

# High Protein Waffles

**Serves 4**

## Ingredients

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



## 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).

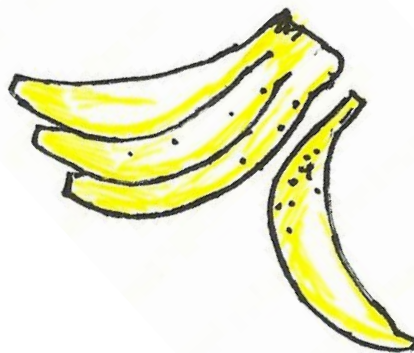
### Try serving with:

**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



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