Waffles

2 Servings | 1 Fueling | 2 to 3 Condiments | 1 Fueling

Ingredients

2 pckts. Chipotle Mac & Cheese
4 oz cold water
6 tbsp liquid egg whites
Cooking Spray
1 tsp hot sauce (optional)
2 tbsp sugar-free maple (optional)

Instructions

In a medium-sized, microwave-safe bowl, mix Chipotle Mac & Cheese and water until well combined. Microwave on high for 1-½ minutes; stir, and let stand 1 minute. Microwave on high for an additional minute; stir, and let sit until cooled. Whisk in liquid egg whites.

Pour mixture onto a hot, lightly greased waffle iron. Close lid, and bake 5 to 7 minutes, until cooked throughout. Carefully remove waffle from waffle iron, and serve with hot sauce or maple syrup if desired.