

## 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.