Banana Bread Waffles

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Banana Bread Waffles

- 1 cup low-fat milk
- 1 egg
- 1/2 tsp. vanilla
- 3 Tbsp. conola oil
- 1 very ripe banana, mashed
- 1 1.4 cups whole wheat flour
- 2 Tbsp. granulated sugar
- 2 tsp. baking powder
- 1/4 tsp. salt
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/4 cup chopped walnuts
- Walnuts, bananas, and maple syrup (optional)

In a large bowl, whisk together all dry ingredients. Add in milk, egg, vanilla, oil, and mashed banana. Stir together until just combined. Stir in walnuts. Pour a heaping 1/3 cup into hot, greased waffle maker and cook to your preference. Serve with fresh banana slices, more walnuts, and maple syrup.