

Protein Waffles

Instructions

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

Ingredients

- 6 large eggs
- 2 cups of low fat cottage cheese
- 2 cups of old fashioned oats
- ½ tsp of vanilla extract
- Pinch of salt

Grocery List

Dairy

- Eggs
- Low fat cottage cheese

Canned Goods/Grocery

- Old fashioned oats

Spices

- Vanilla
- Salt