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## **CRUSH IT! Café: Wonder Waffle**

You've likely made protein waffles before, but we can guarantee you haven't had protein waffles that taste this good. We call it the Wonder Waffle because its super easy and quick to prepare, but tastes absolutely amazing, not to mention is low in carbs and fats but loaded in protein.

### **Recipe:**

#### **Dry Ingredients:**

1.5 Scoops Cinnamon Roll Core PRO

¼ cup complete pancake mix

1 teaspoons baking powder

½ teaspoon baking soda

#### **Wet Ingredients:**

50g egg substitute

#### **Directions:**

Preheat waffle iron on the medium-high setting. In a small bowl, combine all ingredients and mix well with a spoon. Pour batter into the lightly sprayed waffle iron and let cook until golden brown. Remove and let cool slightly before enjoying!



**Core Nutritionals, LLC**  
820 N. Pollard St., RTL#3  
Arlington, VA 22203  
1-888-978-2332

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**Macros:**

Serving Size: 1 Waffle

Servings: 1

297 calories

3g Fat

24g Carbohydrate

43g Protein



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[info@corenutritionals.com](mailto:info@corenutritionals.com)  
[www.corenutritionals.com](http://www.corenutritionals.com)