

Apple Cinamon Waffles



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *250*

NET CARBS: *3g*

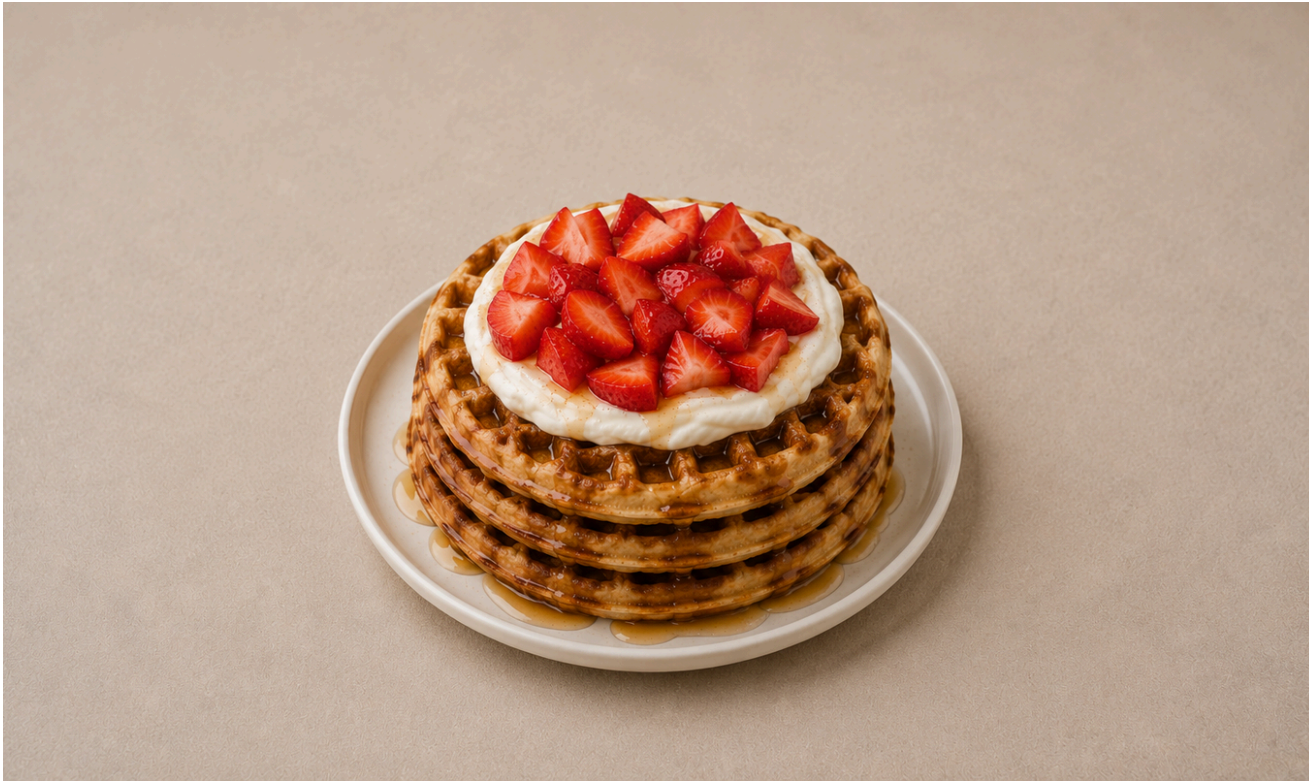
INGREDIENTS:

¼ cup cinnamon waffle mix
1 egg
Cream cheese frosting (see recipe)
Chopped apples (for topping)

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 cream cheese frosting and chopped apples.

