



Bonus Waffle Recipe: Waffle Breakfast Fries

PER SERVING (entire recipe): 80 calories, 1.5g fat, 185mg sodium, 15g carbs, 2g fiber, 1.5g sugars, 2.5g protein -- **PointsPlus®** value 2*

Prep: 5 minutes

Cook: 5 minutes

Ingredients:

1 low-fat waffle, thawed from frozen
Optional dip: sugar-free pancake syrup

Directions:

Preheat toaster oven to high.

Slice waffle into 1/2-inch strips. Toast until crispy.

If you like, dunk in syrup. Enjoy!

MAKES 1 SERVING



Check out 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.