



# Protein Waffles

Get 10 grams of protein by just eating pancakes!

## Ingredients

- 1 cup (140 grams) Protein Pancake Mix
- 1 egg or equivalent egg replacer (results may vary -- thicker batter works best)
- 1 cup water
- 1 tablespoon oil

## Directions

Mix all ingredients together.

Pour batter onto medium heated greased waffle iron. Check the waffle after most of the steam has stopped coming out of the waffle maker. Cook to desired crispness.

Spray waffle iron with cooking spray before cooking each waffle.