

## Waffle Recipe:

4 cups water  
3 cups old fashioned oats  
3/4 cup unsalted, unroasted  
cashews  
3 or 4 dates or 2 tablespoons  
honey  
3/4 tsp salt



Blend very well in blender until smooth. Pour into heated waffle iron and cook for approximately 13 minutes, a bit longer or a bit less time depending on your waffle iron. These can be frozen and put into the toaster at a later time. Very nice topped with nut butter and applesauce, or any fruit sauce.