

ZEB'S WAFFLES

Makes 4 servings

prep time: 15 minutes

DESCRIPTION

These dense and hearty waffles were created by author Rip Esselstyn's brother Zeb, and are built around rolled oats, walnuts and flaxseed meal, which works with the banana to bind everything together. These waffles are particularly good with raspberries and blueberries, which you can find in stores year-round. But they'll be sublime with fantastic Oregon strawberries when they're at their peak in May and June.

INGREDIENTS

- 2 ½ cups old-fashioned rolled oats
- ¾ cup finely chopped walnuts
- ¼ cup flaxseed meal
- Zest of ½ orange
- ½ to ¾ teaspoon ground cinnamon
- 1 medium banana, smashed
- 1 to 1 ½ cups almond milk

INSTRUCTIONS

Preheat a waffle iron.

In a bowl, combine the oats, walnuts, flaxseed meal, orange zest, and cinnamon. Place two-thirds of the mixture into a food processor or high-speed blender. Blend until the mixture has a flour-like texture. Return to the bowl with the remaining one-third of the dry ingredients; this step ensures that the waffles have a chunky texture. If you prefer a smoother, uniform texture to your waffles, blend all of the dry ingredients initially.

Add the smashed banana and almond milk to the dry ingredients in the bowl. Mix thoroughly with a fork; the batter will be fairly thick. If you prefer a thinner batter, add more almond milk.

Portion the batter thickly onto a preheated waffle iron and spread it out to all edges. Close the lid and cook the waffle according to the manufacturer's directions for your waffle iron. When done, remove the waffle from the iron — some waffles require the assistance of a chopstick to encourage release from the waffle iron. Top with the fruit of choice and/or syrup and serve. (For pancakes, you may want to have thinner batter)

NUTRITION

Calories 408

Cholest. 0 mg

Sugars 6.5 g

Total Fat 20.6 g

Sodium 45 mg

Protein 12.1 g

Sat. Fat 2.2 g

Total Carb. 48.7 g

Fiber 9.8 g

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