Strawberry Shortcake Waffles



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *148*

NET CARBS: *3g*

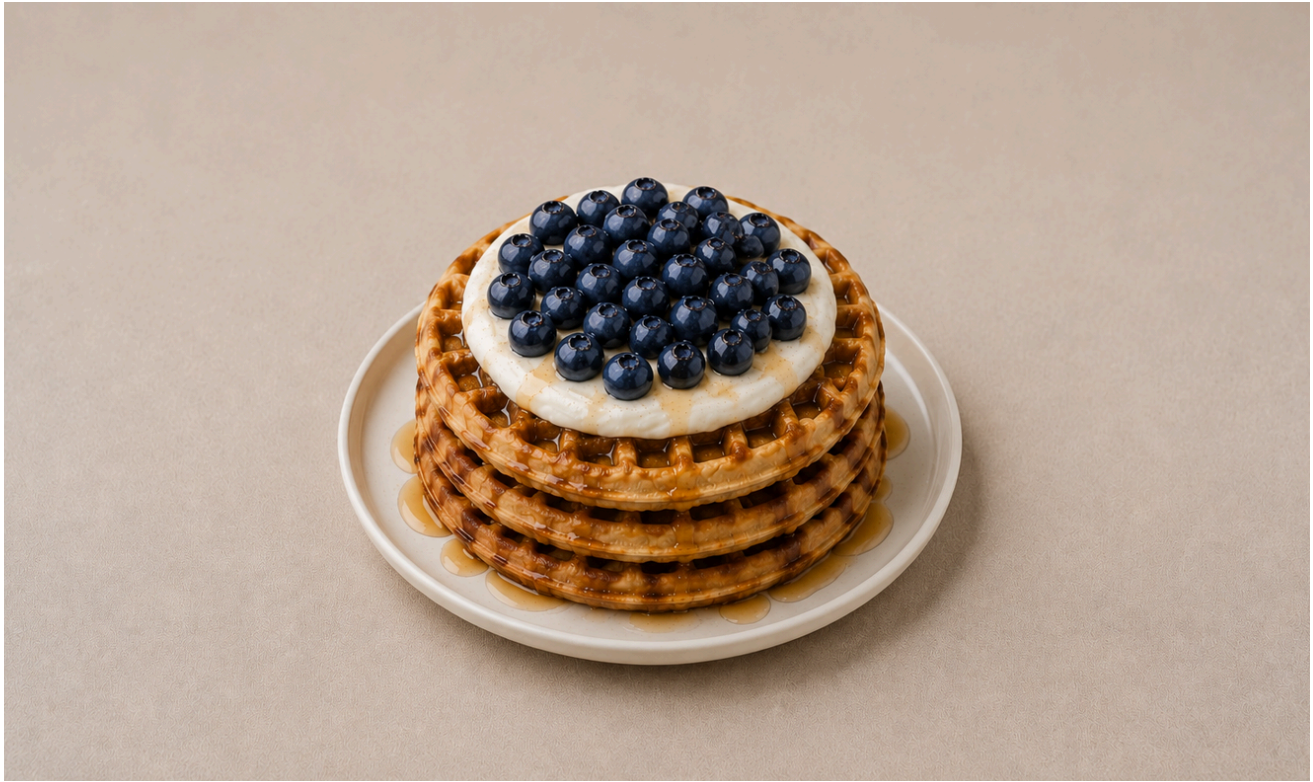
INGREDIENTS:

¼ cup bakers basic waffle mix
1 egg
¼ tsp strawberry extract
Cream cheese frosting (see recipe)
Strawberries (for topping)

DIRECTIONS:

1. Preheat and lightly grease a waffle maker.
2. In a small bowl, combine the waffle mix, egg and strawberry extract. 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 cream cheese frosting and strawberries.

