



PROTEIN BERRY WAFFLES

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Low-fat Cottage Cheese	½ Cup	Cinnamon	½ Tsp.
Eggs	2	Maple Syrup or Honey (Optional)	1-2 Tsp.
Oat Flour	¼ Cup	Mixed Berries	¼ Cup
Scoop Vanilla Protein Powder	1 Scoop	Nonfat Plain Greek Yogurt	2 Tbsp.
Baking Powder	½ Tsp.	Optional: Light Drizzle of Sugar-free Maple Syrup	
Vanilla Extract	½ Tsp.		

SERVING SIZE

2

PREPARATION

- Preheat waffle iron according to manufacturer instructions.
- Lightly spray the waffle iron with cooking spray to prevent sticking.
- Add cottage cheese, eggs, oat flour, protein powder, baking powder, vanilla extract, cinnamon, and sweetener (if using) to a blender.
- Blend until the mixture is smooth and creamy.
- Pour the batter evenly into the waffle iron.
- Cook until the waffles are golden brown and cooked through.
- Carefully remove waffles and place on a plate.
- Top with Greek yogurt and berries before serving.