**Gluten-Free Banana Oat Waffles**  
  
Serves: 4 | Serving Size: 1 large waffle

Nutrition (per serving): Calories: 232; Total Fat: 6g; Saturated Fat: 1g; Monounsaturated Fat: 1g; Cholesterol: 93mg; Sodium: 82mg; Carbohydrate: 36g; Dietary Fiber: 5g; Sugar: 5g; Protein: 10g

**Ingredients**

* 2 cups (180g) old-fashioned rolled oats (certified gluten-free if necessary)
* 1 cup (250 ml) unsweetened vanilla almond milk or other milk
* 1 1/2 teaspoons pure vanilla extract
* 2 large eggs
* 1 medium ripe banana
* 1 teaspoon cinnamon
* 1 teaspoon baking powder
* 1 packet stevia

Optional toppings

* Nut butter
* Coconut butter or oil
* Honey or maple syrup
* Fresh fruit

**Directions**

1. Preheat waffle iron on the highest setting, and mist with cooking spray.
2. Blend all ingredients in a blender until almost smooth.
3. Pour about 3/4 cup batter onto preheated waffle iron.
4. Allow waffle to cook. Repeat with remaining batter. (Recipe yields 4 waffles.)
5. Enjoy with your favorite toppings!