




GREEN SMOOTHIE PROTEIN WAFFLES

with Choc-o-fotta



Servings: 2

 Less than 10 minutes

HOT HOT HOT

Inside Tips: You can use the same exact batter to make waffles into pancakes!

WHAT YOU NEED

Ingredients

- 1/2 Cup Vava Vanilla Dilettoso Mix
- 1/2 Banana
- 1 Egg
- 1 Scoop Protein Powder (Flavorless or Vanilla Flavor)
- 1/4 cup Milk of Choice or Water
- A Handful of Fresh Spinach
- Cooking Spray
- Toppings: Greek Yogurt, Nut Butter, Banana Slices, Honey

HOW TO DO IT

1. **ADD** the egg, half banana, milk of choice, and spinach to a blender. Process until smooth.
2. **USE** a clean bowl to add the Vava Vanilla Dilettoso mix and protein powder, then pour the wet mixture and stir to combine. Make sure you don't over-mix the batter.
3. **SPRAY** the pre-heated waffle maker with cooking spray and pour the waffle batter.
4. **COOK** according to the waffle maker cooking time.
5. **SERVE** with greek yogurt for an extra boost of protein, fresh fruit and a drizzle of honey, maple syrup or running nut butter!
6. **ENJOY!**

Buon Appetito!