high protein waffl made cottag chees oat flour egg good ’ never make way ’ obsess healthi oat waffl ’ eat practic everi morn breakfast four waffl 17 gram protein may want doubl recip skinnytast simpl cookbook also find recip protein top mine nut butter plu banana strawberri top anyth wish ’ tast cottag chees good good freez pop toaster want waffl recip use regular flour yogurt see recip yogurt waffl recip cottag chees tri savori cottag chees bowl cottag chees egg frittata high protein bread recip waffl simpl made 7 ingredi see exact measur recip card got small dash waffl maker christma 12 cute come mani color pattern use make waffl although larger one find use one waffl maker bigger adjust batter need ’ find oat flour store make place oat blender process resembl fine flour meal prep batter last refriger 3 4 day want make ahead also make waffl refriger pop toaster ton high protein breakfast idea ’ post pic mention skinnytast tag skinnytast subscrib weekli email newslett free 'll get latest meal idea new recip everi week pleas check follow indic would like receiv email skinnytast use mailchimp market platform click subscrib acknowledg inform transfer mailchimp process learn mailchimp 's privaci practic unsubscrib time click link footer email stay date wherev