



# High Fibre Waffles

## Ingredients:

- 1 cup whole wheat flour
- 1/2 cup rolled oats
- 1/4 cup ground flaxseed
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 2 tablespoons brown sugar or coconut sugar
- 1 large egg
- 1 1/2 cups milk (dairy or plant-based)
- 1 teaspoon vanilla extract
- 1 tablespoon melted coconut oil (or any neutral oil)
- Optional toppings: fresh fruits, yogurt, nut butter, or maple syrup

## Directions:

1. Preheat your waffle iron according to the manufacturer's instructions.
2. In a large mixing bowl, combine the whole wheat flour, rolled oats, ground flaxseed, baking powder, salt, and brown sugar. Mix well until evenly combined.
3. In another bowl, whisk together the egg, milk, vanilla extract, and melted coconut oil until smooth.
4. Pour the wet ingredients into the dry ingredients and stir until just combined. Be careful not to overmix; a few lumps are okay. The batter will be thick.
5. Lightly grease the waffle iron with a little oil or cooking spray. Pour the appropriate amount of batter onto the hot waffle iron (usually about 1/2 to 3/4 cup, depending on your waffle iron).
6. Close the lid and cook according to your waffle iron's instructions, usually about 4-5 minutes, until the waffles are golden brown and crisp.
7. Carefully remove the waffles and repeat with the remaining batter.
8. Serve warm with your choice of toppings such as fresh fruits, a dollop of yogurt, nut butter, or a drizzle of maple syrup. Enjoy your high-fiber breakfast!

## Nutrition Facts

Calories: 285 | Protein: 11g | Carbs: 44g | Fat: 8g | Fiber: 6g