



## CHOCOLATE WAFFLE

for breakfast or snack, kids party or other occasion

 5 minutes 10 minutes 4 portions

## INGREDIENTS

- 1 medium unit of egg, whole, raw, fresh [44 g]
- 1 large unit of egg, white, raw, fresh [33 g]
- 7 grams of cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa
- 1 medium unit [7" to 7-7/8" long] of bananas, raw [118 g]
- 1 tsp of oil, coconut [5 g]
- 10 grams of oat bran, raw
- 15 grams of potato flour
- 100 grams of yogurt, Greek, plain, nonfat

## COOKING METHOD

- 1° mix all ingredients together
- 2° Bake on the waffle machine
- 3° Bake on the waffle machine

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (83 g)	% DRI
ENERGY	118 kcal	98 kcal	5 %
FAT	3 g	3 g	4 %
FATTY ACIDS, TOTAL SATURATED	2 g	1 g	7 %
CHOLESTEROL	51 mg	42 mg	14 %
SODIUM	49 mg	41 mg	2 %
CARBOHYDRATE	16 g	14 g	5 %
SUGARS	6 g	5 g	—
FIBER	2 g	2 g	6 %
PROTEIN	7 g	6 g	—