

Quick & Easy

THE COSTCO WAY

Pumpkin Spice Waffles

Makes 6 to 8 servings

Ingredients:

1¼ cups Premier Protein® Pumpkin Spice Shake
⅔ cup nonfat plain yogurt
1 tsp vanilla extract
2 large eggs
2 cups all-purpose flour
1 Tbsp, plus 2 tsp baking powder
½ tsp cinnamon
¼ tsp kosher salt

Instructions:

Combine protein shake, yogurt and vanilla in a bowl. Whisk in eggs. Add flour, baking powder, cinnamon and salt. Mix until well-combined. Heat waffle iron to medium. Spray with cooking spray. Pour ½ cup batter in the center. Close. Cook until golden brown, about 3 to 4 minutes. Repeat with the remaining batter, or cover and refrigerate for later.

For more recipe ideas, go to [Costco.com](https://www.costco.com) and search: **Quick & Easy**



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Pumpkin Spice Latte

Makes 2 to 3 servings

Ingredients:

½ cup cold brew coffee
1 cup Premier Protein® Pumpkin Spice Shake
½ tsp pure vanilla extract
¼ tsp cinnamon
1½ cups ice

Instructions:

Combine coffee, protein shake, vanilla, cinnamon and ice into a blender. Blend until smooth. Drizzle the inside of a glass with caramel, if desired. Pour shake into glass. Top with whipped cream, if desired.

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