

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!