These high protein waffles are made with cottage cheese, oat flour and eggs. So good you’ll never make them any other way! I’m obsessed with these healthy oat waffles I’ve been eating practically every morning for breakfast! Four waffles have 17 grams of protein, so you may want to double the recipe!! If you have my Skinnytaste Simple Cookbook, you will also find this recipe there. To up the protein, I top mine with nut butter plus banana and strawberries but you can top them with anything you wish! You can’t taste the cottage cheese at all, they are so good and good for you too! Freeze them and pop them in your toaster! If you want a waffle recipe using regular flour and yogurt, see my recipe for Yogurt Waffles. For more recipes with cottage cheese try my Savory Cottage Cheese Bowls, Cottage Cheese Egg Frittata and High Protein Bread recipe. These waffles are so simple, made with just 7 ingredients (see exact measurements in the recipe card below): I got a small Dash Waffle Maker for Christmas, they are only $12! They are so cute and come in so many colors and patterns which is what I used to make these waffles. Although I do have a larger one, I find myself using this one more. If your waffle maker is bigger, adjust batter as needed. No, not at all! If you can’t find oat flour in the store, you can make it! Place oats in the blender and process until it resembles fine flour. Meal Prep: The batter will last in the refrigerator 3 to 4 days if you want to make it ahead. You can also make the waffles and refrigerate, then pop them in the toaster. I have tons of high protein breakfast ideas, here’s a few: Post a pic and mention @skinnytaste or tag #skinnytaste! Subscribe to my weekly email newsletter for a FREE and you'll get the latest meal ideas & new recipes every week! Please check the following to indicate you would like to receive emails from Skinnytaste. We use Mailchimp as our marketing platform. By clicking below to subscribe, you acknowledge that your information will be transferred to Mailchimp for processing. Learn more about Mailchimp's privacy practices here. You can unsubscribe at any time by clicking the link in the footer of our emails. Stay up to date wherever you are!