Easy Banana Waffles or Pancakes

Serves 1

1 ripe banana

1 large egg

½ teaspoon cinnamon

Nonstick spray

Mash the banana and egg together and mix well, add in the cinnamon.

Preheat a waffle maker or nonstick skillet.

Spray with nonstick spray.

Depending on the size of your waffle baker cook for 2-3 minutes or golden brown. When making as pancakes, cook for 2 minutes then flip over medium heat.