

# Greek Waffles with Tzatziki

Servings: 4

RECIPE BOX

## INGREDIENTS

4 LARGE EGGS  
2 TBSP OLIVE OIL  
1/4 CUP WHOLE WHEAT FLOUR  
1/2 TSP BAKING POWDER  
1/4 TSP SALT  
2 HANDFULS BABY SPINACH, CHOPPED  
1 LARGE POTATO, COOKED AND CUBED  
1/4 CUP FETA CHEESE  
3 SCALLIONS, FINELY CHOPPED  
1 TBSP FINELY CHOPPED PARSLEY  
1 TSP FINELY CHOPPED DILL  
TZATZIKI SAUCE



## DIRECTIONS

**STEP 1:** Heat waffle maker to medium heat and spray with nonstick cooking spray.

**STEP 2:** In large bowl, whisk eggs, salt, and oil. Sift the flour and baking powder over the bowl and mix together until smooth.

**STEP 3:** Fold in cooked potato, feta, spring onion, and herbs.

**STEP 4:** Fill waffle iron about halfway (mixture will expand once you close the lid). Cook 5 minutes. Repeat until batter is depleted.

**STEP 5:** Serve with hot or cold Tzatziki as a side dip or topping!

**GF** Choose a gluten free whole wheat flour.

**V** This recipe is vegetarian as written.

Nutrition per Serving: Calories 374, Total Fat 18.9g, Carbs 38.7g, Protein 15.4g, Fiber 6.8g, Sugars 2.4g.

moms into fitness  
& nutrition