



Chocolate PB Madness Waffles



1/4th of recipe (1 waffle with about 1 tbsp. topping):
219 calories, 6g total fat (2g sat. fat), 553mg sodium,
35g carbs, 6g fiber, 8g sugars, 11.5g protein

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Prep: 15 minutes **Cook:** 20 minutes



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Ingredients

Waffles

3/4 cup (about 6 large) egg whites
2 tbsp. light whipped butter or light buttery spread
3/4 cup whole-wheat flour
1/2 cup unsweetened vanilla almond milk
1/4 cup unsweetened cocoa powder
1 1/2 tbsp. Truvia spoonable no-calorie sweetener (or another natural brand that's about twice as sweet as sugar)
2 tsp. vanilla extract
2 tsp. baking powder
1 tsp. cinnamon
1/4 tsp. salt

Topping

3 tbsp. [powdered peanut butter](#)
3 tbsp. unsweetened vanilla almond milk
1 tbsp. honey
4 tsp. mini semi-sweet chocolate chips

Directions

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 mostly 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.

In a small bowl, combine all topping ingredients *except* chocolate chips. Mix until uniform.

Just before serving, drizzle 1/4th of the PB topping (about 1 tbsp.) over each waffle, and top with 1 tsp. chocolate chips.

MAKES 4 SERVINGS

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