Breakfast Wafflewich

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Serves 1

Blue - 3 points

Purple - 3 points

Green - 6 Points

- 1/4 cup self rising flour
- 3 Tbsp non fat plain Greek yogurt
- 1 egg, beaten and cooked
- 1 slice Canadian bacon, diced
- 2 Tbsp shredded fat free cheese
- any extra add-ins mushrooms, onions, peppers, etc, optional
- 1. Heat waffle maker and spray with non stick spray
- 2. Combine self rising flour and yogurt. Mix well, then knead a few times. Divide in half
- 3. Take a piece of parchment paper and spray it with non stick spray.
- 4. Roll out half of the dough into a circle, about 4-5 inches. Place on waffle maker
- 5. Add eggs, Canadian bacon, cheese and any extras on top of dough.

- 6. Roll out second piece of dough, place on top of egg mixture.
- 7. Close lid and give a squeeze. Let cook about 5 minutes.
- 8. Flip waffle over and let cook an additional 3-5 minutes. Let cool a few minutes and enjoy!