**PROTEIN WAFFLE**

Nutrition: Nutrition Facts| Servings 1.0- MAKES 1 WAFFLE

Amount Per Serving: calories 290| Total Fat 12 g, Saturated Fat 4 g, Monounsaturated Fat 2 g, Polyunsaturated Fat 1 g, Trans Fat 0g,,Total Carbohydrate 19 g, Dietary Fiber 2 g, Sugars 7 g, Protein 25 g

**INGREDIENTS**

1 egg

1 scoop protein powder

1/4 cup oats

1/4 cup plain greek yogurt

1/4 cup milk

1/4 tsp baking powder

1/4 tsp salt

**HOW TO MAKE IT**

1. Blend all of the ingredients together.
2. Heat up the waffle iron, then spray it down with non-stick cooking spray.
3. Pour in the waffle mixture, then close.
4. Let the waffle cook until the waffle maker beeps.
5. Serve with fresh fruit, if desired.