Blueberry Waffles



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *148*

NET CARBS: *3g*

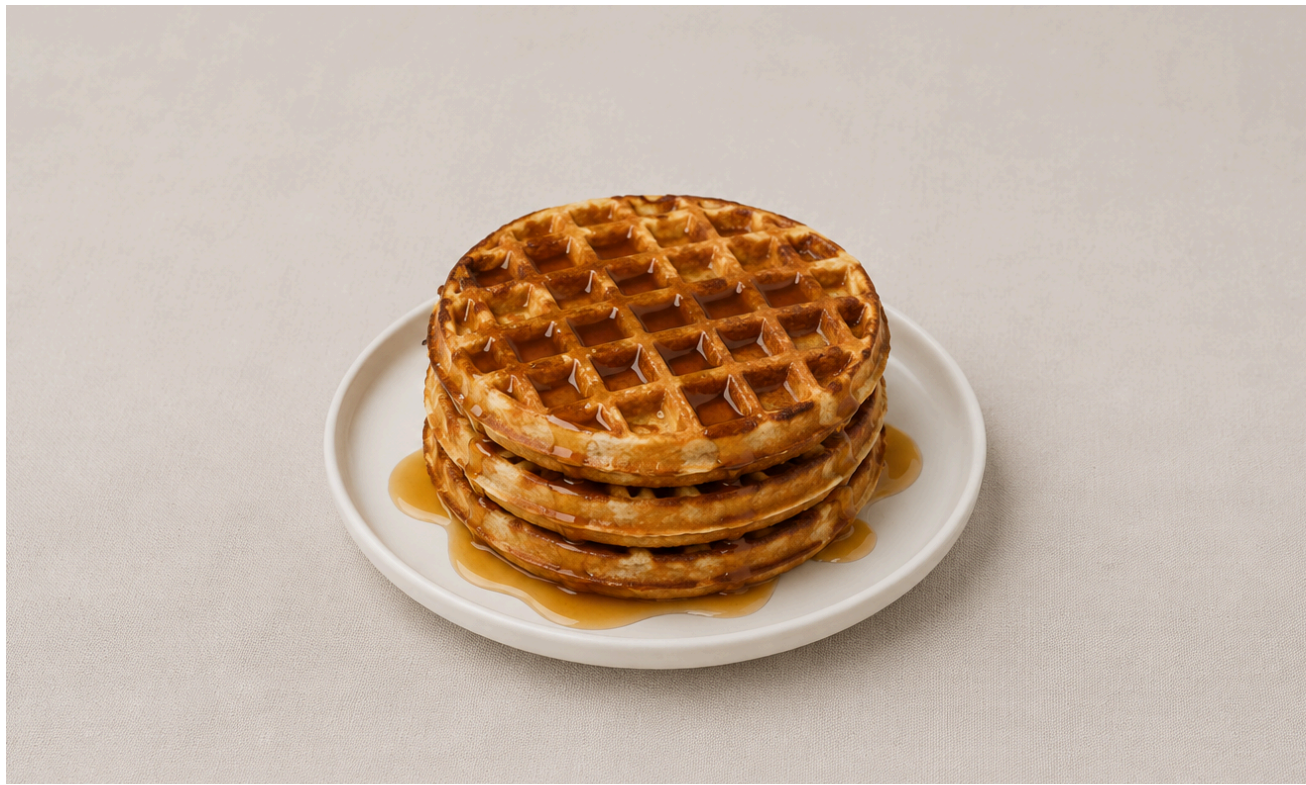
INGREDIENTS:

¼ cup bakers basic waffle mix
1 egg
¼ tsp strawberry extract
Cream cheese frosting (see recipe)
Blueberries (for topping)

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 cream cheese frosting and blueberries.

