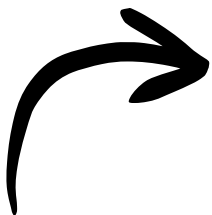




WAFFLE BREAD MIX COMPANION RECIPE GUIDE!

Without Wheat, Without Refined Sugar —
and Always Without Guilt!

Free Waffle Bread Mix
Companion Guide



10.29.2025C

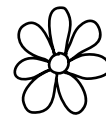
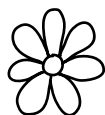
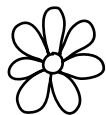
“Everything Tastes Better with Optionz!”



Optionz
BAKERY

WAFFLE BREAD
MIX-INS

“Everything Tastes Better with Optionz!”



Banana Nut Waffles

RECIPE BY ELIZA
ELIZABETH A. CATES

Gather These Goodies:

- 📦 Optionz! Waffle Bread Baking Mix
- 🥚 3 large Eggs
- 🥛 1 cup Heavy Whipping Cream
- 💧 1/4 cup Water

Mix-in's:

- 1/4 c chopped pecans (or walnuts), 1 tsp banana extract

Topping:

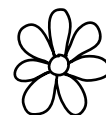
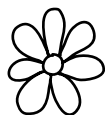
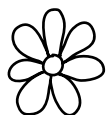
- Sugar Free Syrup

Let's Make Waffle Bread!

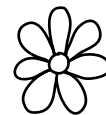
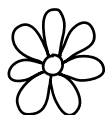
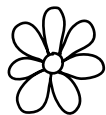
1. Preheat DASH Waffle Iron.
2. In a large bowl, add Optionz! Baking Mix.
3. Add wet ingredients and mix-ins, if desired.
4. Mix until well combined.
5. Scoop 1/4 c mixture per waffle on waffle iron.
6. Bake about 1-2 minutes or until golden.
7. Let cool on baking rack.

🍴 Tips:

- If you're lucky enough to have extras, Option! Waffle Bread freezes great!
- Perfect for meal prep — make ahead and freeze for later.
- Cool first, then freeze in bags for quick future meals.



“Everything Tastes Better with Optionz!”



Blueberry Waffles

RECIPE BY ELIZA
ELIZABETH A. CATES

Gather These Goodies:

- 📦 Optionz! Waffle Bread Baking Mix
- 🥚 3 large Eggs
- 🥛 1 cup Heavy Whipping Cream
- 💧 1/4 cup Water

Mix-in's:

- ½ cup Blueberries (fresh or frozen)
- 1 teaspoon Cinnamon

Topping:

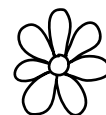
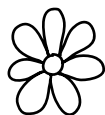
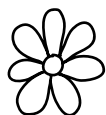
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Let's Make Waffle Bread!

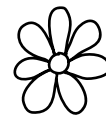
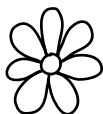
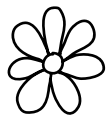
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7. Let cool on baking rack.

🍴 Tips:

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“Everything Tastes Better with Optionz!”



Chocolate Chip Waffles

RECIPE BY ELIZA
ELIZABETH A. CATES

Gather These Goodies:

- 📦 Optionz! Waffle Bread Baking Mix
- 🥚 3 large Eggs
- 🥛 1 cup Heavy Whipping Cream
- 💧 1/4 cup Water

Mix-in's:

- 1/2 cup Chocolate Chips (no sugar added)

Topping:

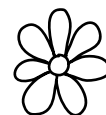
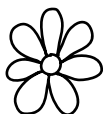
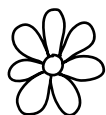
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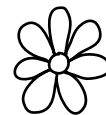
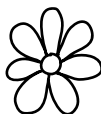
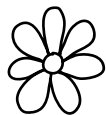
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6. Bake about 1-2 minutes or until golden.
7. Let cool on baking rack.

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“Everything Tastes Better with Optionz!”



Cinnamon Waffles

RECIPE BY ELIZA
ELIZABETH A. CATES

Gather These Goodies:

- 📦 Optionz! Waffle Bread Baking Mix
- 🥚 3 large Eggs
- 🥛 1 cup Heavy Whipping Cream
- 💧 1/4 cup Water

Mix-in's:

- 1 teaspoon Cinnamon
- 1 teaspoon Vanilla Extract

Topping:

- Sugar Free Syrup

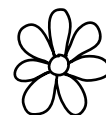
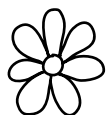
Let's Make Waffle Bread!

