

The French Family Kid-Friendly Waffles {Paleo + Gluten Free}

This recipe makes 6-8 large waffles. I make them at once and freeze what we don't eat {using parchment paper and ziplock bags}, so they are ready for a quick pop in the toaster breakfast on rushed mornings.

- 2-3 ripe bananas
- 3/4c applesauce
- 2c almond butter {we LOVE Justin's Maple Almond Butter}
- 4 free-range eggs, ideally not fed any soy
- 2T organic vanilla extract
- 1t baking soda

Coconut oil spray for greasing waffle iron {Spectrum brand is what we use in our home, available at Whole Foods}

Place bananas in a large mixing bowl and mash with a spoon or spatula. Add in the applesauce and almond butter.

Using an electric mixer, whip on medium to high speed until ingredients are incorporated together. Add remaining ingredients and use electric mixer until combined.

Use about one ladle of batter and cook for 3-5 minutes or until golden brown. Remove with a spatula and enjoy! Grease waffle iron for each waffle made to ensure they do not stick.

**recipe by Sheridan French for CamilleStyles.com*