



Dark Chocolate Gluten-free Protein Waffles

Ingredients

- 1 scoop Gaspari Nutrition MyoFusion chocolate protein
- 1 egg
- 1 egg white
- 1/4 cup sorghum flour
- 1/8 cup almond flour
- 1/3 cup almond milk
- 1 packet Stevia (or cane sugar)
- 1 tbsp dark chocolate Hershey's baking powder



Directions

1. In a bowl, mix protein powder, sorghum flour, almond flour, cocoa powder, Stevia or sugar.
2. Add eggs and almond milk and mix or blend.
3. Spray waffle iron with coconut or olive oil.
4. Pour batter onto the waffle iron and cook.
5. When waffles are done, drizzle with fruit, your favorite sugar-free syrup, or both.

Nutrition Facts

Without toppings

Calories: 467

Fat: 16 g

Carbs: 40 g

Protein: 43 g