

Crispy Protein Waffles

Start your morning with waffles that are crispy on the outside, fluffy on the inside, and packed with protein to help keep you feeling satisfied for hours. Unlike traditional waffles that can leave you hungry shortly after breakfast, these healthy protein waffles combine whole wheat flour, protein powder, eggs, and milk to create a balanced meal that supports muscle health, sustained energy, and healthy blood sugar levels. Finished with creamy almond butter, fresh strawberries, and a light drizzle of pure maple syrup, this breakfast tastes indulgent while providing wholesome nutrition. Whether you're fueling a busy workday, recovering after a workout, or simply looking for a healthier breakfast, these waffles are a delicious way to start your day.

Healthy Crispy Protein Waffles

Prep Time: 10 minutes

Cook Time: 8 minutes

Total Time: 18 minutes

Servings: 2 (2 waffles per serving)

Ingredients

For the Waffles

- $\frac{1}{2}$ cup whole wheat flour
- 30 grams vanilla protein powder (approximately $\frac{1}{4}$ cup or 4 level tablespoons if you don't have the scoop)
- 1 teaspoon baking powder
- 1 large egg
- $\frac{1}{2}$ cup low-fat milk (or unsweetened almond milk)
- 1 teaspoon pure vanilla extract

- $\frac{1}{2}$ teaspoon ground cinnamon (optional)
- 1 teaspoon avocado oil or olive oil (for lightly greasing the waffle iron if needed)

Healthy Toppings

- 2 tablespoons natural almond butter
- 1 cup fresh strawberries, sliced
- 2 teaspoons pure maple syrup

Instructions

1. Preheat your waffle iron according to the manufacturer's instructions. Lightly grease it with avocado oil or olive oil if needed.
2. In a medium mixing bowl, whisk together the whole wheat flour, vanilla protein powder, baking powder, and cinnamon.
3. In a separate bowl, whisk together the egg, milk, and vanilla extract until smooth.
4. Pour the wet ingredients into the dry ingredients and stir until just combined. Do not overmix, as this can make the waffles dense.
5. Divide the batter evenly and pour it into the preheated waffle iron.
6. Cook for 4–5 minutes, or until the waffles are golden brown and crispy. Cooking times may vary depending on your waffle maker.
7. Carefully remove the waffles and top with almond butter, sliced strawberries, and a light drizzle of pure maple syrup.
8. Serve immediately while warm.

Nutritional Facts (Approximate Per

Serving)

Nutrient	Amount
Calories	355
Protein	28 g
Carbohydrates	30 g
Fiber	6 g
Sugars	9 g
Added Sugars	3 g
Fat	15 g
Saturated Fat	2.5 g
Cholesterol	105 mg
Sodium	320 mg
Potassium	430 mg
Calcium	18% DV
Iron	12% DV
Vitamin C	45% DV

Nutrition values are estimates and may vary depending on the ingredients and protein powder used.

Why You’ll Love This Recipe

- Crispy on the outside and fluffy on the inside.
- High in protein to help keep you feeling full and satisfied.
- Made with whole wheat flour for added fiber.
- Naturally sweetened with fresh strawberries and just a touch of pure maple syrup.
- Great for meal prep and freezer-friendly.
- Ready in less than 20 minutes.

Women's Health Benefits

These Crispy Protein Waffles provide a satisfying balance of lean protein, complex carbohydrates, healthy fats, and fiber to help support lasting energy throughout the morning. Protein is essential for maintaining and repairing muscle tissue, especially for women who exercise regularly or are focused on strength training. Whole wheat flour contributes fiber that supports digestive health and helps promote fullness, while strawberries provide vitamin C and antioxidants that help protect cells from oxidative stress. Almond butter adds heart-healthy monounsaturated fats, vitamin E, and magnesium, making this breakfast both nourishing and delicious.

Recipe Tips

- For extra crispy waffles, allow them to cook for an additional 30–60 seconds after the waffle iron signals they're done.
- Freeze leftover waffles in a single layer before transferring them to a freezer-safe bag. Reheat in a toaster for a quick breakfast.
- Top with fresh blueberries, raspberries, or banana slices for extra nutrients and flavor.
- If your protein powder is already sweetened, you may not need the maple syrup.

Disclaimer: Nutritional values are estimates and may vary depending on the ingredients and brands used.