



# WAFFLE CRISTO

Serves 1

INSPIRED BY  
DISNEYLAND  
& READY IN  
UNDER 10  
MINUTES!

## INGREDIENTS

- 1/2 c protein pancake/waffle mix such as Kodiak Cakes Power Cakes Flapjack & Waffle Mix (63 g)
- 1/2 c water (118 ml)
- 1 1/2 tsp olive oil (7 ml)
- 1 oz sliced lean deli ham (28 g)
- 1 oz sliced deli turkey breast (28 g)
- 1 slice Swiss cheese (21 g)

### Optional:

*Not included in nutrition facts, log separately*

- powdered sugar
- raspberry or strawberry preserves/jam
- maple syrup

## FACTS

**Prep time:** 5 min

**Cook time:** 4 min

**Total time:** 9 min

**MFP:** "FFC Waffle Cristo"

**1 serving:** 1 waffle

**442 Calories**

**35P | 17F | 36C**

## DIRECTIONS

- 1** Preheat a standard size waffle maker and lightly spray with cooking spray.
- 2** In a small bowl, whisk together pancake/waffle mix, water, and oil until smooth.
- 3** Pour just about half the batter into the center of the waffle iron and spread to edges.
- 4** Layer ham, turkey and Swiss cheese evenly over the batter.
- 5** Pour the remaining batter over the top to cover the filling.
- 6** Close the waffle maker and cook for 4-5 minutes, or until golden brown and crisp on the outside.
- 7** Slice and dust with optional powdered sugar and serve with optional preserves/jam and/or maple syrup for dipping.