
3. Repeat with the remaining batter until all the batter is used.

Makes 12 small waffles. Count 2 waffles as a complete breakfast



@nutritionbytanya