



OMG Apple Pie Waffles



1/4th of recipe (1 waffle with about 1/4 cup of topping):
239 calories, 4.5g total fat (2g sat. fat), 591mg sodium,
35g carbs, 5g fiber, 7.5g sugars, 13.5g protein

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Prep: 20 minutes **Cook:** 20 minutes

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Ingredients

Topping

3/4 cup fat-free plain Greek yogurt
1/2 cup natural light whipped topping
1 packet no-calorie sweetener (like Truvia)
1/2 tsp. cinnamon
1/2 tsp. vanilla extract
1/8 tsp. nutmeg
Dash salt

Waffles

3/4 cup (about 6 large) egg whites
2 tbsp. light whipped butter or light buttery spread
1 cup whole-wheat flour
3/4 cup cups peeled and finely chopped Fuji or Gala apples, or more for topping
1/2 cup unsweetened vanilla almond milk
3 packets no-calorie sweetener (like Truvia)
2 tsp. vanilla extract
2 tsp. baking powder
2 tsp. cinnamon
1/4 tsp. salt

Directions

In a medium bowl, mix topping ingredients until smooth and uniform. Cover and refrigerate.

Place egg whites in a medium bowl. With an electric mixer set to medium speed, beat until fluffy, 1 - 2 minutes.

In a large microwave-safe bowl, microwave butter for 25 seconds, or until melted. Add remaining waffle ingredients (*except* whipped egg whites) and 3/4 cup water. Whisk until smooth and uniform.

Gently but thoroughly fold egg whites into batter. Stir until just mixed and uniform.

Spray a standard round waffle maker with nonstick spray, and set heat to medium. Once hot, pour 1/4th of the batter (about 3/4 cup) into the center of the waffle maker. Close and cook for 4 minutes, or until golden brown and crispy.

Transfer waffle to a plate. Repeat to make 3 more waffles, re-spraying between waffles if needed.

Just before serving, top each waffle with 1/4th of the topping (about 1/4 cup).

MAKES 4 SERVINGS

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