



## **Wowser! Waffles**

<b>4 C</b>	<b>Regular oats</b>
<b>1 C</b>	<b>Walnuts</b>
<b>1/3 C</b>	<b>Cornmeal</b>
<b>1/4 C</b>	<b>Soy flour</b>
<b>1/2 C</b>	<b>Date sugar</b>
<b>1/3 C</b>	<b>Ground flax</b>
<b>2 tsp</b>	<b>Salt</b>
<b>2 tsp</b>	<b>Maple extract</b>
<b>2 tsp</b>	<b>Vanilla</b>
<b>1 T</b>	<b>Cinnamon</b>
	<b>Water to blend</b>

- **Mix all ingredients in a bowl and add water and stir to create a wet mixture that will blend easily but still be thick.**
- **Blend well, until creamy; should be the consistency of pancake batter or slightly thicker.**
- **Use a ladle to pour batter into a hot, sprayed Belgian waffle iron.**
- **Cook for about 8.5 or 9 minutes, or until crispy but not burnt.**
- **Let them cool on a rack.**
- **Makes about 12 or so 4 x 4 squares.**

### ***Serving Suggestions:***

- **They are the best consistency if you cover them with a towel when cool and let them sit out for a few hours.**
- **They are best the next day in texture and flavor.**
- **They freeze well and can be warmed in the toaster, microwave, or oven right from the freezer.**