

🧡 Cathy's Yummy Waffles

A simple, filling, and naturally sweetened waffle recipe perfect for breakfast.

🛒 Ingredients

- 2 ½ cups rolled oats
- 3 ½ cups milk (soy, rice, or any plant based milk of choice)
- ¼ cup cashews
- 1 and ¼ teaspoons salt
- 1 tablespoon vanilla
- ¼ cups dates

👨🍳 Instructions

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Spray the waffle iron with PAM nonstick spray.
4. Pour in the batter.
5. Cook for about 8 to 12 minutes, or until the waffles are golden and cooked through.
6. Remove carefully and serve warm.

🍴 Serving Ideas

- Serve warm with fresh fruit
- Top with nut butter or a drizzle of maple syrup.

💡 Nutrition Benefits

- Good source of fiber and energy.
- Naturally sweetened with dates.
- Contains healthy fats from cashews.

REFERENCE:

Cathy Coleman