Plain Waffles



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *x*

NET CARBS: *3g*

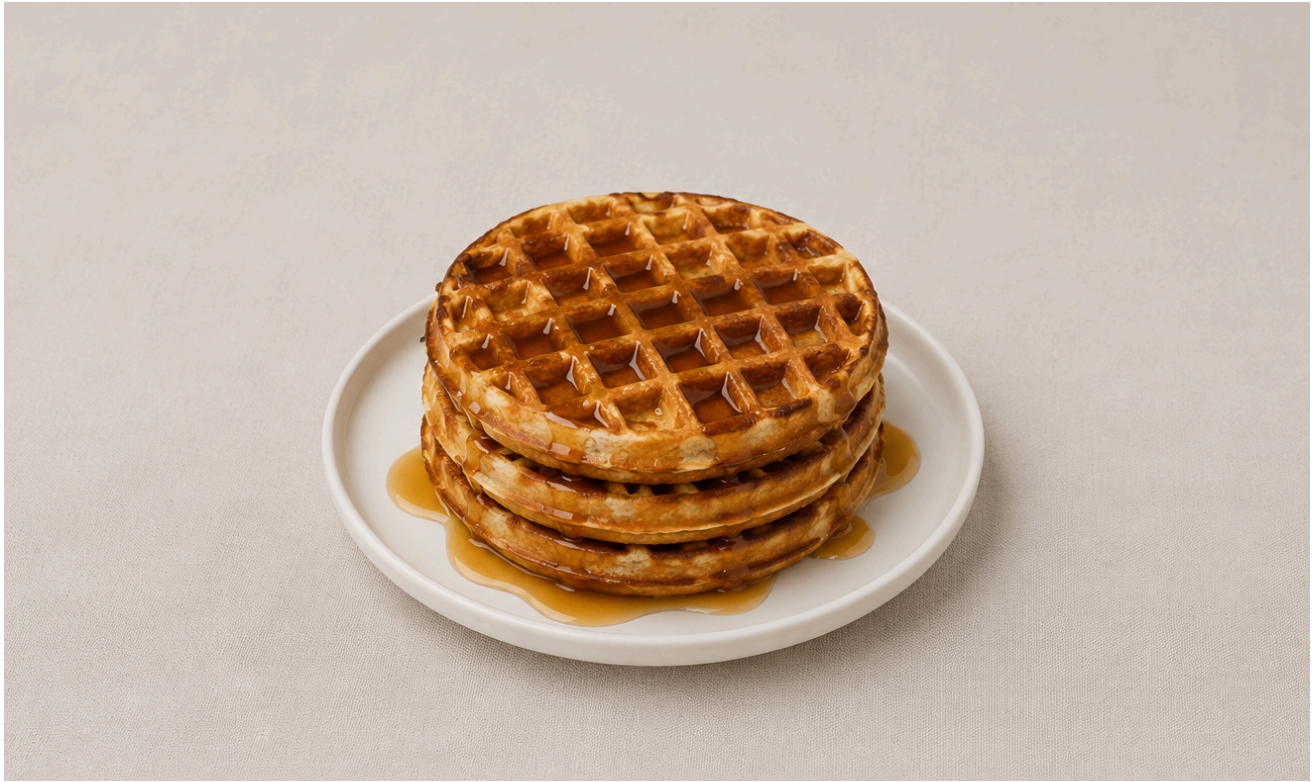
INGREDIENTS:

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.

French Toast Waffles



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *x*

NET CARBS: *3g*

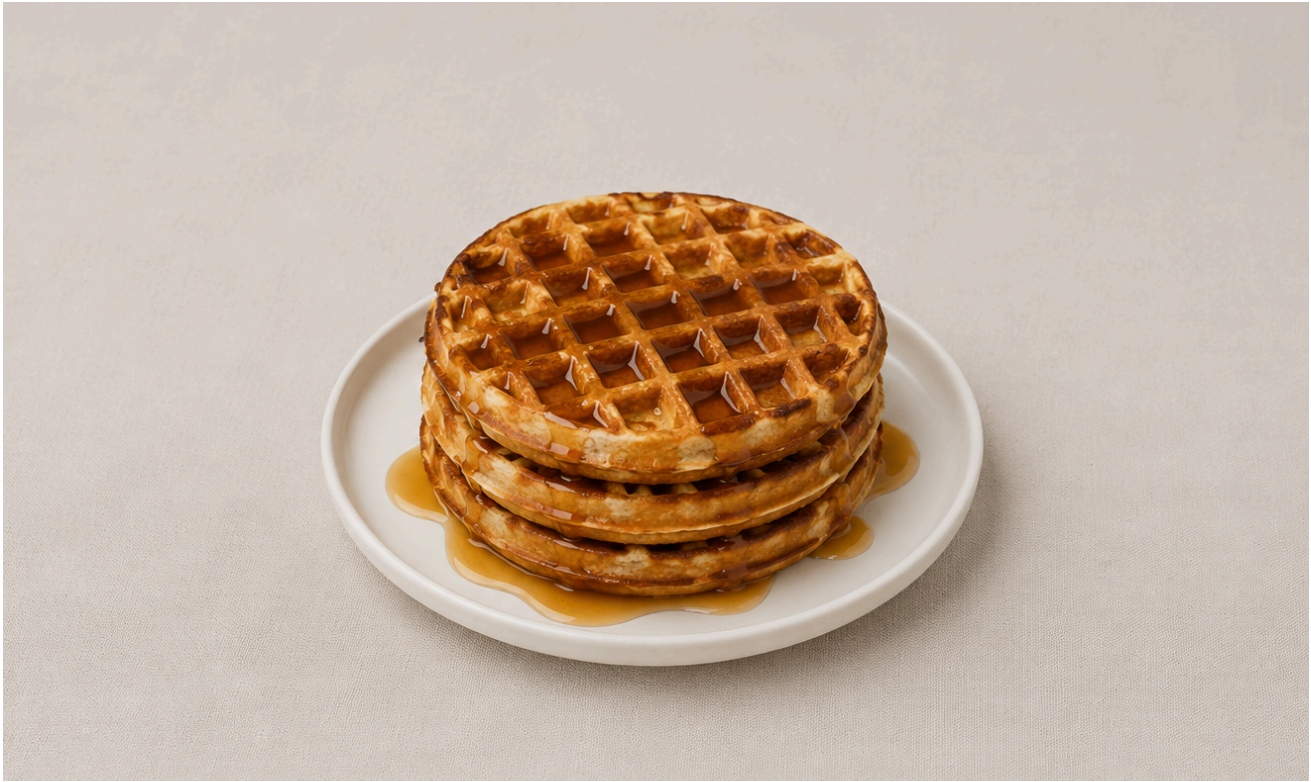
INGREDIENTS:

