

Healthy Living Program's Recipe Corner

~ eat light, eat clean, eat well! ~



Clean Eating Recipe of the Month

Krackalicious Waffles

(Makes 2-4 waffles)

These waffles are courtesy of IFBB Pro **Michelle Krack** who uses them when she needs to eat clean for those months leading up to her competitions. Simple, fast and they can be frozen too!

Ingredients

- 90 grams of egg whites (app 4 egg whites)
- 125 grams (1 cup) dry curd cottage cheese (it must be the dry kind!)
- 37 grams (app 1/2 cup) of oats (rolled or whole, not instant)
- dash cinnamon
- dash splenda (or stevia, or natural sweetener)



Instructions

Place all ingredients in a blender and pour into the waffle iron. Top with fruit and 2 tsp flax oil to taste! You can also freeze them! You can top them with sugar free syrup too! YUM!

Nutritional Information (per serving, without fruit or syrup)

Calories...280

Protein...25 g

Carbohydrate...25 g

Fat...10 g