

Healthy Protein Waffles

Let's Make Some Healthy Waffles!

Ingredients:

1/3 cup dry old fashioned oats

2 egg whites

3 ounces low-fat Greek yogurt (about half a container) - can be flavored or plain

1/8 teaspoon ground cinnamon - optional

2 teaspoons Splenda or your choice of sweetener (leave out if using flavored yogurt)

1/8 teaspoon baking powder

Pinch of salt

Instructions:

1. Blend all ingredients in a blender until the oats are smooth and the batter is not chunky.
2. Heat the waffle maker.
3. Pour $\frac{1}{2}$ the batter on a mini waffle maker and let heat until the batter is set before removing.
4. Repeat with the remaining batter.

Recipe makes 2 waffles. Count entire recipe as a complete Breakfast. Enjoy!



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