

Breakfast Waffle

Serves 1*

Ingredients:

- 1 lower protein gluten free waffle
- 1 5.3 oz container dairy free coconut milk-based yogurt, any flavor
- ½ cup frozen or fresh fruit of choice

Instructions:

Toast the waffle according to the instructions on the package.

Once toasted, top waffle with coconut yogurt and fruit.

Kcal: 279

Protein: 2 g

* Nutritional information is per serving as calculated using Nutritionist Pro. All values are approximate based on availability of information at time of analysis.

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