



Paleo Protein Banana Waffles



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



304 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup almond flour
- ☐ 0.1 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon baking soda
- ☐ 0.5 cup banana ripe mashed
- ☐ 1 banana very ripe mashed
- ☐ 1 egg white
- ☐ 2 eggs
- ☐ 1 teaspoon ground cinnamon

- ☐ 2 tablespoons maple syrup dark grade B
- ☐ 0.3 cup milk
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup coconut or shredded unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup whey powder

Equipment

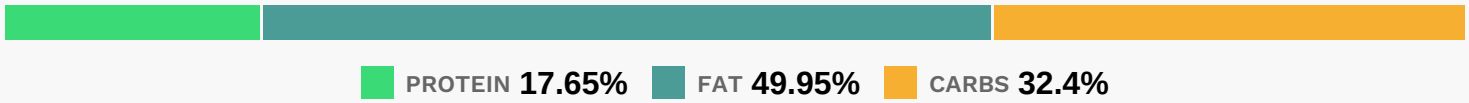
- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ waffle iron

Directions

- ☐ Preheat a waffle iron according to manufacturer's instructions. Grease waffle iron evenly.
- ☐ Place coconut into a blender and pulse several times; blend until coconut becomes a fine powder.
- ☐ Combine coconut, almond flour, whey protein powder, baking powder, baking soda, salt, and cinnamon in a medium bowl.
- ☐ Mix together 1/2 cup mashed banana, milk, vanilla extract, and maple syrup in a small bowl.
- ☐ Separate the whites from the yolks of the 2 eggs; transfer all 3 egg whites to a metal bowl.
- ☐ Mix 2 egg yolks into the banana mixture. Beat egg whites until foamy using an electric mixer, beating until stiff peaks form. Lift your beater or whisk straight up: the egg whites will form sharp peaks.
- ☐ Pour banana mixture into almond flour mixture and stir until combined.
- ☐ Mix in 1/3 of the egg white mixture until combined; gently fold in remaining 2/3 egg white mixture, preserving as much volume as possible.

Ladle batter into preheated waffle iron in the amount recommended by manufacturer. Close lid and cook waffle until golden and crisp, 3 to 4 minutes. Repeat with remaining batter. Top waffles with remaining 1 mashed banana.

Nutrition Facts



Properties

Glycemic Index:76.26, Glycemic Load:8.27, Inflammation Score:-3, Nutrition Score:9.1360869822295%

Flavonoids

Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 304.34kcal (15.22%), Fat: 17.64g (27.14%), Saturated Fat: 8.28g (51.77%), Carbohydrates: 25.75g (8.58%), Net Carbohydrates: 20.85g (7.58%), Sugar: 14.81g (16.45%), Cholesterol: 94.92mg (31.64%), Sodium: 185.65mg (8.07%), Alcohol: 0.69g (100%), Alcohol %: 0.63% (100%), Protein: 14.03g (28.06%), Manganese: 0.78mg (38.96%), Fiber: 4.9g (19.6%), Vitamin B2: 0.33mg (19.44%), Selenium: 11.19µg (15.99%), Vitamin B6: 0.26mg (13.02%), Phosphorus: 117.18mg (11.72%), Calcium: 112.01mg (11.2%), Iron: 1.95mg (10.84%), Potassium: 349.22mg (9.98%), Magnesium: 34.84mg (8.71%), Copper: 0.15mg (7.55%), Vitamin B5: 0.67mg (6.65%), Folate: 21.37µg (5.34%), Vitamin C: 4.39mg (5.32%), Zinc: 0.74mg (4.91%), Vitamin B12: 0.28µg (4.75%), Vitamin D: 0.61µg (4.05%), Vitamin A: 193.86IU (3.88%), Vitamin B1: 0.05mg (3.1%), Vitamin E: 0.35mg (2.33%), Vitamin B3: 0.45mg (2.27%)