

Breakfast

**Crunchy Waffle with Strawberry Cream***Ms Gates***Serves:** 16**Preparation Time:****Ingredients:****For the Waffle:**

- 2 tablespoons whole ground flaxseed meal
- 2 tablespoons water
- 2 cups old fashioned rolled oats
- 1 cup unsweetened shredded coconut
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 1/2 cups unsweetened soy, hemp or almond milk

**For the Strawberry Cream:**

- 12 ounces fresh strawberries or frozen strawberries, thawed
- 6 Medjool dates, pitted
- 1/2 cup raw cashews
- 6 strawberries, sliced for garnish

**Instructions:**

To make the waffle:

Mix the flax seed with the water. Grind the oats in a blender.

Stir together the oats, coconut, baking powder and baking soda. Whisk in the flax seed mixture and non-dairy milk. Continue to whisk until smooth.

Pour a thin layer of the mixture in a lightly-oiled preheated waffle maker and cook according to manufacturer's directions.

To make the Strawberry Cream:

Blend the strawberries, dates and cashews in a high-powered blender and blend until creamy.

Garnish the waffle with the cream, top with fresh strawberry slices.

**Per Serving:**

CALORIES 172; PROTEIN 5g; CARBOHYDRATES 25g; TOTAL FAT 7.2g; SATURATED FAT 3.4g; SODIUM 102mg; FIBER 4.7g; BETA-CAROTENE 15ug; VITAMIN C 49mg; CALCIUM 61mg; IRON 3.7mg; FOLATE 31ug; MAGNESIUM 46mg; ZINC 0.6mg; SELENIUM 4.2ug

*Dr. Fuhrman*