

High-Protein Waffles

CHiK | PRO
CHICKEN PROTEIN ISOLATE POWDER

INGREDIENTS:

- 2 eggs
- 1 cup all-purpose flour
- 1 cup CHiKPRO™
- 1-3/4 cups milk
- 1/2 cup vegetable oil
- 1 TBS white sugar
- 4 TSP baking powder
- 1/4 TSP salt
- 1/2 TSP vanilla extract

DIRECTIONS:

1. Preheat waffle iron. Beat eggs in large bowl with hand beater until fluffy.
2. Beat in flour, CHiKPRO™, milk, vegetable oil, sugar, baking powder, salt and vanilla, just until smooth.
3. Spray preheated waffle iron with non-stick cooking spray.
4. Pour mix onto hot waffle iron.
5. Cook until golden brown. Serve hot.

