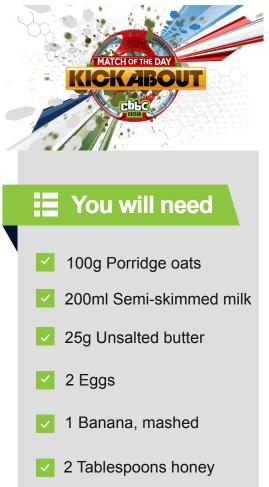
Match of the Day Kickabout Oatilicious Banana Waffles



- Releases energy gradually
- Bananas help protect against muscle cramps
- · Good source of B-vitamins and potassium



Instructions

Step 1

Heat the waffle maker according to the instructions.

Step 2

In a mixing bowl, whisk the milk and eggs together.

Step 3

Add the oats, honey and banana and give the mixture a stir.

Makes 2 waffles

Step 4

Carefully pour into the waffle maker and cook for 3-5 minutes or until golden brown and crispy on the outside.

Top Tip: Try serving with low-fat yoghurt and berries or your favourite fruit!

