

Oat Waffles

Fluffy, nutritious oat waffles made with wholesome ingredients. Perfect gluten-free breakfast option with crispy exterior and tender interior.

10 min

PREP

15 min

COOK

25 min

TOTAL

1

SERVINGS

Easy

DIFFICULTY

Oat Waffles

Ingredients

- 1 cup oat
- 1 cup wheat flour
- 1 cup unsalted butter
- 2 egg
- 1 cup milk
- 2 tbsp maple syrup
- 2 tsp baking powder
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 tsp salt

Instructions

- 1 Prepare Equipment**

Preheat your waffle iron according to manufacturer's instructions, usually to medium-high heat (around 190°C/375°F). Lightly spray the plates with non-stick cooking spray or brush with a small amount of melted butter.
- 2 Mix Dry Ingredients**

Combine 1 cup oat flour, 1 cup all-purpose flour, 2 teaspoons baking powder, 1 teaspoon salt, and 1 teaspoon cinnamon in a large mixing bowl. Whisk together until evenly distributed with no lumps.
- 3 Combine Wet Ingredients**

Crack 2 eggs into a separate medium bowl and whisk until beaten. Add 1 cup milk, 2 tablespoons melted butter or oil, and 1 teaspoon vanilla extract. Whisk until smooth and well combined.
- 4 Make the Batter**

Pour the wet ingredients into the bowl with the dry ingredients. Stir gently with a wooden spoon or spatula until just combined - the batter should be slightly lumpy, not smooth. Let rest for 3-5 minutes to allow the oats to absorb moisture.
- 5 Cook the Waffles**

Pour about 1/2 cup of batter onto the center of the preheated waffle iron, spreading it slightly with a spoon if needed. Close the lid and cook for 3-5 minutes until the waffle is golden brown and steam stops emerging from the sides.

- 6 Carefully remove the waffle using a fork or tongs to avoid tearing. Repeat with remaining batter, re-greasing the waffle iron between batches if needed.
- 7 Serve immediately while hot and crispy, or keep warm in a 95°C/200°F oven on a wire rack until all waffles are cooked.

Tips

Make Your Own Oat Flour: Don't have oat flour? Simply pulse old-fashioned rolled oats in a blender or food processor until they reach a fine, flour-like consistency. Let the dust settle before opening to avoid a mess.

Rest the Batter: Always let your oat waffle batter rest for 5 minutes after mixing. This allows the oats to absorb liquid and soften, resulting in more tender waffles with better texture.

Don't Overmix: Stir the wet and dry ingredients until just combined. Overmixing can lead to tough, dense waffles. A few lumps in the batter are perfectly fine.

Proper Waffle Iron Temperature: Cook oat waffles at medium heat rather than high. Their denser composition requires slightly longer cooking time to ensure they're fully cooked through while achieving a crispy exterior.

Batch Cooking and Freezing: Make extra waffles and freeze them in single layers. Once frozen solid, store in freezer bags. Toast directly from frozen for quick weekday breakfasts.

Customize for Dietary Needs: Easily adapt the recipe by substituting dairy milk with plant-based alternatives, using flax eggs instead of regular eggs for vegan versions, or adding protein powder for extra nutrition.

Perfect Toppings Balance: Keep toppings balanced - pair sweet additions like maple syrup with protein-rich options like Greek yogurt or nut butter to create a more satisfying and nutritionally complete meal.

Storage Success: Store leftover waffles in the refrigerator in an airtight container for up to 3 days. Reheat in a toaster or toaster oven to maintain crispiness - avoid the microwave which makes them soggy.