

# Protein Waffles

## BREAKFAST

Makes 1 serving

*Quick and delicious high protein waffles. Made with just 4 ingredients, add your favorite toppings and dig in.*

## Ingredients

- 1-2 scoops of your favorite protein powder
- 40 g rolled oats
- 1 tsp baking powder
- 1 tsp ground cinnamon
- water

## Optional Toppings

- 1-2 tbsp peanut butter or almond butter
- Sliced fresh fruit
- yogurt

## Directions

1. Mix the dry ingredients in a small bowl.
2. Add water slowly, stirring until you have a thick, batter consistency.
3. Pour the batter onto a hot waffle iron.
4. Cook until golden brown.
5. Remove from the waffle iron and add your favorite toppings.

## Notes

You can grind your oats or leave them whole. Leaving them whole will add more texture to the waffle, while grinding will give you more of a traditional waffle batter.

Add water slowly, a couple tablespoons at a time until you have a thick, batter. All protein powders will absorb water differently.

For a thicker batter, you can use unsweetened almond milk.

\*Nutrition information will vary greatly depending on the brand and type of protein powder as well as toppings you choose. For accurate information please weigh your ingredients and calculate in your favorite tracking app.



## Macros \*

Please calculate using MacrosFirst or My Fitness Pal.