

Recipe Details

Recipe Name - Pizzelles

Recipe Steps -

Ingredients

- 2 bananas, mashed, then blended with an immersion blender until light and fluffy
- 1/2 cup plus 1 Tbsp water + 3 Tbsp ground flax
- 3 tsp anise extract
- 1 tsp vanilla extract
- 1/2 cup organic Lucuma powder
- 1/4 cup maple syrup
- 1 tsp baking powder
- 3/4 cup oat flour

Instructions

- 1. Mash bananas in a bowl and then blend well with either an Emerson blender or a highspeed blender until light, smooth, and fluffy
- 2. Add in water and flax, and incorporate well
- 3. Add extracts, lucuma powder, and maple syrup, and incorporate well
- 4. Sift the oat flour and baking powder into the mixture in 2 stages. Incorporate well after each addition
- 5. Heat a Pizzelle iron. Use 1 Tbsp of mixture for each Pizzelle, and cook for 3 minutes for cake like Pizzelles (4-5 Minutes for crisper Pizzelles)
- 6. Enjoy!