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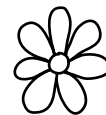
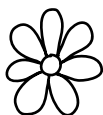
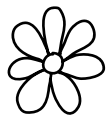


🍴 Tips:

- If you're lucky enough to have extras, Option! Waffle Bread freezes great!
- Perfect for meal prep — make ahead and freeze for later.
- Cool first, then freeze in bags for quick future meals.



“Everything Tastes Better with Optionz!”



Homestyle Waffles

RECIPE BY ELIZA
ELIZABETH A. CATES

Gather These Goodies:

- 📦 Optionz! Waffle Bread Baking Mix
- 🥚 3 large Eggs
- 🥛 1 cup Heavy Whipping Cream
- 💧 1/4 cup Water

Mix-in's:

- None

Topping:

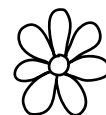
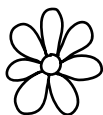
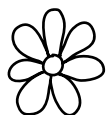
- Sugar Free Syrup

Let's Make Waffle Bread!

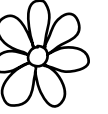
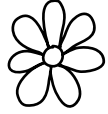
1. Preheat DASH Waffle Iron.
2. In a large bowl, add Optionz! Baking Mix.
3. Add wet ingredients and mix-ins, if desired.
4. Mix until well combined.
5. Scoop ¼ c mixture per waffle on waffle iron.
6. Bake about 1-2 minutes or until golden.
7. Let cool on baking rack.

🍴 Tips:

- If you're lucky enough to have extras, Option! Waffle Bread freezes great!
- Perfect for meal prep — make ahead and freeze for later.
- Cool first, then freeze in bags for quick future meals.



“Everything Tastes Better with Optionz!”



Gather These Goodies:

- 📦 Optionz! Waffle Bread Baking Mix
- 🥚 3 large Eggs
- 🥛 1 cup Heavy Whipping Cream
- 💧 1/4 cup Water

Mix-in's:

- 1 teaspoon Maple Extract

Topping:

- Sugar Free Syrup

Let's Make Waffle Bread!

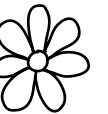
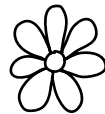
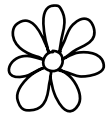
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🍴 Tips:

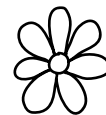
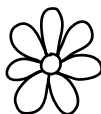
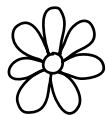
- If you're lucky enough to have extras, Option! Waffle Bread freezes great!
- Perfect for meal prep — make ahead and freeze for later.
- Cool first, then freeze in bags for quick future meals.

Maple Waffles

RECIPE BY ELIZA
ELIZABETH A. CATES



“Everything Tastes Better with Optionz!”



Peanut Butter Waffles

RECIPE BY ELIZA
ELIZABETH A. CATES

Gather These Goodies:

- 📦 Optionz! Waffle Bread Baking Mix
- 🥚 3 large Eggs
- 🥛 1 cup Heavy Whipping Cream
- 💧 1/4 cup Water

Mix-in's:

- 2 tablespoons PB Fit Powder or No Sugar Added Peanut Butter

Topping:

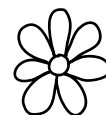
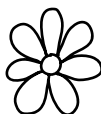
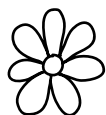
- Sugar Free Syrup

Let's Make Waffle Bread!

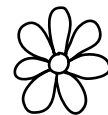
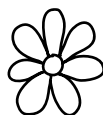
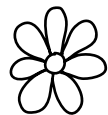
1. Preheat DASH Waffle Iron.
2. In a large bowl, add Optionz! Baking Mix.
3. Add wet ingredients and mix-ins, if desired.
4. Mix until well combined.
5. Scoop ¼ c mixture per waffle on waffle iron.
6. Bake about 1-2 minutes or until golden.
7. Let cool on baking rack.

🍴 Tips:

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- Cool first, then freeze in bags for quick future meals.



