



## BLUEBERRY CHOCOLATE PROTEIN WAFFLES

High Protein / Low-Carb / Gluten-Free

Recipe by Nina (@chasinstars82) and featured on MariGoldFoods.com

*"For breakfast this morning I made myself some chocolate protein waffles that I used the @marigoldfoodstx chocolate malt protein powder and topped with some delicious, warm blueberry syrup. These waffles are super easy to make, come in at only 335 calories for 5 pieces and are loaded with 36.2 g of protein."*

- Nina

### INGREDIENTS:

#### Waffles

- 1 scoop MariGold Rich Chocolate Malt Whey Isolate Protein Powder
- 1 ounce oat flour
- 1 tbs cocoa powder
- dash of salt
- 1/2 tbs baking powder
- 2 ounces of almond milk
- 3 tbs egg whites

#### Blueberry Syrup

- 70 grams of frozen blueberries (or your berry of choice)
- 1 serving of sugar-free maple syrup

### DIRECTIONS

1. Mix protein powder, oat flour, and cocoa powder together.
2. Add in salt, baking powder, almond milk, and egg whites. Mix well until no lumps remaining.
3. Add 2 TBS of mix at a time to a greased mini waffle maker.
4. FOR BLUEBERRY SYRUP: microwave blueberries for 1 min with 1 serving of sugar free maple syrup... mash up the blueberries for a bit. Pour over your protein waffles.



Featuring MariGold  
Rich Chocolate Malt Whey Isolate  
Protein Powder  
(MariGoldFoods.com)

