



OMG Apple Pie Waffles



1/4th of recipe (1 waffle with about 1/4 cup of topping): 239 calories, 4.5g total fat (2g sat fat), 591mg sodium, 35g carbs, 5g fiber, 7.5g sugars, 13.5g protein

SmartPoints® value 6*

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

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



Ingredients

Topping

3/4 cup fat-free plain Greek yogurt
1/2 cup natural light whipped topping
1 packet no-calorie sweetener (like Truvia)
1/2 tsp. cinnamon
1/2 tsp. vanilla extract
1/8 tsp. nutmeg
Dash salt

Waffles

3/4 cup (about 6 large) egg whites
2 tbsp. light whipped butter or light buttery spread
1 cup whole-wheat flour
3/4 cup cups peeled and finely chopped Fuji or Gala apples, or more for topping
1/2 cup unsweetened vanilla almond milk
3 packets no-calorie sweetener (like Truvia)
2 tsp. vanilla extract
2 tsp. baking powder
2 tsp. cinnamon
1/4 tsp. salt

Directions

In a medium bowl, mix topping ingredients until smooth and uniform. Cover and refrigerate.

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 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.

Just before serving, top each waffle with 1/4th of the topping (about 1/4 cup).

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.