

Blender Pro Waffles

Recipe makes 4 servings, each serving is:

193
kcal

5 g
fat

17 g
carbs

20 g
pro

Ingredients

- 1 c. quick oats
- 2 whole eggs
- 1/2 c. liquid egg whites
- 1 c. 1 or 2% cottage cheese
- 1/2 scoop whey protein powder (you can go up to a scoop if more protein is desired)
- 1/2 Tbsp baking soda
- Dash of vanilla extract
- Cinnamon as desired
- Pinch of salt

Directions

1. Combine all ingredients in a blender and lightly blend until smooth.
2. Lightly spray a waffle iron and transfer the appropriate amount of mixture to the machine.
3. Cook until lightly brown and crispy and top with nut butter, fruit, and light syrup.

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