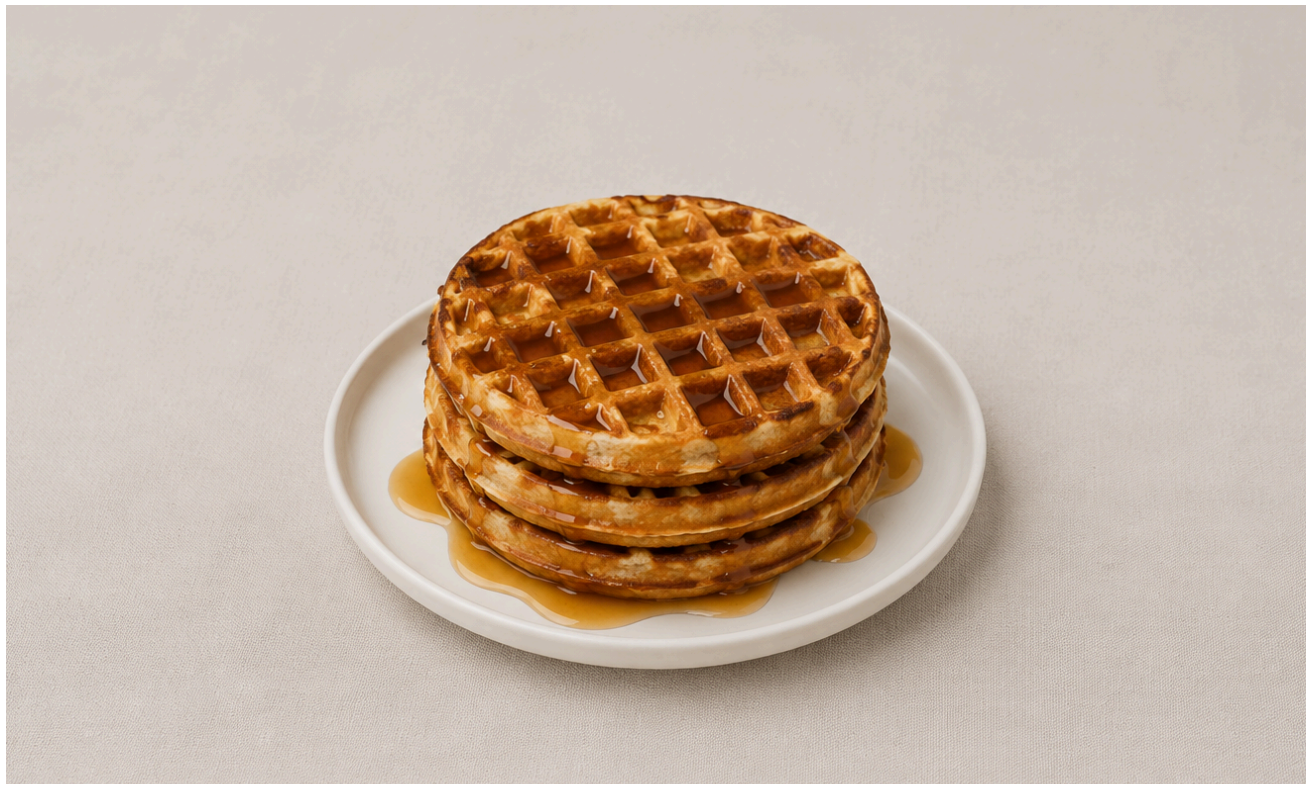


Plain Waffles



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *x*

NET CARBS: *3g*

INGREDIENTS:

¼ cup bakers basic waffle mix
1 egg
Sugar free syrup

DIRECTIONS:

1. Preheat and lightly grease a waffle maker.
2. In a small bowl, combine the waffle mix and egg. Mix until smooth.
3. Pour the batter into the hot waffle maker and cook for about 1 minute, or until golden and fully set.
4. Top with sugar free syrup.