



## Waffles

This easy to make waffle is high in fiber, and is made with no eggs or dairy.

### Ingredients

2½ c. water

2 c. old-fashioned oats (if gluten intolerant, use oats that were processed in a gluten free facility)

½ c. raw macadamia nuts

½ c. dates, pitted

½ tsp. salt

### Instructions

1. Combine all ingredients in a blender and blend until the batter is smooth.
2. Let the batter sit for a few minutes to thicken up.
3. Pour a ladle full of batter onto a waffle iron and brown as usual.

Note: due to the ingredients in the batter, each waffle may take a minute or two longer than usual to cook.

A Weimar Recipe: <https://newstart.com/>