



Peanut Butter Protein Waffles

Warm and fluffy, don't let these characteristics fool you into thinking you're cheating on your bariatric diet. We incorporated powdered peanut butter into our waffles which contains a delicious roasted peanut flavor but without the fat and sugar you would get from regular peanut butter.

Ingredients:

- 1/4cup Keto Friendly Pancake Mix
- 2Tb Protein Powder
- 1Tsp Coconut Oil
- 1/3Cup of Water
- Sugar Free Syrup
- Non-stick spray

Directions:

1. Plug in your waffle maker and spray with non-stick spray
2. Mix Pancake Mix, Protein Powder, Coconut Oil, and Water together
3. Pour into Waffle Maker
4. Cook according to Waffle Make instructions
5. Top with Sugar Free Syrup

"Sometimes we get put through a lot of pressure. But we come out stronger... Like Waffles!" - Unknown

