

Low Carb Banana Waffles

Ingredients:

1 Cup Whole Wheat Flour

1/2 Teaspoon Baking Powder

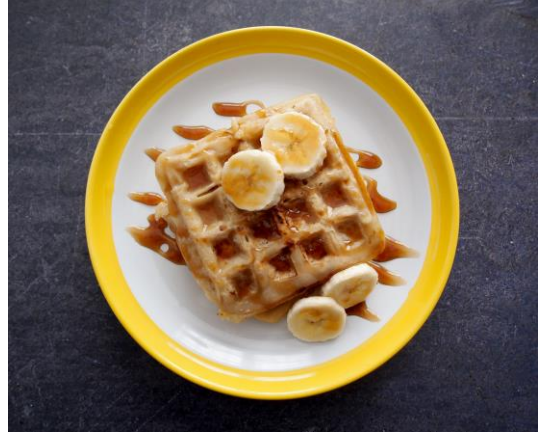
2 Ripe Bananas

3/4 Cup Milk

1 Teaspoon Vanilla Extract

1 Tablespoon **Sukrin Gold**

Sukrin Maple Syrup



Directions:

1. In a small bowl whisk together flour and baking powder. Set Aside.
2. In another bowl, mash the bananas, then whisk in the milk.
3. Add your vanilla extract and **Sukrin Gold**.
4. Add the dry ingredients from the other bowl and mix everything together.
5. Spray your waffle iron with cooking spray or use butter.
6. Put your batter on the waffle iron and cook for about 3-4 minutes. Be careful not to add too much batter so it does not overflow.
7. Add bananas and **Sukrin Maple Syrup**.