

Eat Well Recipe

Cinnamon Oatmeal Waffles

Ingredients:

- 2 cups oatmeal
- 2 cups flour
- $\frac{1}{2}$ cup brown sugar
- 1 $\frac{1}{2}$ teaspoon baking soda
- 1 $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ teaspoon salt
- 2 cups buttermilk
- 4 eggs

Combine all ingredients starting with dry ingredients. Spoon into waffle maker and bake according to the waffle maker's instructions. Enjoy with syrup, berries, whipped cream, peanut butter, or bananas.

This recipe is provided by SHS Wellness Programs.

All of our recipes can be found online at www.uvu.edu/wellnessed

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