

**SPINACH WAFFLES**

Protein based waffle

 5 hours 10 minutes 1 portion**INGREDIENTS**

- 1/2 cup [1 NLEA serving] of cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry [40 g]
- 1 large unit of egg, whole, raw, fresh [50 g]
- 2 large units of egg, white, raw, fresh [66 g]
- 100 grams of beverages, almond milk, unsweetened, shelf stable
- 1 cup of spinach, raw [30 g]
- 40 grams of blueberries, frozen, unsweetened

COOKING METHOD

- 1° Blend everything together
- 2° Place on the hot waffle machine

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (326 g)	% DRI
ENERGY	86 kcal	282 kcal	14 %
FAT	2 g	7 g	11 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	9 %
CHOLESTEROL	57 mg	186 mg	62 %
SODIUM	86 mg	279 mg	12 %
CARBOHYDRATE	11 g	37 g	12 %
SUGARS	2 g	6 g	—
FIBER	2 g	7 g	27 %
PROTEIN	6 g	20 g	—