



## 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 high-speed 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!

