Eating well is the best defense for Mother Nature’s bone-chilling gusts. I make these great waffles for overnight guests if they haven’t snored and kept me awake all night. They are a great escape from a cold snowy day when eaten in front of a fireplace. These will give you enough energy to face the cold and get to the gym or at least take the dog for a walk!

In blender, combine flours, sugar, and baking powder. Add egg, milk, ripe banana, oil, and butter; process until mixed. Fold in remaining banana.

Heat waffle iron until hot; add butter to lightly grease. Spoon batter evenly into waffle iron and cook until golden brown. Keep on a platter in the oven covered lightly with aluminum foil until all waffles are ready.

Serve with Mango Butter (see recipe below) and your favorite syrup. I like warm maple syrup with a little rum, butter, and fresh passion fruit stirred in.

### Mango Butter

Puree mango, lemon juice, sugar, and salt in a blender. Add butter and pulse to combine. With a piping bag, pipe butter in curls on parchment paper and freeze until hard. Remove to container and seal. Store in freezer or refrigerator until needed.