

Baked Oat Waffles

Yield 4 waffles

1 cup oat flour or blitz 1 ½ cups old fashioned oats
1 cup milk (regular or plant based)
1 banana (fresh or frozen)
1 teaspoon vanilla essence



Heat oven to 350 °F (180 °C). Mash banana, then add the oat flour and milk and stir to combine. Add vanilla essence. Place a 4 compartment silicon waffle mold on a baking tray and pour waffle mixture into it, evenly dividing among the waffle compartments. Bake for 25 minutes. Remove from oven and let cool for a few minutes until the waffle mixture starts to pull away from the edges. Invert mold on baking tray and carefully peel off the mold leaving the waffles on the baking tray. Bake for a further 15 minutes.

Serve with your favourite toppings.

These waffles freeze well and can be reheated in a toaster oven.