

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



### **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 with soap and water.

### 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 Hands

Wash hands with soap and water.

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.