

# Protein Waffles

## Cooking Instructions

1. Preheat waffle iron to medium-high heat. Lightly oil or spray the top and bottom
2. Combine eggs, cottage cheese, oats, vanilla, and salt in blender until smooth.
3. Pour ½ cup of mixture to waffle iron, close gently and cook until golden crisp, about 4-5 minutes
4. Serve immediately with fresh fruit and honey or your favorite waffle toppings

## Recipe

- 6 large eggs
- 2 cups cottage cheese (lowfat)
- 2 cups old fashioned oats
- ½ tsp vanilla extract
- Pinch of salt

## Grocery List (add optional toppings to list as desired)

### Canned Goods/Grocery

- Old fashioned oats

### Spices

- Vanilla
- Salt

### Dairy

- Eggs
- Cottage Cheese