

# GLUTEN-FREE BANANA CHIRP WAFFLES

## INGREDIENTS

PREP TIME: ABOUT 15 MINUTES

COOK TIME: 20 MINUTES

PORTION: 8 ROUND WAFFLES (mine are heart shaped)

## INGREDIENTS:

1 1/2 Cups Gluten-free flour (I use Bob's Red Mill 1 to 1)

1/4 Cup Harmony Cricket Flour

3 Tbsp. Sugar

A pinch of salt

1 1/2 Tsp. Ground cinnamon

1/4 Cup olive oil or coconut oil

2 Ripe bananas

2 Eggs

3 Tsp. Pure vanilla extract

1 3/4 Cup Plain Keir

Optional add-ins: berries, chocolate chips

## INSTRUCTIONS

1. Combine dry ingredients; flour – cinnamon in a mixing bowl and set aside.
2. In another large bowl, combine the oil and other remaining ingredients.
3. Combine all of the ingredients in one bowl and mix well.
4. Heat waffle iron to medium-low heat. Grease with non-stick cooking spray.

The amount of batter you use will depend on the size of your iron.

**FUN IDEAS:** I like to sprinkle banana slices, chocolate chips and/or berries on top.

Mascarpone or whip cream are always a good idea too:)