

gluten-free | nutrient dense | whole ingredients  
recipe created by The Northeast Ginger // @thenortheastginger

# Chocolate Banana Waffles

ingredients: (yields 16-20 mini waffles)

- 2 1/2 ripe bananas, mashed
- 4 eggs
- 1/2 cup full-fat Greek yogurt
- 2 tbsp heavy cream
- 1 cup gluten-free flour (I use this one)
- 2 tbsp pure cocoa powder
- 2 tsp baking powder
- 1 tsp cinnamon
- 1/2 tsp salt
- 1 tsp pure vanilla extract
- 2-4 tbsp whole milk

directions:

- Preheat waffle iron. I use this one.
- Mix wet ingredients.
- Add dry ingredients to bowl with wet ingredients and stir thoroughly. Batter should be thick, but spoonable.
- Spoon mixture into mini waffle maker and cook for 1-2 minutes, or until waffles are fluffy but firm.

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# Why We Love It

Unlike other recipes, or store-bought brands, these waffles are far from being a source of empty calories. These waffles are made of real, whole foods, not ultra-processed crap.

These aren't full of sugar. They aren't full of chemicals. And they're fairly balanced. Serve these alongside grass-fed butter, pure maple syrup and a glass of whole milk and you have a quality, nutrient-dense breakfast for the kids.

You can even boost the nutrition further by adding a side of fresh berries or apple slices, but even by themselves, this is a meal you can feel good about serving.