

# Oat Waffles

Pampered Chef  
Independent Consultant

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## Ingredients

2 1/2 cups water  
1 1/2 cups rolled oats  
1 cup soaked garbanzo beans  
4 dates  
2 Tablespoons raw sunflower seeds  
2 teaspoons vanilla  
1/2 teaspoon salt

## Instructions

-Preheat waffle iron  
-Blend all ingredients until very smooth  
-Bake in sprayed waffle iron – top with chia seeds and or flax seeds before closing the lid to bake.  
-Bake for 8-10 minutes (no peeking!)  
-freeze well for later – you can reheat by toasting in toaster.



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4.9 ★★★★★

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