



BODYBUILDING.com™

Chocolate Peanut Butter Waffle

Ingredients:

Oatmeal, 1 cup
MuscleTech Lab Series Triple Chocolate protein, 1 scoop
PB2, 2 tbsp
Egg white, 1
Water, 1 cup
Stevia, 2 tbsp
Cinnamon, 2 tsp

Directions:

1. Place all ingredients in a blender and mix well.
2. Pour mixture into a preheated waffle maker.
3. Cook 3-5 minutes.
4. Enjoy with some honey or PB2.