



JERSEY TASTES!

RECIPES

Spinach Waffles

INGREDIENTS

Recipe makes enough for classroom tasting

- 3 cups baby spinach
- 3 small to medium ripe bananas
- 1.5 cups unsweetened applesauce
- 1 cup rolled oats
- ½ teaspoon cinnamon
- Pinch of salt

DIRECTIONS

- 1** In a high-powered blender or food processor combine bananas, applesauce, oats, baby spinach, cinnamon and salt. Blend until smooth.
- 2** Heat your waffle iron. Spray with nonstick cooking spray.
- 3** Pour enough batter into the waffle iron to fill it. Cook until golden brown. For a mini single-serve waffle iron use about ¼ cup of batter and cook for about 3 minutes.

RECIPES MADE IN COLLABORATION WITH:



Teacher Resources



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