

Toasted Almond & Banana Waffles

Ingredients:

- 2 cups whole wheat flour (I use white whole wheat)
- 1 tbsp baking powder
- 1/2 tsp cinnamon
- 1/2 tsp sea salt
- 2 cups milk
- 1 tbsp honey
- 1/3 c coconut oil (or canola oil)
- 2 eggs, lightly beaten
- 1 ripe banana, mashed
- 1/2 cup toasted whole almonds, chopped

Directions:

1. In a large mixing bowl, combine flour, baking powder, cinnamon and sea salt.
2. In another bowl, mix milk, honey, coconut oil and eggs.
3. Pour wet ingredients in with the dry and stir until moistened.
4. Fold in banana and chopped almonds.
5. Spoon batter into waffle iron and bake per waffle iron instructions.
6. Serve with butter and maple syrup.

Yield: 12 - 16 Waffles