



Golden Waffles

8 C Rolled oats
¾ C Soy Flour
½ C Cornmeal (optional)
½ C Dates OR 1/3 C Honey
2 tsp Salt
4 Tb Vanilla OR 3 Tb maple extract

- Put all ingredients in large bowl.
- Add 10-12 C water, or enough to make it blendable.
- Blend mixture, 3 C at a time, until smooth; add water if necessary to help mixture blend.
- Transfer blended batter into another bowl as you go. Batter thickens as it sits, so add a *small* amount of water as needed.
- Cook for 8-10 minutes in a sprayed waffle iron until golden and firm.
- Cool on rack—best served the next day.
- These waffles freeze well.