AMERICAN · BREAKFAST

High-Protein Waffles with Cottage Cheese and Oats

10 min · Makes 2 × 2 square waffles · 302 kcal a portion · Video 5:51 · Clean & Delicious

Vegetarian · Nut-free

Whey, cottage cheese and eggs give about 33 g protein a serve, with whole oats and no added sugar for about 18 g net carbs.

Scan for the video, full nutrition and more free recipes

Ingredients

9 · MAKES 2 × 2 SQUARE WAFFLES

- [ ] ½ cup **rolled oats** (or quick oats)
- [ ] ½ cup **low-fat cottage cheese**
- [ ] 2 whole **eggs**
- [ ] 2 tbsp **low-fat milk** (any milk)
- [ ] a scant ½ cup **whey protein powder** (whey concentrate blend)
- [ ] ½ tsp **baking powder**
- [ ] ½ tsp **ground cinnamon**
- [ ] a pinch of **sea salt**
- [ ] **non-stick cooking spray**, for the waffle iron

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Egg, Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat a waffle iron (round or square) while you make the batter. 1:01
2. Put the oats, cottage cheese, eggs, milk and whey protein in a high-speed blender or food processor. 1:17
3. Add the baking powder, cinnamon and a pinch of salt and blend to a thick but pourable batter. 2:52
4. Lightly spray the hot waffle iron, pour in the batter (it fills four squares — two per serve), close and cook about 4 minutes, until the steam slows and the waffles are golden. 3:14
5. Serve with your favourite low-sugar toppings, or cool and store for the week and reheat in the toaster. 4:19

> **Tip** The cook tops hers with a dollop of Greek yoghurt, a few berries and sugar-free maple syrup. Use whey concentrate — isolate makes flat waffles. Keeps a week in the fridge or months frozen.

The method is a summary in our words — the video shows every step.

One portion (2 square waffles) gives you

1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
302 kcal	33 g	20 g	2.3 g	9.8 g	510 mg
1,260 kJ	66% of a day	18 g net · 4.5 g sugars	8% of a day	3.6 g saturated	22% of a day
		7% of a day		13% of a day	

Energy from net carbs 25% · protein 45% · fat 30% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 55% · Vitamin B12 47%

Source of (10–19%) Zinc 19% · Calcium 17% · Magnesium 13% · Vitamin A 11%

Recipe and video: Clean & Delicious (@CleanandDeliciousDani) on YouTube — youtube.com/watch?v=VZ3kvvDlXhg, published 24 April 2026. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cottage-cheese-oat-protein-waffles