



### **Bonus Waffle Recipe: French-Toasted Waffles**

PER SERVING (entire recipe): 274 calories, 6g fat, 807mg sodium, 41.5g carbs, 3.25g fiber, 6.5g sugars, 16g protein -- **PointsPlus®** value 7\*

**Prep:** 5 minutes

**Cook:** 10 minutes

#### **Ingredients:**

2 frozen low-fat waffles

1/2 cup fat-free liquid egg substitute (like Egg Beaters Original)

1/2 tsp. vanilla extract

1/4 tsp. cinnamon

2 tsp. light whipped butter or light buttery spread (like Brummel & Brown)

1/4 cup sugar-free pancake syrup

1 tsp. powdered sugar

Optional: raspberries

#### **Directions:**

Lightly toast waffles. Mix egg substitute, vanilla extract, and cinnamon in a wide bowl, and set aside.

Bring a large skillet sprayed with nonstick spray to medium-high heat on the stove. Add butter and allow it to coat the bottom of the skillet. Meanwhile, coat the waffles thoroughly in the egg mixture.

Cook waffles in the skillet until golden brown, 4 - 5 minutes per side. Top them with syrup and powdered sugar. Serve with raspberries, if you like, and enjoy!

**MAKES 1 SERVING**



Check out [Hungry-Girl.com](http://Hungry-Girl.com) for TONS more **guilt-free recipes, food finds, and tips 'n tricks!** And don't forget to **sign up for FREE daily emails!**

\*The PointsPlus™ values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the PointsPlus™ registered trademark.