



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

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 7*

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



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

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

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.

