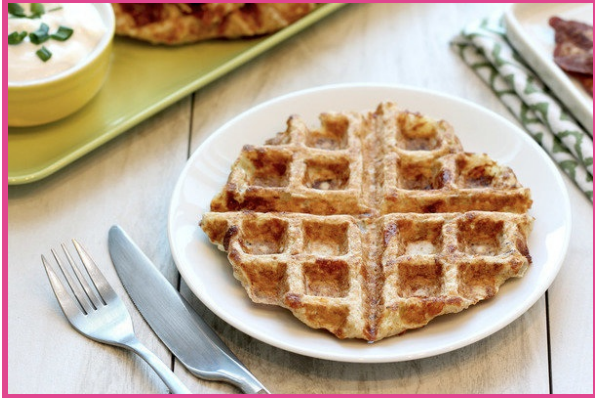




Bacon & Cheese Please Waffles



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

Blue Plan (Freestyle™) SmartPoints® value 2*

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

Tagged: [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.

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.