

Protein Waffles

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Ingredients for PROTEIN WAFFLES:

2 cups oat flour (grind raw oats in blender)
2 TBS ground flaxseed
3/4 Vanilla powder 1 tsp baking powder
1 tsp pure vanilla extract
2 cups almond milk
4 large egg whites (I use whole eggs)
coconut oil cooking spray

Instructions for PROTEIN WAFFLES:

1. Pre-heat waffle iron according to manufacturer's directions and spray with nonstick cooking spray.
2. In the bowl of a stand mixer with the whisk attachment, or using an electric mixer, beat the egg whites until stiff peaks form.
3. In a medium bowl, add oat flour, flaxseeds, protein powder, baking powder, vanilla, and almond and mix to combine. Add the egg whites and gently fold to incorporate.
4. Scoop by 1/2 cupful onto hot waffle iron and cook according to manufacturer's directions, until golden brown and crisp.
5. Serve immediately with your favorite topping.

Recipe Notes

*Oat flour can be made by grinding an equal amount of regular uncooked oatmeal in a blender or food processor until it forms a powder.

Adapted from the FIXATE cookbook