Oat Waffles

Prep Time: 10 Minutes

Cook Time: According to waffle iron instructions

Serves: 4 6" Waffles

Ingredients

- **2 1/2 cups rolled oats**
- **1/4 cup ground flax seed**
- **Zest of 1 lemon**
- **1 tsp cinnamon**
- **1 medium banana**
- **2 cups plant based milk**
- **1/2 TBS of maple syrup or 2 dates**

Preparation

1. Preheat non stick waffle iron
2. Put all the ingredients in a high speed blender and bend until smooth
3. pour batter into waffle iron and cook to manufactures directions