

# Savory Protein Egg Waffles —2-Waffle Version

## Ingredients

- 3 large eggs
- ¼ cup shredded mozzarella or cheddar
- 2 Tbsp protein powder
- 1 Tbsp almond flour (optional)
- 2 Tbsp chopped scallions
- Pinch salt
- Pinch black pepper
- Optional: pinch garlic powder or red pepper flakes

## Instructions

1. Preheat waffle maker and lightly oil.
2. Whisk eggs thoroughly.
3. Stir in remaining ingredients until smooth.
4. Divide batter into 2 waffles and cook 3–4 minutes until golden.

## Approx macros (2 waffles total)

- ~390 kcal
- ~34–36 g protein
- ~4–6 g carbs
- ~24 g fat

## Per waffle

- ~195 kcal
- ~17–18 g protein