

FLUFFY BANANA WAFFLES

2 c water, adding banana for part of the water.

1 Tb liquid sweetener

1 c quick oats

¼ c cornmeal

¼ c flaxseed

¼ c raw nuts

½ tsp salt

Blend for 1 minute.

Cook in preheated waffle iron until steam stops coming out.

(About 7-8 minutes.)

Put on cooling rack or serve immediately.