

Savory High Protein Waffles with Cottage Cheese

Prep: 10 minutes • Cook: 5 minutes

Crispy-edged yet tender savory waffles enriched with cottage cheese and sharp cheddar, punctuated by scallions and spinach. A high-protein, satisfying bite that toasts up beautifully from fresh or frozen.

Ingredients

- 1/4 cup cottage cheese
- 1/4 cup cheddar cheese (sharp, shredded)
- 1 large egg
- 2 tablespoons scallions (minced)
- 1/4 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/8 teaspoon fine sea salt
- 1/8 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1/4 cup baby spinach (finely chopped)
- as needed oil spray (for cooking)

Instructions

1. Preheat a nonstick waffle iron.
2. In a medium bowl, mix cottage cheese, shredded cheddar, egg, and minced scallions.
3. In a separate small bowl, whisk together flour, baking powder, baking soda, fine sea salt, black pepper, and garlic powder.
4. Add the dry ingredients to the wet and stir just until faint flour streaks remain—do not overmix.
5. Fold in the finely chopped baby spinach until just combined; the batter will be thick.
6. Generously spray both sides of the preheated waffle iron with oil spray.
7. Add batter to the waffle iron and cook until deeply golden, crisp on the outside, and cooked through.
8. Remove waffle and repeat if needed. Add desired toppings and serve.

Tags: High Protein, Breakfast, Vegetarian, Waffles, Meal Prep Friendly, Savory

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