

# Blueberry Almond Protein Waffles



**PREP TIME:**  
5-10 MINUTES

**COOK TIME:**  
5 MINUTES

**TOTAL TIME:**  
15 MINUTES

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Recipe type: Gluten Free  
Yield: 3-4 Servings

## Ingredients:

- 1 Serving/Scoop Vegan Vanilla Protein Powder
- ¼ Cup Almond Flour
- ¼ Cup Cassava Flour
- 1 teaspoon baking powder
- ½ teaspoon Cinnamon
- ½ teaspoon Himalayan Sea Salt
- ½ teaspoon Pure Vanilla Extract
- ½ Cup Non-Dairy Milk or Water (*I used almond milk or can use coconut milk*)
- 1 Egg
- 2 TBSP Melted Ghee (*can use organic butter or coconut oil*)
- ½ Cup Organic Blueberries – *more for topping*
- Coconut Oil Spray
- **Optional:** Top with slivered almonds, berries, bananas, etc. Can drizzle with almond butter, date syrup or pure maple syrup.

## Instructions:

1. Allow waffle iron to heat up.
2. In a medium mixing bowl add the dry ingredients: protein powder, almond & cassava flours, baking powder, cinnamon, and salt. Lightly stir.
3. In a small mixing bowl, add the eggs, vanilla extract, and almond milk. **Do NOT add ghee yet.**
4. Add wet ingredients to dry ingredients. Work out lumps but don't overmix the batter.
5. **Important, wait until all above are mixed before adding melted ghee. Add in ghee, mix until combined.**
6. Add in the blueberries until incorporated into batter.
7. Once iron is heated, lightly spray (with coconut oil) both sides & ladle in batter (about ½ - ¾ cup) – don't overfill iron.
8. Cook about 5 minutes until golden outside and center stiffens up (not jiggly).

9. Enjoy topped with one of the above *optional items*.

**\*Try and use all organic ingredients if possible.**

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