



Courtesy of Anna Sward @proteinpow.com

Apple Pie Protein Waffles

Ingredients:

Vanilla (or unflavored) whey protein powder, 1/2 cup
Rolled oats, 1/2 cup
Baking powder, 1 tsp
Milk, 2 tbsp
Ground almonds, 1/4 cup
Cinnamon, 1-2 tsp to taste
Banana, 1 small
Apple, 1
Eggs, 2 (or 4 egg whites if you'd like lower fat)

Directions:

1. Blend all of the ingredients in a food processor until they create a thick batter.
2. Preheat your waffle iron, and add some low-cal cooking spray to it.
3. Cook your batter in your waffle iron. Done!