



## INGREDIENTS

SERVES 1



2

XS Chocolate Protein Pod



$\frac{1}{2}$  Cup  
Honey



$\frac{1}{2}$  Cup  
Coconut Oil



5  
Large Eggs



$\frac{1}{2}$  Cup  
Almond Milk



3  $\frac{1}{2}$  Cups  
Almond Flour



2 Tablespoons  
Coconut Flour



1 Tablespoon  
Psyllium Husk



1  $\frac{1}{2}$  Teaspoons  
Baking Soda



$\frac{1}{2}$  Teaspoon  
Salt

TO SERVE

1 Large Tablespoon  
Peanut Butter

$\frac{1}{2}$  Cup  
Blueberries

1 Large Tablespoon  
Coconut Yogurt

$\frac{1}{4}$  Lemon  
Juice and Zest

# WAFFLES

with XS™ Protein Pods

PROTEIN PODS





## XS PROTEIN PODS

### PROTEIN POWDER TO GO!

Contains 20 grams of whey protein isolate and 4.4 grams BCAAs\* to help build lean muscle mass.† The keto-friendly formula also contains 90 calories and is free from gluten, lactose and soy.

\*Branch-Chain Amino Acids.  
†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## BUST OUT

- Measuring Cups
- Tablespoon
- Teaspoon
- Food Processor (or blender)
- Waffle Iron
- Microplane/Zester

## GET SOCIAL

Share your finished recipe pics with us @XSNation



## 1 PREHEAT WAFFLE IRON

- Preheat **waffle iron** to medium-high heat.



## 2 COMBINE INGREDIENTS

- Place the ingredients as listed into a food processor:

**Honey**  
**Coconut Oil**  
**Eggs**  
**Protein Pods**  
**Almond Milk**  
**Almond Flour**  
**Coconut Flour**  
**Psyllium Husk**  
**Baking Soda**  
**Salt**



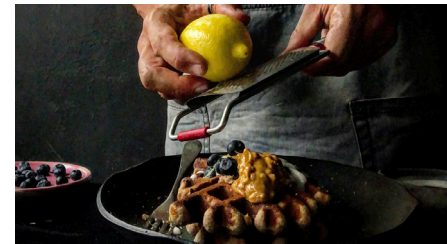
## 3 PUREE

- Using the food processor, puree the ingredients until smooth.



## 4 COOK

- Spoon mixture into the preheated waffle iron and cook for **approximately 3 - 4 minutes** or until golden and spring back when touched. Remove from waffle iron and allow to cool a few moments before dressing.



## 5 SERVE AND ENJOY

- Place a waffle onto a plate and dress with **peanut butter, blueberries, coconut yogurt, lemon juice** and **lemon zest**.