

## Ingredients

2 cups rolled oats

2 cups water

1 banana

1 Tbsp honey

1 tsp vanilla extract

Vegetable oil spray

Fresh fruit

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## Instructions

Instructions: Preheat waffle iron to medium high. Combine oats, water, banana, honey, and vanilla in blender. Blend on high speed until completely smooth. The batter should be pourable. If it becomes too thick as it stands, add a bit more water to achieve desired consistency. Lightly spray waffle iron with vegetable oil spray. Pour in enough batter to reach edges and cook until golden brown, 5 to 10 minutes. Serve with fresh fruit or spreadable fruit.

## Nutrition Information Per Serving

Serves 6

Calories: 130

Fat: 2 gm

Fiber: 3 gm

Carbohydrates: 25 gm

Protein: 4 gm