

# 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
- $\frac{3}{7}$  tsp baking powder
- $\frac{3}{7}$  tsp vanilla extract
- $\frac{1}{7}$  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!