

Cinnamon Peach Oat Waffles



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Delicious cinnamon peach oat waffles that are made with old fashioned oats. Soft on the inside, crunchy on the outside, and loaded with peaches and cinnamon.



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Cinnamon Peach Oat Waffles



If I'd let him, my son would eat waffles for every meal of the day. I don't know where this obsession came from but for the last year or so, he's been loving waffles and every time I ask him what he wants for breakfast, the answer is ALWAYS "waffles!" He also only eats homemade waffles.

I thought he'd eat store-bought but nope, he is my homemade spoiled little guy and he would only eat homemade. So I usually make a big batch on a weekend and freeze them. It makes it easy to pop them in a toaster in the morning.

Weekday mornings, I'm not very much awake to make him fresh waffles, at least until I've had my coffee (or two). I start my day pretty slowly (I'm so not a morning person), making sure I have my coffee while little man has his breakfast. It takes him a while to get through his breakfast, so I have a solid 10 minutes to sip my coffee and stare at the TV.



I've gotten pretty creative with waffles and making them healthier for him. He loves my blueberry whole wheat waffles and I try to pack them with fruit and berries as much as possible. To make his waffles (and pancakes) healthier, I add flax seed, oats, carrots, zucchini, peanut butter, whole wheat flour, and oil instead of butter. (Not all at the same time, of course.)



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Course: Breakfast, Brunch

Cuisine: American

Prep Time: 15 minutes

Total Time: 15 minutes

Servings: [6](#) 6-8

Calories: 357kcal

Ingredients

- 2 eggs
- 1/2 cup vegetable oil
- 1 cup whole milk
- 2 tsp vanilla extract
- 1/2 cup brown sugar
- 1 cup all purpose flour
- 2 cups old fashioned oats
- 1/2 Tbsp cinnamon
- 1 Tbsp baking powder
- 1/4 cup milled flax seed
- 2 medium peaches

Instructions

- In a medium bowl, whisk eggs, milk, oil, vanilla extract and sugar together until smooth.
- Whisk in flour, cinnamon, baking powder and flax seed.
- Mix in oats.
- Dice peaches and fold them into the waffle batter. (You can take skin off or keep it on, just wash the peaches first.)
- Let the batter stand for about 10 minutes, while your waffle maker is heating up.
- You will want to grease the waffle make every couple of batches.
- I recommend cooking waffles of a slightly lower temperature so they can cook a little longer (probably medium-high but it will depend of you waffle maker).
- Dust cooked waffles with some powder sugar and cinnamon if desired.

Nutrition

Calories: 357kcal | Carbohydrates: 63g | Protein: 11g | Fat: 8g | Saturated Fat: 2g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 2g | Trans Fat: 0.01g | Cholesterol: 59mg | Sodium: 54mg | Potassium: 548mg | Fiber: 6g | Sugar: 25g | Vitamin A: 310IU | Vitamin C: 2mg | Calcium: 203mg | Iron: 3mg

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