

GLUTEN-FREE PROTEIN WAFFLES

Easy as 1-2-3!

Add all to a high-speed blender:

1 cup quick-style or old-fashioned oats

1/4 tsp. sea salt

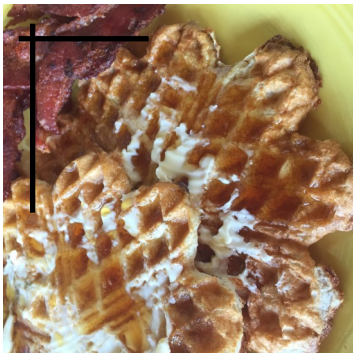
1/2 tsp. aluminum-free baking powder

1 cup cottage cheese

5 farm fresh eggs or 1 cup egg whites

1 Tbsp. Just-Like-Sugar Natural Sweetener or any sweetener of your choice (optional)

Blend at high speed until smooth. Place 2/3 cup on greased pre-heated waffle iron. Bake on a well-greased waffle iron until lightly-browned and golden. Serve hot.



~SERVING SUGGESTIONS~

We love almond butter & honey

or

Kerry-Gold butter & sugar-free maple syrup

or

Blueberry fruit spread & crispy-fried bacon

Gives a full satisfied feeling for a long time as they are full of protein--17g per serving (2 waffles)!

Enjoy!