¼ cup cinnamon 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.

Cinnamon Waffles



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *x*

NET CARBS: *3g*

INGREDIENTS:

¼ cup cinnamon 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.

Chocolate Raspberry Waffles



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *136*

NET CARBS: *3g*

INGREDIENTS:

¼ cup chocolate waffle mix
1 egg
Cream cheese frosting (see recipe)
Raspberries (for topping)

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 cream cheese frosting and raspberries.

Chocolate Strawberry Waffles



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *x*

NET CARBS: *3g*

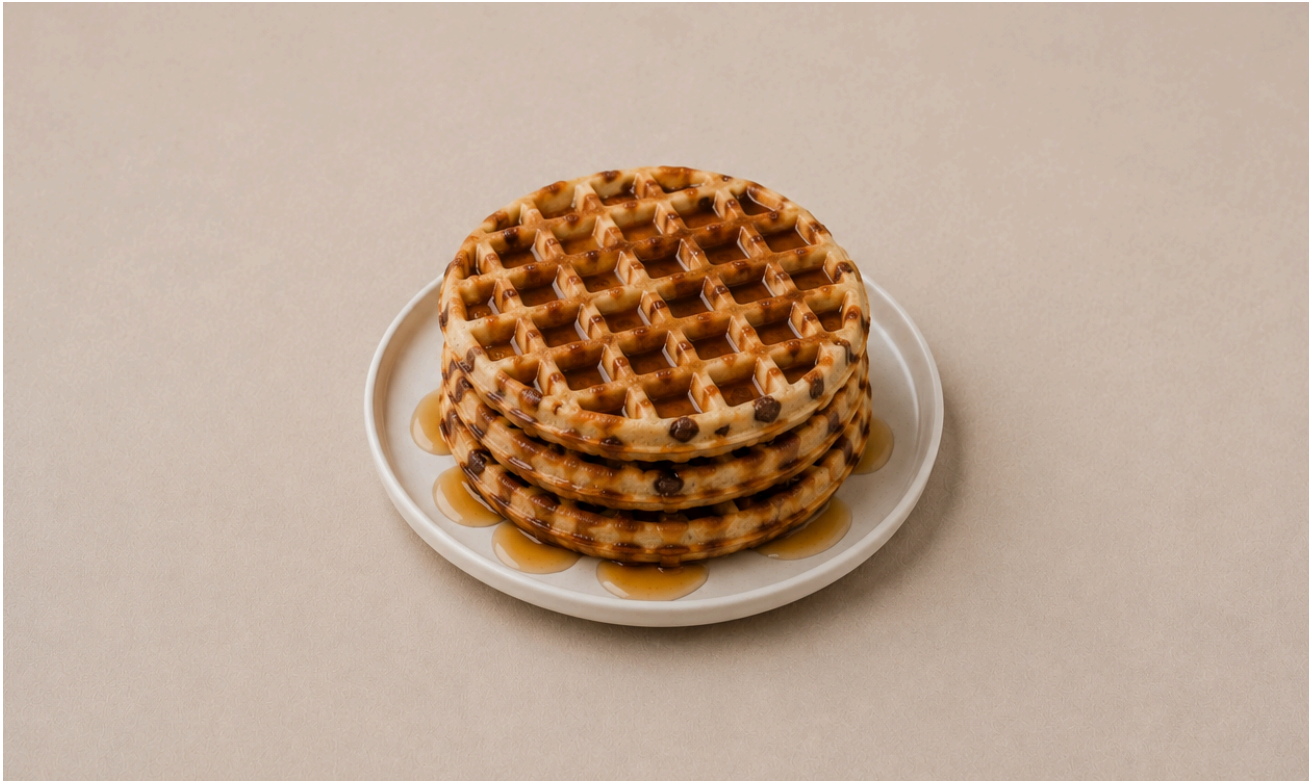
INGREDIENTS:

