

## Savory Protein Egg Waffles (make 2 waffles in a large Dash)

### Ingredients

- 2 large eggs
- ¼ cup shredded cheese
- 2 Tbsp protein powder
- 1 Tbsp almond flour (optional but gives lift)
- 2 Tbsp chopped scallions
- ⅛ tsp salt
- ⅛ tsp black pepper
- Optional: pinch garlic powder or red pepper flakes

You can sub out the scallions for another vegetable. I used green peppers in the one for the photo.

### Instructions

1. Preheat waffle maker and lightly spray or use a pastry brush to oil.
2. Whisk eggs until smooth.
3. Stir in cheese, protein powder, almond flour, scallions, and seasonings until combined.
4. Pour ½ **the batter per waffle** and cook **3–4 minutes** until crisp.
5. Re-oil the waffle maker before cooking the next batch.

You can use any waffle maker you have on hand.

**Approx macros (½ batch total)**

- ~320 kcal
- ~30–32 g protein
- ~4–6 g carbs
- ~18 g fat

**Per waffle (2 total):**

- ~160 kcal
- ~15–16 g protein
- ~2–3 g carbs
- ~9 g fat