“Everything Tastes Better with Optionz!”



Optionz! BAKERY Pumpkin Spice Waffles

RECIPE BY ELIZA
ELIZABETH A. CATES

Gather These Goodies:

- 📦 Optionz! Waffle Bread Baking Mix
- 🥚 3 large Eggs
- 🥛 1 cup Heavy Whipping Cream
- 💧 1/4 cup Water

Mix-in's:

- 2 tablespoons Pumpkin Puree
- ½ teaspoon pumpkin spice
- 1 teaspoon Cinnamon

Topping:

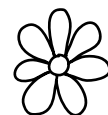
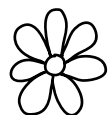
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Let's Make Waffle Bread!

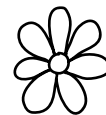
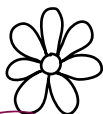
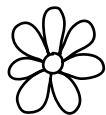
1. Preheat DASH Waffle Iron.
2. In a large bowl, add Optionz! Baking Mix.
3. Add wet ingredients and mix-ins, if desired.
4. Mix until well combined.
5. Scoop ¼ c mixture per waffle on waffle iron.
6. Bake about 1-2 minutes or until golden.
7. Let cool on baking rack.

🔪 Tips:

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- Cool first, then freeze in bags for quick future meals.



“Everything Tastes Better with Optionz!”



Texas Toast Waffles

RECIPE BY ELIZA
ELIZABETH A. CATES

Gather These Goodies:

- 📺 Optionz! Waffle Bread Baking Mix
- 🥚 3 large Eggs
- 🥛 1 cup Heavy Whipping Cream
- 💧 1/4 cup Water

Mix-in's:

- 1 teaspoon Garlic Powder
- 1 tablespoon Dried Parsley

Topping:

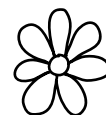
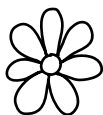
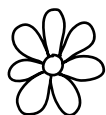
- Butter, Fresh Parsley

Let's Make Waffle Bread!

1. Preheat DASH Waffle Iron.
2. In a large bowl, add Optionz! Baking Mix.
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4. Mix until well combined.
5. Scoop 1/4 c mixture per waffle on waffle iron.
6. Bake about 1-2 minutes or until golden.
7. Let cool on baking rack.

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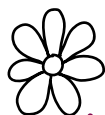
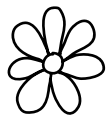
“Everything Tastes Better with Optionz!”



Optionz
BAKERY

WAFFLE BREAD
FROM MIX TO
MEALZ

“Everything Tastes Better with Optionz!”



Gather These Goodies:

- 📺 Optionz! Waffle Bread Baking Mix
- 🥚 3 large Eggs
- 🥛 1 cup Heavy Whipping Cream
- 💧 1/4 cup Water

From Mix to Meal:

- Olive Oil, Avocado, Egg, Pickled Red Onions

Let's Make Waffle Bread!

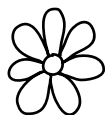
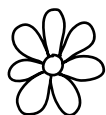
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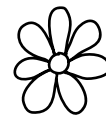
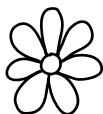
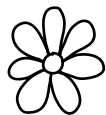
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Avocado Egg Toast

RECIPE BY ELIZA
ELIZABETH A. CATES



“Everything Tastes Better with Optionz!”



Blat Club Sandwich

RECIPE BY ELIZA
ELIZABETH A. CATES

Gather These Goodies:

- 📦 Optionz! Waffle Bread Baking Mix
- 🥚 3 large Eggs
- 🥛 1 cup Heavy Whipping Cream
- 💧 1/4 cup Water

From Mix to Meal:

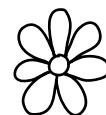
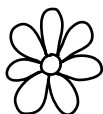
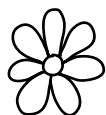
- Cooked Chicken & Bacon, Lettuce, Tomato, Avocado, Lettuce, Pickles, Mayo

Let's Make Waffle Bread!

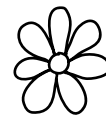
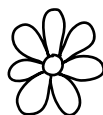
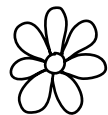
1. Preheat DASH Waffle Iron.
2. In a large bowl, add Optionz! Baking Mix.
3. Add wet ingredients and mix-ins, if desired.
4. Mix until well combined.
5. Scoop ¼ c mixture per waffle on waffle iron.
6. Bake about 1-2 minutes or until golden.
7. Let cool on baking rack.

