

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 onto waffle iron, close gently, and cook until golden crisp, about 4 to 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

Lowfat cottage cheese