

COCONUT OAT WAFFLES

3 cups raw quick oats
3 cups soy milk
1 cup fine shredded dry coconut
1 cup cooked corn meal
½ tsp salt
2 tbsp oil
1 tbsp honey
½ tsp grated orange rind (optional)

Blend corn meal with milk and coconut
Stir in remaining ingredients

Let set 1 hour in refrigerator
Bake on piping hot waffle iron until done
(about 5-7 minutes)