

# BABY-FRIENDLY WAFFLES

Yield: 6 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/baby-friendly-mexican-recipe>

## Ingredients:

- 2/3 cup flour I used Bob's Red Mill 1-to-1 Gluten Free Baking Flour
- 1/3 cup unsweetened applesauce
- 2 eggs or swap 1 mashed banana if you want these to be egg-free
- 3 teaspoons ground cinnamon depending on how strong you want that flavor to be
- 1/2 cup milk I used coconut

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 70 milligrams
4. Fat: 2.5 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 40 milligrams
9. Sugar: 3 grams

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