

YOGURT WAFFLES

PREP TIME: 5 mins

COOK TIME: 20 mins

TOTAL TIME: 25 mins

YIELD: 6 SERVINGS

Whip up these protein-packed Yogurt Waffles for breakfast and freeze the rest for easy meal prep!

KITCHEN GEAR

- Blender or bowl with mixer
- Liquid measure cups
- Measuring cups
- Measuring Spoons

INGREDIENTS

- 1 1/4 cup low fat milk, or any milk alternative like almond milk
- 2/3 cup low fat plain yogurt
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 cups all-purpose unbleached, white whole wheat flour or gluten-free flour mix*
- 1 tablespoon + 2 teaspoons baking powder
- 1/4 teaspoon kosher salt
- cooking spray
- Fresh or frozen berries
- Maple Syrup



INSTRUCTIONS

1. In a blender combine, starting with the liquid first add the milk, yogurt, eggs, vanilla, flour, baking powder and salt and mix until well combined and smooth, about 30 to 60 seconds.
2. Heat a waffle iron over medium heat and let it heat up.
3. When hot spray with cooking spray and pour 1/2 cup of batter in the center, close and cook until golden brown and slightly crisp on the edges, about 3 to 4 minutes.
4. Repeat with the remaining batter or refrigerate the remaining.

Or Else

If you do not have a waffle iron use batter to make pancakes

Get Creative

Top with fruit- fresh or frozen berries, scoop of vanilla yogurt and splash of real maple syrup

Serving: 1 waffle, Calories: 195kcal, Carbohydrates: 34g, Protein: 7.5g, Fat: 2g, Saturated Fat: 0.5g, Cholesterol: 63mg, Sodium: 532mg, Fiber: 0.2g, Sugar: 2g