

Banana-Cinnamon Waffles

Crown these lightly spiced [waffles](#) with cinnamon sugar, sliced bananas, and/or a drizzle of maple syrup. Buckwheat flour adds a somewhat tangy, robust nuttiness to this breakfast favorite.

Yield:

8 servings (serving size: 2 waffles)



Becky Luigart-Stayner

Ingredients

Ingredient Checklist

- 1 cup all-purpose flour
- ½ cup whole wheat flour
- ¼ cup buckwheat flour
- ¼ cup ground flaxseed
- 2 tablespoons sugar
- 1 ½ teaspoons baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- 1 ½ cups fat-free milk
- 3 tablespoons butter, melted
- 2 large eggs, lightly beaten
- 1 large ripe banana, mashed

- Cooking spray

Directions

Instructions Checklist

- **Step 1**
Lightly spoon flours into dry measuring cups; level with a knife. Combine flours, flaxseed, and next 4 ingredients (through salt) in a medium bowl, stirring with a whisk.
- **Step 2**
Combine milk, butter, and eggs, stirring with a whisk; add milk mixture to flour mixture, stirring until blended. Fold in mashed banana.
- **Step 3**
Preheat a waffle iron. Coat iron with cooking spray. Spoon about 1/4 cup batter per 4-inch waffle onto hot waffle iron, spreading batter to edges. Cook 3 to 4 minutes or until steaming stops; repeat procedure with remaining batter.

Chef's Notes

MyRecipes is working with *Let's Move!*, the Partnership for a Healthier America, and USDA's MyPlate to give anyone looking for healthier options access to a trove of recipes that will help them create healthy, tasty plates. For more information about creating a healthy plate, visit www.choosemyplate.gov.

Nutrition Facts

Per Serving:

215 calories; calories from fat 31%; fat 7.4g; saturated fat 3.3g; mono fat 1.9g; poly fat 1.4g; protein 7.3g; carbohydrates 31.1g; fiber 3.4g; cholesterol 65mg; iron 1.9mg; sodium 205mg; calcium 133mg.

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