

# PB&J Waffle Hearts

Yield: 10 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-waffle-recipe-greek-yogurt>

## Ingredients:

- 1 cup all purpose flour
- 1 cup whole wheat flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 1/2 cups unsweetened vanilla almond milk
- 1/2 cup plain greek yogurt
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 tablespoons butter melted and cooled
- 1 cup strawberries frozen or fresh
- 1/4 lemon
- waffles Heart-shaped, broken into individual hearts
- chunky peanut butter Natural
- jam Strawberry Chia Seed, or your favorite jam

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 50 milligrams
4. Fat: 4 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 440 milligrams
9. Sugar: 4 grams

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