



EASY OATMEAL NUT WAFFLES

March 11

National Oatmeal Nut Waffle Day

INGREDIENTS

- 1 Cup Rolled Oats
- ½ Cup Milk
- 3 Tablespoons Vegetable Oil
- 2 Tablespoons Maple Syrup
- 1 Large Egg
- 2 Teaspoons Baking Powder
- ½ Cup Pecan Pieces
- 1 Teaspoon Cinnamon
- ⅛ Teaspoon Cloves
- ¼ Teaspoon Ginger

DIRECTIONS

1. Grind the oats to a fine, flour-like powder in a blender.
2. Add the rest of the dry ingredients, except the pecans, to the oat flour.
3. Combine the wet ingredients with the dry ingredients.
4. Add the pecans and fold to combine.
5. Let batter sit for 5 minutes.
6. Heat the waffle iron and cook according to the appliance directions.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

4 Waffles

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Waffle	½ Waffle	1 Waffle	2 Waffles