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# Rebalance your Metabolism in 21 Days

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# Low Carb Waffles

## Ingredients (makes about 10 square waffles)

8 Eggs
4-1/2 oz Butter, melted
7 oz Low fat Quark
4 tsp Rapeseed oil
2 tsp Baking powder
4-1/2 oz Vanilla or coconut protein powder
Cinnamon, ground vanilla, as desired

## Preparation:

Cream the eggs and the melted butter with an electric hand mixer. Add the remaining ingredients little by little and set aside for 5 minutes to rise.

Cook in a non-stick waffle pan.

**TIP:**

This same batter can also be made with grated cheese and diced ham. Use unflavored protein powder and, instead of cinnamon and vanilla, season with pepper.