



## 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

[Click for WW Points® value\\*](#)

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

More: [Breakfast Recipes](#), [Four or More Servings](#)



### 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.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.