

INGREDIENTS:

WET INGREDIENTS:

- ¾ cup milk
- 2 large eggs
- ¼ cup honey
- 2 tablespoons oil
- ½ cup rolled oats

SUPPLIES:

- waffle iron
- cutting board
- knife
- measuring cups
- measuring spoons
- large and medium bowl
- whisk
- spatula

DIRECTIONS:

1. Combine milk, eggs, honey, and oil in a small bowl. Whisk until smooth. Stir in oats and allow to soak for 5-20 minutes.
2. Combine dry ingredients in a large bowl. Mix well.
3. Chop banana and walnuts.
4. Heat waffle iron on medium-high heat.
5. Add the wet ingredients to the bowl of dry ingredients and use a spatula to fold JUST until combine. Add banana and walnuts.
6. Cook waffles using waffle iron.
7. For crispy waffles, bake 5-10 minutes at 350°F or until crispy.

DRY INGREDIENTS:

- 1 cup whole wheat flour
- 2 teaspoons baking powder
- ½ teaspoon cinnamon
- ⅛ teaspoon salt

FOLD INS:

- 1 large banana, chopped
- ¼ cup walnuts

Apple Fritter Waffles

INGREDIENTS:

- 2½ cup flour
- 1 tablespoon + 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ⅛ teaspoon salt
- 2 eggs
- 4 tablespoons brown sugar
- 1 cup milk
- ½ cup melted butter
- 1 cup diced apples

• Glaze:

- ½ cup powdered sugar
- 2 tablespoons milk
- 2 teaspoons vanilla extract

SUPPLIES:

- waffle iron
- cutting board
- knife
- measuring cups
- measuring spoons
- large and medium bowl
- whisk
- spatula

DIRECTIONS:

1. Whisk together flour, baking powder, cinnamon, and salt in a medium bowl.
2. In a large bowl, whisk together egg, sugar, milk, and butter.
3. Blend dry ingredients into the wet mixture.
4. Fold in the diced apples.
5. Ladle batter into the waffle iron and cook for 5-7 minutes.
6. Whisk together ingredients for the glaze and drizzle over hot waffles. Garnish with extra chopped apples, if desired

Cheddar Bacon Jalapeno Waffles

INGREDIENTS:

- 2 cups flour
- $\frac{3}{4}$ cup granulated sugar
- 1 teaspoon salt
- 1 tablespoon baking powder
- 3 eggs, separated
- $1\frac{1}{2}$ cups milk
- 1 cup unsalted butter, melted
- 6 strips bacon, cooked and crumbled
- $2\frac{1}{2}$ ounces grated cheddar cheese
- 1 small jalapeno, finely chopped

SUPPLIES:

- cutting board
- knife
- grater
- measuring cups
- measuring spoons
- waffle iron
- mixer
- spatula

DIRECTIONS:

1. Combine flour, sugar, salt, and baking powder in a large bowl.
2. In a small bowl, combine egg yolks, milk, and butter. Set aside.
3. Beat egg whites using stand mixer and whisk attachment on medium high until soft peaks form.
4. Add the wet ingredients to the dry ingredients and mix until just combined. Fold in the beaten egg whites, bacon, cheese, and jalapenos just until combined.
5. Cook in preheated waffle iron. Place in 200°F oven to crisp the waffles. Enjoy!