🍴 Tips:

- If you're lucky enough to have extras, Option! Waffle Bread freezes great!
- Perfect for meal prep — make ahead and freeze for later.
- Cool first, then freeze in bags for quick future meals.



“Everything Tastes Better with Optionz!”



Optionz! Bakery Chicken Salad Sandwich

RECIPE BY ELIZA
ELIZABETH A. CATES

Gather These Goodies:

- 📺 Optionz! Waffle Bread Baking Mix
- 🍳 3 large Eggs
- 🥛 1 cup Heavy Whipping Cream
- 💧 1/4 cup Water

From Mix to Meal:

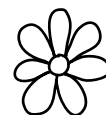
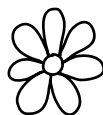
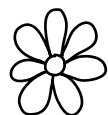
- Canned Chicken, Mayo, 50 % Reduced Sugar Dried Cranberries, Celery

Let's Make Waffle Bread!

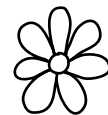
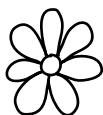
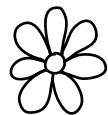
1. Preheat DASH Waffle Iron.
2. In a large bowl, add Optionz! Baking Mix.
3. Add wet ingredients and mix-ins, if desired.
4. Mix until well combined.
5. Scoop ¼ c mixture per waffle on waffle iron.
6. Bake about 1-2 minutes or until golden.
7. Let cool on baking rack.

🍴 Tips:

- If you're lucky enough to have extras, Option! Waffle Bread freezes great!
- Perfect for meal prep — make ahead and freeze for later.
- Cool first, then freeze in bags for quick future meals.



“Everything Tastes Better with Optionz!”



Optionz! BAKERY Double Bacon Cheese Burger

RECIPE BY ELIZA
ELIZABETH A. CATES

Gather These Goodies:

- 📦 Optionz! Waffle Bread Baking Mix
- 🥚 3 large Eggs
- 🥛 1 cup Heavy Whipping Cream
- 💧 1/4 cup Water

From Mix to Meal:

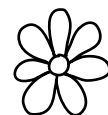
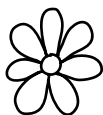
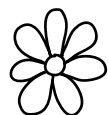
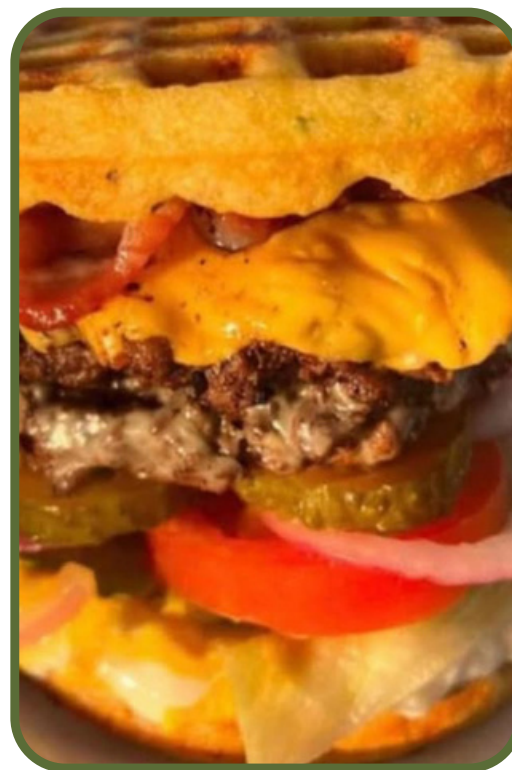
- Ground Beef, Bacon, Seasonings, Liquid Smoke
- Lettuce, Tomatoes, Pickles, Cheese, Onion, Mustard

Let's Make Waffle Bread!

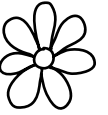
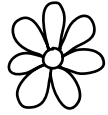
1. Preheat DASH Waffle Iron.
2. In a large bowl, add Optionz! Baking Mix.
3. Add wet ingredients and mix-ins, if desired.
4. Mix until well combined.
5. Scoop ¼ c mixture per waffle on waffle iron.
6. Bake about 1-2 minutes or until golden.
7. Let cool on baking rack.

