

Cottage Cheese Waffles

INGREDIENTS

1 cup low-fat cottage cheese (you can use full-fat or fat-free smooth cottage cheese too)

4 large free-range eggs

10 tbsp oat flour (85 g)

4 tbsp ground flaxseed/flaxseed flour

4 tbsp chopped chives (optional)

¼ tsp salt

¼ tsp baking powder

¼ tsp ground black pepper

80 g grated mozzarella or Cheddar (optional)
– approx 10 g per waffle

METHOD

1. Place all the ingredients except the cheese into a bowl and whisk until well combined. Allow to sit for 5 – 10 minutes to thicken slightly and for the moisture to be absorbed by the oat flour.
2. Heat a non-stick waffle iron until ready to cook. Lightly spray with cooking spray or oil if necessary. If the iron is non-stick, it shouldn't require any oil.
3. Lightly sprinkle a pinch of cheese on the base of the waffle iron if you are using and then scoop about ¼ cup worth of batter onto the iron. The quantity will vary depending on the size of your waffle maker. Sprinkle another pinch of cheese over the batter, close and cook until golden brown on both sides.
4. Remove and top with a fried egg, cream cheese, avo and salmon.



Nutrition Facts

Serving size: 90 g

Energy (kJ)	1725
Protein (g)	25
CHO (g)	10
Fat (g)	31
Fibre (g)	5.5
Calcium (mg)	177
Sodium (mg)	293



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