

Lazy Girl Protein Waffles



TOTAL TIME

15 mins



COURSE

Breakfast



SERVINGS

1 servings

CALORIES

429 kcal

EQUIPMENT

- waffle iron
- mixing bowl

INGREDIENTS

- $\frac{1}{3}$ c oat flour
- $\frac{1}{4}$ c vital wheat gluten
- 3/7 tsp baking powder
- 3/7 tsp vanilla extract
- $\frac{1}{2}$ Tbsp vegetable oil of choice
- stevia/monk fruit to taste
- $\frac{5}{8}$ c soy milk
- $\frac{1}{2}$ medium bananas sliced
- $\frac{1}{2}$ c strawberries sliced

INSTRUCTIONS

1. In a medium bowl, mix oat flour, vital wheat gluten and baking powder until well incorporated.
2. Add soymilk, vanilla and stevia. Mix until just mixed. DO NOT OVER MIX!
3. Heat a waffle iron to appropriate heat before spritzing with non-stick cooking spray.
4. Pour a scant $1\frac{1}{4}$ c batter on waffle iron (to make 7 waffles).
5. Cook according to waffle iron directions.
6. Remove from heat and top each with melted $\frac{1}{2}$ of a banana and $\frac{1}{2}$ c diced strawberries!

NUTRITION

Nutrition Facts

Lazy Girl Protein Waffles

Amount Per Serving

Calories	429	Calories from Fat	81
% Daily Value*			
Fat	9g	14%	
Carbohydrates	60g	20%	
Protein	33g	66%	

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!