🍴 Tips:

- If you're lucky enough to have extras, Option! Waffle Bread freezes great!
- Perfect for meal prep — make ahead and freeze for later.
- Cool first, then freeze in bags for quick future meals.



“Everything Tastes Better with Optionz!”



The Griddle Sandwich

RECIPE BY ELIZA
ELIZABETH A. CATES

Gather These Goodies:

- 📦 Optionz! Waffle Bread Baking Mix
- 🥚 3 large Eggs
- 🥛 1 cup Heavy Whipping Cream
- 💧 1/4 cup Water

From Mix to Meal:

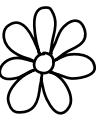
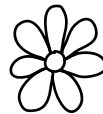
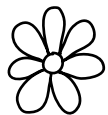
- Sausage, Blackened Seasoning, Egg
- Optional: Sugar Free Syrup

Let's Make Waffle Bread!

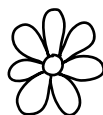
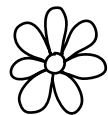
1. Preheat DASH Waffle Iron.
2. In a large bowl, add Optionz! Baking Mix.
3. Add wet ingredients and mix-ins, if desired.
4. Mix until well combined.
5. Scoop ¼ c mixture per waffle on waffle iron.
6. Bake about 1-2 minutes or until golden.
7. Let cool on baking rack.

🍴 Tips:

- If you're lucky enough to have extras, Option! Waffle Bread freezes great!
- Perfect for meal prep — make ahead and freeze for later.
- Cool first, then freeze in bags for quick future meals.



“Everything Tastes Better with Optionz!”



Optionz! BAKERY Pigs in a Waffle Blanket

Gather These Goodies:

- 📺 Optionz! Waffle Bread Baking Mix
- 🥚 3 large Eggs
- 🥛 1 cup Heavy Whipping Cream
- 💧 1/4 cup Water

From Mix to Meal:

- Sausage Links (Air fryer 375 degrees for 10 min or until done.)

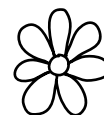
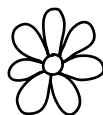
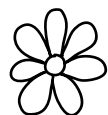
Let's Make Waffle Bread!

1. Preheat DASH Waffle Iron.
2. In a large bowl, add Optionz! Baking Mix.
3. Add wet ingredients and mix-ins, if desired.
4. Mix until well combined.
5. Scoop ¼ c mixture per waffle on waffle iron.
6. Bake about 1-2 minutes or until golden.
7. Let cool on baking rack.

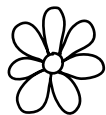
🍴 Tips:

- If you're lucky enough to have extras, Option! Waffle Bread freezes great!
- Perfect for meal prep — make ahead and freeze for later.
- Cool first, then freeze in bags for quick future meals.

RECIPE BY ELIZA
ELIZABETH A. CATES



“Everything Tastes Better with Optionz!”



Gather These Goodies:

- 📦 Optionz! Waffle Bread Baking Mix
- 🥚 3 large Eggs
- 🥛 1 cup Heavy Whipping Cream
- 💧 1/4 cup Water

From Mix to Meal:

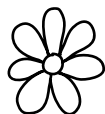
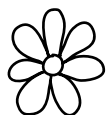
- Corned Beef, Swiss Cheese, Sauserkraut, Pickles
- Thousand Island or Russian Dressing

Let's Make Waffle Bread!

1. Preheat DASH Waffle Iron.
2. In a large bowl, add Optionz! Baking Mix.
3. Add wet ingredients and mix-ins, if desired.
4. Mix until well combined.
5. Scoop ¼ c mixture per waffle on waffle iron.
6. Bake about 1-2 minutes or until golden.
7. Let cool on baking rack.

🍴 Tips:

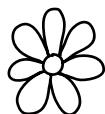
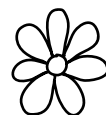
- If you're lucky enough to have extras, Option! Waffle Bread freezes great!
- Perfect for meal prep — make ahead and freeze for later.
- Cool first, then freeze in bags for quick future meals.



