



RECIPES

Protein Packed Waffles

INGREDIENTS:

- 2 Van's whole grain waffles (or Van's high protein waffles)
- ½ cup cottage cheese
- ½ cup fresh strawberries, sliced
- ¼ tsp cinnamon

INSTRUCTIONS:

1. Cook waffles according to package directions. Add cottage cheese on top of 1 waffle. Place strawberries on top of cottage cheese. Cover with second waffle (to make a "sandwich"). Sprinkle waffles with cinnamon.

Makes 1 serving

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