Protein Waffles (from Cara's Cravings)

Substitutions I've made that worked: 2 whole eggs plus a dribble of milk for the 4 egg whites; regular oats for the instant oats Cara recommends; ½ tablespoon honey for the sweetener; vanilla ice cream protein powder, which is so sweet that I don't need any additional sweetener at all

Substitution I made that didn't work: Greek yogurt for the cottage cheese

4 egg whites
½ cup (4 ounces) low-fat cottage cheese
½ cup (40 grams) oats
1 scoop (25 grams) vanilla protein powder
2 packets of Truvia, or other sweetener to taste
½ teaspoon baking powder

Combine all ingredients in a blender and process until smooth.

Cook in waffle iron according to manufacturer's directions, to desired crispiness. Spray with nonstick spray between each waffle.