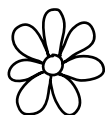
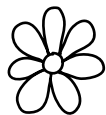
Reuben Sandwich



RECIPE BY ELIZA
ELIZABETH A. CATES



“Everything Tastes Better with Optionz!”



Optionz BAKERY

Gather These Goodies:

- 📺 Optionz! Waffle Bread Baking Mix
- 🍳 3 large Eggs
- 🥛 1 cup Heavy Whipping Cream
- 💧 1/4 cup Water

From Mix to Meal:

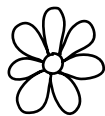
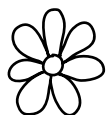
- Ground Beef, Seasonings, Liquid Smoke
- Grilled Onions with Olive Oil
- Burger Sauce with Mayo, Dill Relish, Hot Sauce

Let's Make Waffle Bread!

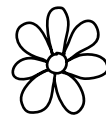
1. Preheat DASH Waffle Iron.
2. In a large bowl, add Optionz! Baking Mix.
3. Add wet ingredients and mix-ins, if desired.
4. Mix until well combined.
5. Scoop ¼ c mixture per waffle on waffle iron.
6. Bake about 1-2 minutes or until golden.
7. Let cool on baking rack.

🍴 Tips:

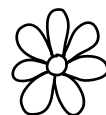
- If you're lucky enough to have extras, Option! Waffle Bread freezes great!
- Perfect for meal prep — make ahead and freeze for later.
- Cool first, then freeze in bags for quick future meals.



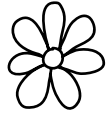
Trash Burger



RECIPE BY ELIZA
ELIZABETH A. CATES



“Everything Tastes Better with Optionz!”



Tuna Salad Sandwich

RECIPE BY ELIZA
ELIZABETH A. CATES

Gather These Goodies:

- 📦 Optionz! Waffle Bread Baking Mix
- 🥚 3 large Eggs
- 🥛 1 cup Heavy Whipping Cream
- 💧 1/4 cup Water

From Mix to Meal:

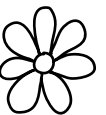
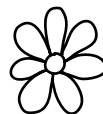
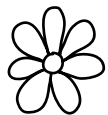
- Tuna, Mayo, Dill Relish, Pickles, Lettuce, Pepperoncinis

Let's Make Waffle Bread!

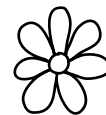
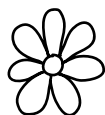
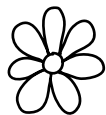
1. Preheat DASH Waffle Iron.
2. In a large bowl, add Optionz! Baking Mix.
3. Add wet ingredients and mix-ins, if desired.
4. Mix until well combined.
5. Scoop 1/4 c mixture per waffle on waffle iron.
6. Bake about 1-2 minutes or until golden.
7. Let cool on baking rack.

🍴 Tips:

- If you're lucky enough to have extras, Option! Waffle Bread freezes great!
- Perfect for meal prep — make ahead and freeze for later.
- Cool first, then freeze in bags for quick future meals.



“Everything Tastes Better with Optionz!”



Uncrustables Sandwich

RECIPE BY ELIZA
ELIZABETH A. CATES

Gather These Goodies:

- 📦 Optionz! Waffle Bread Baking Mix
- 🥚 3 large Eggs
- 🥛 1 cup Heavy Whipping Cream
- 💧 1/4 cup Water

From Mix to Meal:

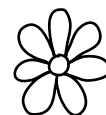
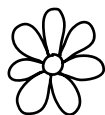
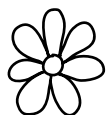
- Peanut Butter
- Sugar Free Jam

Let's Make Waffle Bread!

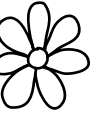
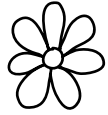
1. Preheat DASH Waffle Iron.
2. In a large bowl, add Optionz! Baking Mix.
3. Add wet ingredients and mix-ins, if desired.
4. Mix until well combined.
5. Scoop 1/4 c mixture per waffle on waffle iron.
6. Bake about 1-2 minutes or until golden.
7. Let cool on baking rack.

🍴 Tips:

- If you're lucky enough to have extras, Option! Waffle Bread freezes great!
- Perfect for meal prep — make ahead and freeze for later.
- Cool first, then freeze in bags for quick future meals.



