



The Morning Waffle Dip



Entire recipe: 341 calories, 9g total fat (3.5g sat fat), 988mg sodium, 41.5g carbs, 4g fiber, 3.5g sugars, 26.5g protein

Blue Plan (Freestyle™) SmartPoints® value 9*

Prep: 5 minutes **Cook:** 10 minutes



Tagged: [Breakfast Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

1 slice center-cut bacon or turkey bacon
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
2 frozen waffles with 3g fat or less each
1 slice reduced-fat cheddar cheese
1/4 cup sugar-free pancake syrup
Optional seasonings: salt, black pepper, garlic powder, onion powder

Directions

Cook bacon in a skillet sprayed with nonstick spray or on a microwave-safe plate in the microwave. (See package for temp and time.) Break in half.

Spray a medium microwave-safe bowl with nonstick spray. Add egg and (optional) seasonings. Microwave for 1 minute. Gently stir, and microwave for 1 more minute.

Toast waffles, and top one with the egg patty. Top with bacon halves, cheese, and remaining waffle.

Cut in half, and serve with syrup for dipping.

MAKES 1 SERVING

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.