

#### **Breakfast**

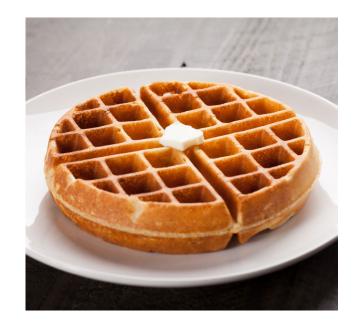
# **Protein Packed Waffles**

Side Effect: Weight Loss/ Loss of Appetite

10 Mins **Prep Time** 

**5 Mins Cook Time**  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

11/4 Cup Soy Milk

2/3 Cup Vanilla Greek Yogurt, pasteurized ♥



2 Large Eggs

1 Tsp Vanilla

2 Cups Whole Wheat White Flour

1 Tbsp + 2 Tsp Baking Powder

1/4 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

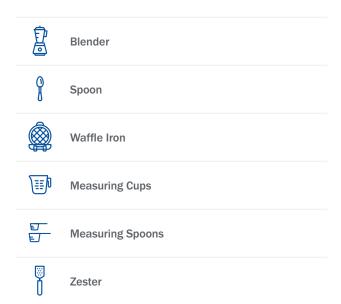
Serve waffles with your favorite toppings and enjoy.

### 7. Wash Hands

Wash hands with soap and water.

Recipe adapted from: skinnytaste.com

# What You'll Need



## **Fatigue Buster**

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