“Everything Tastes Better with Optionz!”



Very Berry Waffles

RECIPE BY ELIZA
ELIZABETH A. CATES

Gather These Goodies:

- 📦 Optionz! Waffle Bread Baking Mix
- 🥚 3 large Eggs
- 🥛 1 cup Heavy Whipping Cream
- 💧 1/4 cup Water

From Mix to Meal:

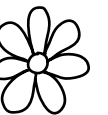
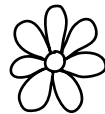
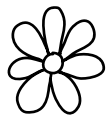
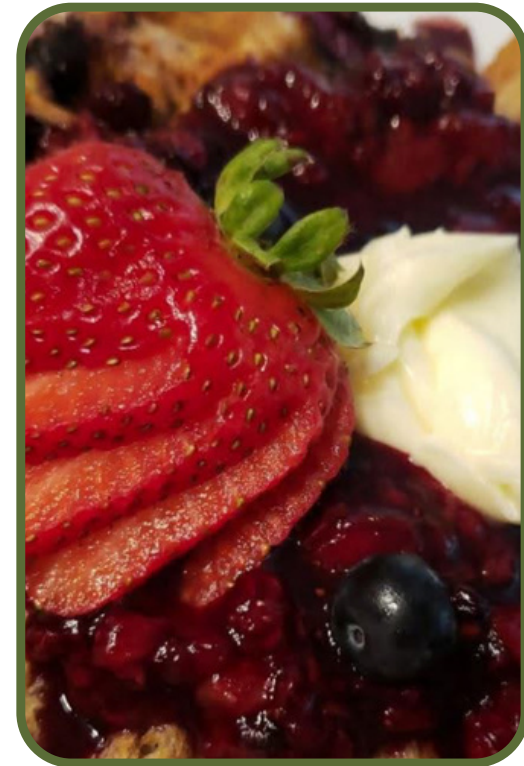
- Mixed Berries, Sugar Free Jam.
- Heat Jam and berries to saucepan and cook until just heated through.

Let's Make Waffle Bread!

1. Preheat DASH Waffle Iron.
2. In a large bowl, add Optionz! Baking Mix.
3. Add wet ingredients and mix-ins, if desired.
4. Mix until well combined.
5. Scoop ¼ c mixture per waffle on waffle iron.
6. Bake about 1-2 minutes or until golden.
7. Let cool on baking rack.

🍴 Tips:

- If you're lucky enough to have extras, Option! Waffle Bread freezes great!
- Perfect for meal prep — make ahead and freeze for later.
- Cool first, then freeze in bags for quick future meals.

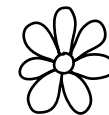
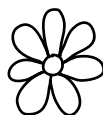
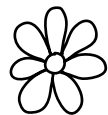


“Everything Tastes Better with Optionz!”

Optionz
BAKERY

WAFFLE BREAD
MINIS

“Everything Tastes Better with Optionz!”



Chicken n Waffle Pinins

RECIPE BY ELIZA
ELIZABETH A. CATES

Gather These Goodies:

- 📺 Optionz! Waffle Bread Baking Mix
- 🥚 3 large Eggs
- 🥛 1 cup Heavy Whipping Cream
- 💧 1/4 cup Water

From Mix to Meal:

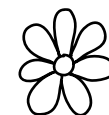
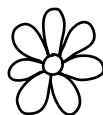
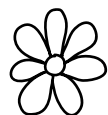
- Gluten Free Chicken Nuggets, Burger Sauce with Mayo & Hot Sauce

Let's Make Waffle Bread!

1. Preheat DASH Waffle Iron.
2. In a large bowl, add Optionz! Baking Mix.
3. Add wet ingredients and mix-ins, if desired.
4. Mix until well combined.
5. Scoop 1/4 c mixture per waffle on waffle iron.
6. Bake about 1-2 minutes or until golden.
7. Let cool on baking rack.

🍴 Tips:

- If you're lucky enough to have extras, Option! Waffle Bread freezes great!
- Perfect for meal prep — make ahead and freeze for later.
- Cool first, then freeze in bags for quick future meals.



“Everything Tastes Better with Optionz!”



THANK YOU FOR
SUPPORTING
MY SMALL
BUSINESS.
~ELIZA



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