

# Herbal Legacy Recipes

## Vegan Waffles or Pancakes

### INGREDIENTS:

- 1 ripe banana, mashed
- 2 cups water
- ½ cup uncooked oatmeal
- 1 ½ cups whole-wheat flour
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- Vanilla extract to taste (optional)
- Berries (optional)



### DIRECTIONS:

Mix together the mashed banana and water. Add dry ingredients and mix, leaving lumps in the batter.

**Waffles:** Cook on a waffle iron, according to the manufacturer's instructions.

**Pancakes:** Pour 1/2 cup of batter into a hot, lightly oiled frying pan. When bubbles rise through the middle of the pancake and break on the top, flip the pancake and cook until browned underneath. (Note: Test the pan before cooking the pancakes by throwing a few drops of water onto it. If the water jumps around and then disappears, the pan is at the correct temperature.)

Top with berries or other fruit and 100% pure maple syrup.

**Notes:** This recipe takes less than five minutes to prepare, not including cooking time.

You must leave lumps in the batter. Waffle or pancake batter which is too smooth will spread out very thin on the waffle iron or pan, and the result will be a rubbery, tough cake.

The batter doesn't freeze well but can be refrigerated for a short time. Waffles can be made in large quantities and frozen for future use; this is a good option if your waffle iron is small!

Pancake suggestion: Put small slices of banana or apple onto the top of each pancake before flipping, and dribble a small amount of batter onto the pieces of fruit. Finish cooking the pancake according to the recipe.

As shown, recipe makes roughly four waffles; the number of pancakes will vary according to size. Recipe can easily be multiplied for more waffles/pancakes.

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