

PROTEIN WAFFLES

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We're always looking for a delicious breakfast option and this option also packs some additional protein!

Ingredients for PROTEIN WAFFLES:

- 2 cups oats flour (can make by grinding raw oats in a blender)
- 2 tablespoons ground flaxseeds
- 3/4 cup whey protein powder, vanilla (we did chocolate)
- 1 teaspoon baking powder

- 1 teaspoon pure vanilla extract
 - 2 cups unsweetened almond milk
 - 4 large egg whites, beaten to form stiff peaks OR 2 Whole Eggs
 - A pinch of sea salt
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Directions PROTEIN WAFFLES:

1. Preheat waffle iron
2. Mix dry ingredients in a bowl and set aside.
3. Combine vanilla and almond milk in a separate bowl and whisk.
4. Add wet ingredients to dry ingredients and stir.
5. Gently fold in stiff egg whites.
6. Cook according to directions on a waffle iron.

Top with pure maple syrup and fruit... Delicious!

Oh and PS Each waffle has 137 cal and 8 g of protein!

Recipe for PROTEIN WAFFLES is from the FIXATE cook book.