



Low Carb Banana Waffles

Prep time: 10 mins

Cooking time: 25 mins

Serves: 4

Ingredients

- 1 ripe banana
- 4 eggs
- ¾ cup almond flour
- ¾ cup coconut milk
- 1 tbsp ground psyllium husk powder
- 1 pinch salt
- 1 tsp baking powder
- ½ tsp vanilla extract
- 1 tsp ground cinnamon

Method

1. Mix all of the ingredients together and let sit for a while.
2. On a low heat frying pan, pour mixture on and flip after 2 mins.
3. Repeat until all of the mixture is used
4. Serve with hazelnut spread or whipped coconut cream and some fresh berries



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