



## Chocolate Peanut Butter Waffle

### Ingredients

- Oatmeal 1 cup
- MuscleTech Lab Series Triple Chocolate protein 1 scoop
- PB2 2 tbsp
- Egg white 1
- Water 1 cup
- Stevia 2 tbsp
- Cinnamon 2 tsp



### Directions

1. Place all ingredients in a blender and mix well.
2. Pour mixture into a preheated waffle maker.
3. Cook 3-5 minutes.
4. Enjoy with some honey or PB2.

### Nutrition Facts

Serving size: 1 portion

Recipe yields 2 servings

Calories 241

Fat 5 g

Carb 31 g

Protein 18 g