

Breakfast

Protein Packed Waffles

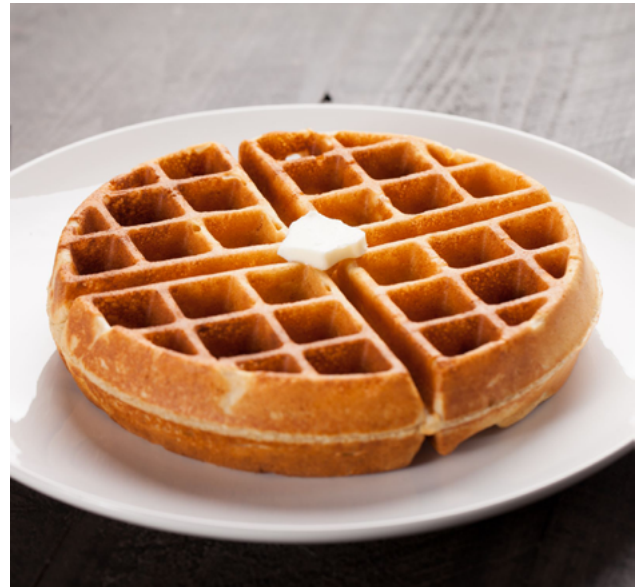
Side Effect: Weight Loss/ Loss of Appetite

10 Mins
Prep Time

5 Mins
Cook Time

6
Servings

233 Calories **3g** Fat **39g** Carbs **11g** Protein




Ingredients

6 Servings • **1** Waffle Serving Size

15 Mins Total Time

Allergens: Dairy, Soy, Eggs, Gluten

1¼ Cup Soy Milk

¾ Cup Vanilla Greek Yogurt, **pasteurized** 

2 Large Eggs

1 Tsp Vanilla

2 Cups Whole Wheat White Flour

1 Tbsp + 2 Tsp Baking Powder

¼ Tsp Salt

Zest of 1 Lemon, **washed**

Allergen Swap

Dairy Use a dairy-free vanilla yogurt (soy, coconut, almond yogurt)

Soy Substitute soy milk with cow's milk or a non-dairy milk alternative

Eggs Use a commercial egg replacer

Gluten Substitute the whole wheat white flour with a cup-for-cup gluten-free flour alternative

Nourishment Note



Yogurt

Yogurt, particularly Greek yogurt, is an excellent source of protein. Protein needs may be elevated when undergoing cancer treatment.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Blend Ingredients

In a blender, combine the soy milk, Greek yogurt, eggs, flour, vanilla, baking powder, salt, and lemon zest. Mix until smooth, about 45 seconds.

3. Heat Waffle Iron

Heat a waffle iron over medium heat. Check the manufacturer's directions for the correct setting.

4. Cook Batter

When hot, pour $\frac{1}{2}$ cup batter in the center of the waffle iron, close and cook until golden brown, approximately 3-4 minutes. Times will vary based on the waffle iron.

5. Repeat

Repeat with the remaining batter.

6. Serve and Enjoy

Serve waffles with your favorite toppings and enjoy.

7. Wash Dishes

Wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from: [skinnytaste.com](https://www.skinnytaste.com)

What You'll Need



Blender



Spoon



Waffle Iron



Measuring Cups



Measuring Spoons



Zester

Fatigue Buster

- Store waffles in a zip-top bag in the freezer for a quick and delicious breakfast.