



B R E A K F A S T

INGREDIENTS:

- 3/4 cup oat flour
- 1 1/2 scoop vanilla whey protein powder
- 2 tsp cinnamon
- 1.5 tsp baking powder
- 1/2 cup applesauce
- 2 egg whites
- 1 whole egg
- 2 tsp almond extract
- 1 small apple (minced)
- Sugar free maple syrup

APPLE CINNAMON PROTEIN WAFFLES

1. Preheat waffle maker/iron.
2. In mixing bowl, add flour, protein powder, cinnamon, baking powder. Mix thoroughly.
3. In separate larger bowl, add applesauce, egg whites, whole egg, and almond extract. Mix thoroughly.
4. Gradually pour dry ingredient bowl contents into larger wet ingredient bowl, while mixing. Mix until fully incorporated. Fold in minced apple, dark chocolate chips.
5. Measure about 1/2 cup of batter and pour onto waffle maker. Let cook for about 4-5 minutes, or as specified by your waffle maker. Repeat process until all batter is done. Makes about 4 waffles.
6. Top with sugar free maple syrup. Enjoy!

MAKES 4 SERVINGS

1 SERVING =

**BLOCKS:
0 BLOCKS FAT
2 BLOCKS CARBS
2 BLOCKS PROTEIN**

**CALORIES: 178.5
FAT: 2.5G
CARBS: 24.5G
PROTEIN: 14.5G**