

INGREDIENTS

1 cup all-purpose or whole wheat flour (both work well!)
1/4 cup vegan protein powder*
2 teaspoons baking powder
1/2 teaspoon salt
1 1/4 cups water
2-3 drops vanilla stevia (optional, for a sweeter waffle)
1 tablespoon oil

DIRECTIONS

In a medium mixing bowl combine the flour, protein powder, baking powder and salt. Create a well in the center of the mixture, and pour into it the water, stevia and oil. Whisk the mixture together until the batter just comes together. It's okay if there are a few lumps! Do not mix until smooth - unless you want flat, chewy waffles. Lck!

Let the mixture set for about 5-10 minutes, then scoop the appropriate amount of batter into your waffle iron and let it cook up until the waffle is perfectly fluffy with crispy edges. Keep it going until all your waffles are cooked up. Enjoy! (I like mine with butter and syrup or a bit of peanut butter and fruit!) Leftovers freeze and reheat really well - I highly recommend making a double batch and sticking some in the freezer for easy toaster breakfasts later!

NOTES

Makes 2-4 waffles, depending on the size of your waffle iron.

*I use Sprouts brand Vegan Vanilla Protein Powder. It's pea protein based and has just 1 g of sugar per serving, which is how I am able to keep the sugar in these waffles nearly nonexistent. Use your favorite protein here, but account for textural differences if it is *not* pea protein.

I usually use softened coconut oil here, but you can sub in any flavorless oil you like.

