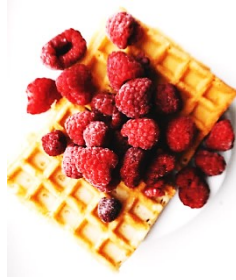


# MOM'S FAVORITE WAFFLES



Makes about 6 average size waffles

## Ingredients

2 cups LillyBean Pancake & Waffle Mix  
½ cup shredded peeled apple or pear  
1/3 cup shredded carrot  
¼ cup chopped nuts (optional)  
½ cup water or milk, any kind  
2 Tbsp. vegetable oil  
1 tsp. ground cinnamon  
1 banana, mashed

## Directions

Heat waffle iron and grease with vegetable oil if necessary (or spray with non-stick spray).

Stir all ingredients until blended. Pour batter by slightly less than 1 cupful onto center of hot waffle iron.

Cook about 5 minutes or until steaming stops and waffle is golden brown.

Carefully remove and repeat with remaining batter. As with all waffle recipes, may need to add more liquid to batter as it sits and absorbs moisture.

Makes about 6 average size waffles depending on style of waffle maker. Serve with syrup, honey or fresh fruit.

To store, tightly wrap cooked waffles and freeze; reheat by toasting in your toaster.