¼ cup chocolate waffle mix
1 egg
Cream cheese frosting (see recipe)
Strawberries (for topping)

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 cream cheese frosting and strawberries.

Chocolate Chip Waffles



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *x*

NET CARBS: *3g*

INGREDIENTS:

¼ cup bakers basic waffle mix
1 egg
¼ cup chocolate chips
Sugar free syrup

DIRECTIONS:

1. Preheat and lightly grease a waffle maker.
2. In a small bowl, combine the waffle mix, egg and chocolate chips.
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.

Peanut Butter Chocolate Chip Waffles



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *x*

NET CARBS: *3g*

INGREDIENTS:

¼ cup peanut butter waffle mix
1 egg
¼ cup chocolate chips
Sugar free syrup

DIRECTIONS:

1. Preheat and lightly grease a waffle maker.
2. In a small bowl, combine the waffle mix, egg and chocolate chips.
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, peanut butter and chocolate chips, if desired.

Peanut Butter Chocolate Banana Waffles



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *136*

NET CARBS: *3g*

INGREDIENTS:

¼ cup chocolate waffle mix
1 egg
½ banana, mashed
Sugar free syrup
Banana slices (for topping)
Chocolate chips (for topping)

DIRECTIONS:

1. Preheat and lightly grease a waffle maker.
2. In a small bowl, combine the waffle mix, egg and banana. 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, peanut butter, bananas and chocolate chips.

Spiced Banana Waffles



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *148*

NET CARBS: *3g*

INGREDIENTS:

¼ cup pumpkin waffle mix
1 egg
½ ripe banana, mashed
Sugar free syrup

DIRECTIONS:

1. Preheat and lightly grease a waffle maker.
2. In a small bowl, combine the waffle mix, egg and banana. 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.

Banana Nut Waffles



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *148*

NET CARBS: *3g*

INGREDIENTS:

¼ cup bakers basic mix
1 egg
½ ripe banana, mashed
Sugar free syrup
Walnuts (for topping)

DIRECTIONS:

1. Preheat and lightly grease a waffle maker.
2. In a small bowl, combine the waffle mix, egg and banana. 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, bananas and walnuts.

Tiramisu Waffles



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *148*

NET CARBS: *3g*

INGREDIENTS:

¼ cup bakers basic mix
1 egg
1 Tbsp instant coffee
Cream cheese frosting (see recipe)
Cocoa powder (for topping)

DIRECTIONS:

1. Preheat and lightly grease a waffle maker.
2. In a small bowl, combine the waffle mix, egg and instant coffee.
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 dream cheese frosting and cocoa powder.

Pumpkin Waffles



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *x*

NET CARBS: *3g*

INGREDIENTS:

¼ cup pumpkin 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.

Carrot Cake Waffles



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *x*

NET CARBS: *3g*

INGREDIENTS:

¼ cup carrot cake waffle mix
1 egg
Cream cheese frosting (see recipe)

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 cream cheese frosting, sugar free syrup and nuts, if desired.