3-Ingredient Protein Waffles {without Protein Powder}

Prep Time: 5 mins **Cook Time:** 10 mins **Source:** hauteandhealthyliving.com

INGREDIENTS

1 1/4 cups rolled oats
1 cup cottage cheese
4 large eggs
Optional Add-Ins
1-2 tablespoons maple syrup (or desired sweetener)
1 teaspoon vanilla extract
1 teaspoon cinnamon

DIRECTIONS

Add all of the ingredients to a high-powered blender. Blend on high until smooth and no more lumps are present.

Preheat your waffle iron according to the box directions. Once hot, spray with cooking spray and carefully pour the batter onto the waffle iron so that it's coated evenly. Cook the waffle until golden brown and crispy on the edges (I cooked mine for about 6 minutes on setting #2).

Remove the waffle from the iron and pour on the remaining batter. Cook until lightly brown and crispy.

Serve the waffles immediately with your favourite sweet or savoury toppings.

NOTES

For best results, be sure to blend the waffle protein mix until smooth with no lumps remaining. You may need to scrape down the sides of the blender to ensure all of the ingredients are evenly combined.

I used the Cuisinart Belgian Waffle Maker and got 2 large circular waffles or 8 smaller quarter waffles. The number of waffles this recipe makes will depend on the size of your waffle maker.

If you plan to make sweeter waffles, I recommend adding a bit of vanilla extract, cinnamon and maple syrup or other desired sweetener to the oats, cottage cheese and egg mixture to enhance the flavour.

These easy protein waffles are great to have on hand for quick breakfasts in the morning. I recommend making up a double batch for meal prep. If desired, you can make them in a mini waffle maker too!

NUTRITION

Protein-packed: Made with eggs and cottage cheese which is rich in calcium and high in protein, this protein waffle recipe contains 8 grams of protein for one just small waffle.
Calories: 102kcal Carbohydrates: 10g Protein: 8g
Fat: 3g Saturated Fat: 1g Polyunsaturated Fat: 1g
Monounsaturated Fat: 1g Trans Fat: 0.01g Cholesterol: 83mg
Sodium: 147mg Potassium: 102mg Fiber: 1g
Sugar: 1g Vitamin A: 131IU Vitamin C: 0.01mg
Calcium: 39mg Iron: 1mg