



Vegan Oatmeal Raisin Waffles

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



234 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons agave syrup
- 0.8 cup all purpose flour
- 2 cups vanilla almond milk
- 1 teaspoon apple cider vinegar
- 1 tablespoon double-acting baking powder
- 0.3 cup coconut oil melted
- 1 tablespoon cornstarch
- 0.5 teaspoon ground cinnamon

- 1 cup cooking oats quick
- 0.5 cup raisins
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 0.8 cup flour whole wheat

Equipment

- bowl
- waffle iron

Directions

- In a large bowl stir together the dry ingredients. In another medium size bowl combine together the wet ingredients and let it stand for a couple of minutes.
- Pour the wet ingredients into the dry mix and mix well.
- Let the batter stand for at least 10 minutes before preparing the waffles. Grease the waffle iron with non-stick cooking spray and prepare the waffles as per the manufacture's instructions of your iron.

Nutrition Facts



Properties

Glycemic Index:46.6, Glycemic Load:15.16, Inflammation Score:-3, Nutrition Score:8.853043510781%

Nutrients (% of daily need)

Calories: 233.59kcal (11.68%), Fat: 8.67g (13.34%), Saturated Fat: 5.82g (36.35%), Carbohydrates: 36.88g (12.29%), Net Carbohydrates: 33.51g (12.19%), Sugar: 3.92g (4.36%), Cholesterol: 0mg (0%), Sodium: 316.61mg (13.77%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 4.64g (9.28%), Manganese: 1.02mg (51.16%), Selenium: 14.55µg (20.79%), Calcium: 177.56mg (17.76%), Vitamin B1: 0.22mg (14.66%), Phosphorus: 139.24mg (13.92%), Fiber: 3.37g (13.46%), Magnesium: 48.73mg (12.18%), Iron: 1.84mg (10.25%), Folate: 31.49µg (7.87%), Vitamin B3: 1.47mg (7.37%), Vitamin B2: 0.11mg (6.72%), Copper: 0.13mg (6.49%), Zinc: 0.72mg (4.81%), Potassium: 166.72mg (4.76%), Vitamin B6: 0.09mg (4.54%), Vitamin B5: 0.2mg (1.96%), Vitamin K: 1.83µg (1.75%), Vitamin C: 1.39mg (1.68%), Vitamin E: 0.22mg (1.46%)