

## Banana waffles

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## Banana waffles

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## Banana waffles

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Get creative in the kitchen with the kids with these easy and tasty banana waffles.

As a mum and a food blogger of [Nourish Me Mum](#), Ashley Collins, believes healthy eating is just as important for adults as it is for kids. Here, she shares a fun waffle recipe she loves making at home.

These clean ingredient waffles are banana flavoured with a great texture and are of course gluten and dairy free. They are also nut free! Often gluten-free versions of recipes are nut based, so this is a bonus! This is a thick batter and works very well with the vegan flax egg option also. Perfect with nut butter or maple syrup, these freeze well to re-heat for breakfast on the go.

### Ingredients (Makes 6)

- 150 g mashed banana (approximately 1 large banana)
- 1 tbsp maple syrup
- 1 tbsp macadamia oil or melted coconut oil
- 1 tsp vanilla extract
- 2 free-range organic eggs (or 2 prepared flax eggs)
- 1 cup buckwheat flour
- ¼ tsp baking soda
- Pinch of sea salt

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- 2 tbsp almond milk
- 1 tbsp teff seeds or chia seeds, optional

### Method

Preheat your waffle maker to a medium heat. In a small bowl mash banana. Add maple syrup, oil, vanilla extract and eggs. Whisk well.

In a large bowl mix buckwheat flour, baking soda and salt. Add wet to dry and mix well. Slowly add almond milk, folding in a little at a time. Pour  $\frac{1}{4}$  cup of mixture onto the waffle iron to make six small waffles.

## Recipes and food photography: Ashley Collins

Grab the October 2016 edition of [nourish magazine](#) for the full interview and more kid-friendly recipes today.

**NEXT: Struggling to come up with dinner ideas the kids will love? Try these [vegetarian nachos](#) for Mexican night!**

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