

# Waffles



## Portion Control

Portion size	1	waffle
Makes	8	waffles
Makes	4	cups batter

## Nutrition Facts

Calorie density	2.6 kcal/g (high)
Portion Size	1 waffle
Amounts per portion:	
<b>Calories</b>	<b>171 kcal</b>
Protein	12.7 g
Total Fat	11.1 g
Saturated fat	2.0 g
Total carbohydrates	5.1 g
Dietary Fibre	1.2 g
Sodium	332.5 mg
Calcium	96.1 mg

<https://fdc.nal.usda.gov/food-search>

## Ingredients

- 1/2 cup almond flour
- 6 eggs
- 2 cups cottage cheese 2%
- 1 Tbsp corn starch
- 1/4 tsp salt
- 1/4 tsp baking powder
- 1/4 tsp vanilla essence
- 3/4 tsp lemon zest
- 1/4 stick butter

## **Instructions**

1. Drain water off cottage cheese
2. Blend all the ingredients except butter in a food processor for 30 seconds
3. Heat waffle iron and butter top and bottom plates to prevent sticking
4. Pour 1/2 cup waffle batter for each waffle and cook for 5 minutes until done
5. Serve while hot
6. Extra waffles can be cooled and frozen in ziploc bags separated with parchment paper

## **Notes**

Serve with berries, yoghurt, maple syrup or nut butter and strawberry jam or other healthy combinations.