

Sunflower Seed Waffles

Prep 10M | Cook 10M | Enjoy in 20M

No need to buy waffle mix! These homemade waffles are easy to make, taste great and will keep you feeling full until lunchtime.

[This recipe is part of our May meal plan.](#)

INGREDIENTS

- 1 cup whole wheat flour
- 1 cup rolled oats
- 1 tbsp baking powder
- 1 tsp cinnamon
- 2 tbsp sunflower seeds
- ¼ tsp salt
- 2 ripe medium bananas
- 3 tbsp canola oil
- ¾ cup milk (1%)
- 2 large eggs
- 2 tsp vanilla

DIRECTIONS

1. In a large bowl, combine flour, oats, baking powder, cinnamon, sunflower seeds and salt. Whisk to combine.
2. In a blender, combine bananas, oil, milk, eggs and vanilla. Purée until smooth.
3. Add banana mixture to flour mixture and stir just until combined.
4. Cook in a waffle iron according to manufacturer's instructions.
5. Serve with a dollop of Greek yogurt and enjoy!

NUTRITIONAL FACTS

Serves 6

Nutritional analysis per waffle: 249 calories, 7 g fat, 9 g protein, 38 g carbohydrate (32 g available carbohydrate), 6 g fibre, 221 mg sodium