



# *Protein Powder Waffle*



## *ingredients*

- 1 scoop flavored protein powder
- 1 beaten egg
- 1 teaspoon baking powder
- 3 tablespoons water
- splash of vanilla

grapeseed oil

berries for topping

## *instructions*

Preheat waffle iron on darkest setting

Put berries into a saucepan and heat on low to create a berry sauce

Combine all ingredients until blended smooth

Brush waffle iron with grapeseed oil

Fill waffle iron with mix and cook until done

Top waffle with warmed berries and whipped cream

