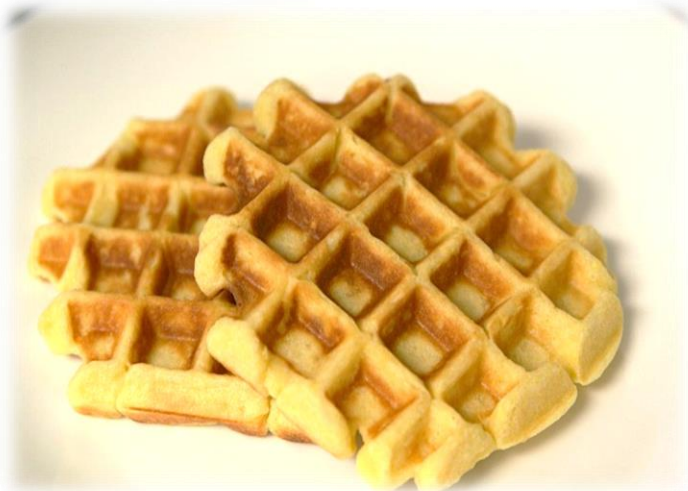


331 kcal	4.3 net carbs
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# WAFFLES



Measurements	Ingredients	Net Carbs
3 Tbsp.	Bob's Red Mill® soy flour	3.8
1 Tbsp.	Egg, Raw	
1 tsp.	Sour cream	
1 Tbsp.	Butter, in the batter, softened	
1 Tbsp.	Butter, on top	
½ tsp.	Jell-O Sugar Free® pudding powder, vanilla	0.5
	Water as needed until soft	

*Recipe developed by Chef Paige Vondran*

- In a small bowl, combine the butter, raw egg and sour cream.
- Add the soy flour and vanilla pudding powder.
- Stir until smooth, using a small rubber spatula.
- The batter should be a smooth, soft dough. Add water as necessary (1 tsp. at a time) to create the appropriate texture.
- Using nonstick cooking spray, grease the well of a waffle iron and preheat.
- Scoop the mixture into the waffle iron cavity creating a large mound.
- Secure the lid and cook until firm.
- Gently remove the waffle and serve warm with butter on top.

