

High Protein Waffles

INGREDIENTS

- 1½ cups whole wheat flour
- 1 tbsp baking powder
- ½ tsp cinnamon
- ¼ tsp salt
- 2 large eggs
- 1¼ cups milk of choice
- 2 tbsp melted coconut oil or butter
- 1 tbsp maple syrup or honey
- 1 tsp vanilla extract
- *Optional: ½ cup blueberries (fresh or frozen)*

DIRECTIONS

1. Preheat waffle iron according to manufacturer's instructions.
2. In a large bowl, whisk together whole wheat flour, baking powder, cinnamon, and salt.
3. In another bowl, whisk together eggs, milk, melted coconut oil or butter, maple syrup, and vanilla extract.
4. Add wet ingredients to dry ingredients and stir just until combined. Do not overmix.
5. Gently fold in blueberries if using.
6. Lightly grease waffle iron and cook waffles according to your waffle maker's directions, until golden brown and crisp.
7. Serve warm with your favorite toppings.