



# BANANA PROTEIN WAFFLES

**SERVES: 4**

**TOTAL TIME: 10 MINUTES**



## INGREDIENTS

100g **oat flour**  
48g **vanilla protein powder**  
56g **coconut flour**  
1/2 tsp **nutmeg**  
Pinch **salt**  
295ml **almond milk**  
300g **mashed bananas**  
1 tsp **vanilla extract**  
For serving:  
4 tbsp **Greek yoghurt**  
1 large **banana**  
45g **dark chocolate chips**

### MACROS PER PORTION

CALORIES	331	PROTEIN	6
CARBS	61	FATS	7
FIBRE	9		

## INSTRUCTIONS

Start by preheating your waffle maker to medium. Add all the dry ingredients to a medium-sized mixing bowl and mix well.

Next, add the milk, mashed bananas and vanilla extract. Mix until it turns to a batter consistency, just make sure you don't over mix it. Give the waffle iron a very thorough greasing with olive oil spray (you can also use butter). Spoon in the mixture and cook for 3-5 minutes or until nice and toasted.

Divide waffles on to four plates and top with greek yoghurt, extra banana and dark chocolate chips.