



The Morning Waffle Dip



Entire recipe: 341 calories, 9g total fat (3.5g sat. fat), 988mg sodium, 41.5g carbs, 4g fiber, 3.5g sugars, 26.5g protein

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Prep: 5 minutes **Cook:** 10 minutes



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Ingredients

1 slice center-cut bacon or turkey bacon
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
2 frozen waffles with 3g fat or less each
1 slice reduced-fat cheddar cheese
1/4 cup sugar-free pancake syrup
Optional seasonings: salt, black pepper, garlic powder, onion powder

Directions

Cook bacon in a skillet sprayed with nonstick spray or on a microwave-safe plate in the microwave. (See package for temp and time.) Break in half.

Spray a medium microwave-safe bowl with nonstick spray. Add egg and (optional) seasonings. Microwave for 1 minute. Gently stir, and microwave for 1 more minute.

Toast waffles, and top one with the egg patty. Top with bacon halves, cheese, and remaining waffle.

Cut in half, and serve with syrup for dipping.

MAKES 1 SERVING

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