**Whole Wheat Banana Waffles**

**Ingredients:**

1 cup AP flour

¾ cup whole wheat

1 Tbsp. baking powder

½ tsp salt

¼ tsp nutmeg

½ cup vegetable oil

1 ½ cups milk

2 bananas, mashed

2 egg

½ tsp vanilla extract

½ cup chopped nuts (optional)

**INSTRUCTIONS**

1. Heat waffle iron on high heat, about one notch down from the highest setting.
2. In a medium bowl, stir together both flours, baking powder, salt and nutmeg.
3. In a microwave-safe bowl, combine the oil and milk. Microwave for 30 seconds, or until the mixture is lukewarm. Whisk in mashed banana, eggs, and vanilla extract.
4. Pour wet ingredients into dry ingredients and stir until combined. Be careful not to over mix. Tiny lumps may remain.
5. Spray the waffle iron, pour waffle batter into iron evenly, and close. Once the iron has stopped steaming and the waffle is golden brown, take it out and enjoy.