

OVERNIGHT OAT WAFFLES

Makes 6 servings



INGREDIENTS

2 cups rolled oats
1/2 cup plain whole milk yogurt
3/4 cup water
1 egg
1/2 teaspoon sea salt
2 tablespoons brown sugar
1 teaspoon baking powder
1/2 teaspoon grated nutmeg

INSTRUCTIONS

Combine oats, yogurt and water in blender. Cover and soak overnight in refrigerator.

In the morning, preheat waffle iron.

Blend oats mixture with remaining ingredients in blender until smooth. Pour about 1/4 cup batter onto hot oiled griddle. Close and cook for about 2 minutes or until golden brown.

Serve with berries and yogurt.