

Grab and Go Paleo Waffles

Things you will need...

- ☼ 3 bananas
- ☼ 3 tablespoons coconut flour
- ☼ 12 eggs
- ☼ Cinnamon to taste
- ☼ 3 teaspoons vanilla

1. Put all ingredients in a blender and wake everyone up as you loudly pulse everything into one smooth batter (Its only slightly less irritating than an alarm clock).
2. Poor the batter into a hot waffle iron. If I grease mine with butter I usually get much better results.
3. You can enjoy them now and/or place cooked waffles in the fridge for later use. I can usually make 10 waffles with this recipe. My three girls each eat about a half, I eat a whole and my husband eats his "secret" stash of Cinnamon Toast Crunch... so we are usually left with 7 or so waffles to save for later.
4. The next day (or the next, or the next)* pop them in the toaster and enjoy with your favorite waffle topping.
Or... if you are like me, eat them plain, one handed while you attempt to back the car out of the driveway without running over your daughter's bike.

*If you plan on eating them after a few days. I would advise freezing them. I have done this too and they also taste great.

Inspired by... <http://realfoodrn.com/3-ingredient-paleo-waffles/>

Cookies!... For Breakfast?!

Things you will need...

- ☼ 2 cups almond flour
- ☼ 1/4 teaspoon salt
- ☼ 1/4 teaspoon baking soda
- ☼ 6 tablespoons melted coconut oil
- ☼ 4 tablespoons honey
- ☼ 2 teaspoons vanilla extract
- ☼ A sparing handful of mini chocolate chips, dates, or raisins

1. You will want to make these the day before or else they are only going to add to your stress.
2. Mix the dry ingredients together in a bowl.
3. Next, add the melted coconut oil and honey. I don't know about you, but I hate measuring honey. You need to be precise here though or your "cookies" will be pancakes. My solution... I add the coconut oil first because it really helps the honey slip off the measuring spoon with ease. After adding the vanilla, I knead the dough to get everything good and mixed.
4. Now for the magic. A handful of dark chocolate chips suddenly turn a biscuit into a "cookie". Trust me...it doesn't take much and when the kids see chocolate they secretly think they are getting away with something. My husband even leaves the Cinnamon Toast Crunch alone when these are around. Of course, raisins could be added instead and would be good too.
5. Roll into balls (I usually can make about 20) place on a parchment paper lined cookie sheet and bake at 350 for 9-11 minutes.
6. These are great anytime. But are super handy on those particularly rushed mornings when the best you can do is hand your kids a baggy of food for the road. And luckily, they taste pretty great so you most likely won't find bits of them stuffed in the door handle and under the booster chair.

Inspired by... <http://www.runningtothekitchen.com/chocolate-chunk-paleo-cookies/>