

HIGH PROTEIN WAFFLES

Serves 4

INGREDIENTS

1 cup oats
1 cup cottage cheese
1 ripe banana
3 eggs
1 tsp vanilla
½ tsp cinnamon
Pinch of salt

Directions

1. Add oats to blender, blend dry to make into a flour.
2. Add remaining ingredients to blender. Blend until smooth.
3. Cook in waffle iron, or make into pancakes on skillet.



Did you know?

Large flake and quick oats contain about 3g of fibre and 4g of protein per ⅓ cup (30g).

Try serving with:

Yogurt Sauce: Mix yogurt, cinnamon & maple syrup.

Fresh fruit: apples, peaches, berries, bananas, etc.

Frozen fruit: berries, mango, etc.

Nut butter or alternatives: Wow butter, SunButter