



Bacon & Cheese Please Waffles



1/4th of recipe (1 waffle): 97 calories, 2.5g total fat (1.5g sat. fat), 369mg sodium, 10g carbs, 2g fiber, 1.5g sugars, 8.5g protein

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Prep: 10 minutes **Cook:** 25 minutes

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Ingredients

1 cup roughly chopped cauliflower or 3/4 cup [cauliflower rice](#)
1/2 cup finely chopped onion
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
1/4 cup whole-wheat flour
1/4 cup part-skim mozzarella cheese
1 tbsp. grated Parmesan cheese
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/4 tsp. baking powder
1/4 tsp. salt
1 tbsp. precooked real crumbled bacon
Optional topping: light sour cream

Directions

If starting with roughly chopped cauliflower, pulse in a blender until reduced to rice-sized pieces. Transfer to a medium-large bowl.

Add all remaining ingredients *except* bacon, and mix until uniform. Fold in bacon.

Spray a standard round waffle maker with nonstick spray, and set heat to medium.

Once hot, pour 1/4th of the batter (about 1/2 cup) into the center of the waffle maker. Close and cook for 5 minutes, or until golden brown and crispy.

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

MAKES 4 SERVINGS

Fun Serving Suggestions: Take things up a notch! Top your waffle with a poached egg, some mashed avocado, or some light cream cheese and scallions.

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