

Whole-Grain Flaxseed Waffles

Ingredients

- 1 cup whole wheat flour
- 1/4 cup ground flaxseed
- 1 tbsp baking powder
- 1/2 tsp cinnamon
- 1/4 tsp sea salt
- 1 cup almond milk (or any milk)
- 1 egg
- 2 tbsp melted coconut oil or olive oil
- 1 tbsp maple syrup or honey (optional)
- 1 tsp vanilla extract

Instructions

1. Preheat your waffle iron.
2. In a large bowl, whisk together flour, flaxseed, baking powder, cinnamon, and salt.
3. In another bowl, whisk the milk, egg, melted oil, sweetener (if using), and vanilla.
4. Add the wet ingredients to the dry and mix until just combined. Don't overmix.
5. Pour batter into the preheated waffle iron and cook according to your waffle maker's

instructions, usually 3–5 minutes, until golden brown.

6. Serve warm with fresh fruit, nut butter, or a drizzle of maple syrup.

Benefits

- High in fiber from whole wheat and flaxseed
- Supports digestion and heart health
- Provides sustained energy and plant-based omega-3s
- Naturally sweetened and nutrient-dense