

Waffles

Yield: 6 servings

Ingredients

2 cups almond milk
1 cup unsweetened applesauce
2 cups old-fashioned oats
½ teaspoon baking soda
½ cup walnuts
1 medium banana, smashed
¼ cup ground flaxseed
1 teaspoon lemon zest
1 teaspoon ground cinnamon
¼ teaspoon vanilla extract
2 cups chopped fresh fruit
– banana, strawberries,
blueberries or raspberries
Maple syrup (optional)

Instructions

1. Preheat a nonstick waffle maker.
2. In a food processor or high-speed blender, combine the milk, applesauce, oats, baking soda, walnuts, smashed banana, flaxseed, lemon zest, cinnamon and vanilla until they form a thick batter.
3. Pour 1/6 of the batter into the center of your waffle maker. Close the lid and bake until waffle is lightly browned. Remove and repeat for the remaining batter.
4. To serve, top with fresh fruit and a drizzle of maple syrup.

Nutrition Information

Serving Size: 1 waffle

Calories: 264
Total Fat: 13.1 g
Saturated Fat: 1.2 g
Monounsaturated Fat: 1.3 g
Sodium: 119.8 mg
Total Carbohydrate: 31.6 g
Dietary Fiber: 6.6 g
Sugars: 9.3 g
Protein: 7.0 g

Source: The Engine 2 Cookbook. Rip Esselstyn
and Jane Esselstyn



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