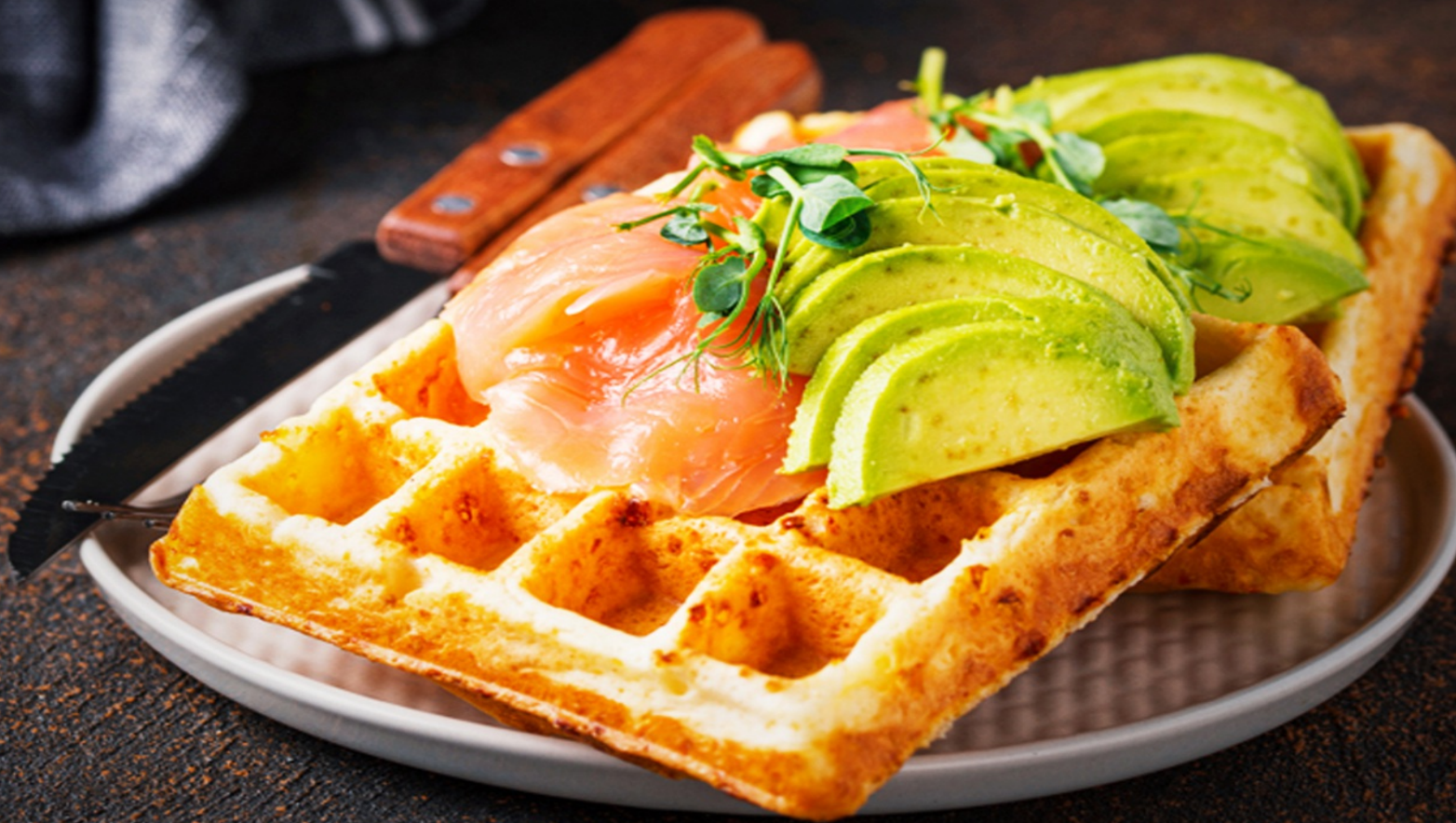


KETO CHAFFLES

MOUTH WATERING SWEET AND SAVORY
KETOGENIC WAFFLE RECIPES



FAITH SMITH

Keto Chaffles

*Mouth Watering Sweet and Savory
Ketogenic Waffle Recipes*

Faith Smith

Introduction

We love how soft, spongy and delicious waffles can be. Then you have a variety of options when it comes to toppings. You can top it with some chocolate, maple syrup, fruit; really, the options are limitless.

However, when you adopt the ketogenic diet and you love waffles, it can feel as though you may never get to enjoy waffles again. The good news is that this does not need to be your predicament.

Do you know that you can still enjoy some tasty waffles while still on the ketogenic diet? Yes, you can and these waffles are not only tasty but also delicious, chewy and easy to make.

Are you excited to learn how to make your very own keto chaffles?

If you are, let us get started!

About The Author

For most of my life, I did not have to worry too much about my weight; I was not the fittest person, but I was also not overweight, which was good enough for me. However, after I gave birth to my lovely son, things changed; I gained quite a bit of weight, and I did not exactly like what I saw. I was not as confident as I once was, and I was very conscious of how I looked and how the clothes I wore made me look. Once my son turned one and was not breastfeeding as much, I started researching ways to lose weight.

In my quest to lose weight, I have tried quite a bit of different things from the ketogenic diet, and intermittent fasting to smoothie cleanses. Since all these have worked for me, I have incorporated them into my lifestyle, and I must say, so far I like what I see.

I understand how difficult losing weight can be, and to make it easier for you, I write books on what has worked for me and how you can lose weight to achieve your desired body.

I have still not achieved my dream body, but I am happy with the progress so far, and that is good enough for now because life is not perfect, and I am okay with good enough.

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Table of Contents

[Introduction](#)

[About The Author](#)

[Sweet Chaffles](#)

[Basic Chaffle Recipe](#)

[Chaffle Sticks](#)

[Grain-Free Keto Waffles](#)

[Peanut Butter Chaffles](#)

[Cream Cheese Chaffles](#)

[Easy Keto Chaffle](#)

[Fluffy Keto Waffle](#)

[Low Carb Waffles](#)

[Blueberry Chaffle](#)

[Cinnamon Apple Chaffle](#)

[Oreo Chaffles](#)

[Cinnamon Swirl Chaffles](#)

[Italian Cream Chaffle Cake](#)

[The Best Sweet Chaffles](#)

[Strawberry Shortcake Chaffle](#)

[Chocolate Chip Chaffle](#)

[Keto Chocolate Chaffle](#)

[Chocolate Chip Chaffle](#)

[Oreo Keto Chaffles](#)

[Cinnamon Roll Chaffles](#)

[Keto Whoopie Chaffle](#)

[Vanilla Chaffle](#)

[Lemon Cake Chaffle](#)

[Savory Chaffles](#)

[Simple Chaffle Recipe](#)

[Basic Chaffle](#)

[Perfect Chaffles](#)

[Easy Keto Chaffles](#)

[Cream Cheese Stuffed Waffle](#)

[Chaffle Breakfast Sandwich](#)

[Chaffles Benedict](#)

[Keto Waffle](#)

[Low Carb Waffles](#)

[Waffle with Sausage Gravy](#)

[Ham and Jalapenos Chaffles](#)

[Pizza Chaffles](#)

[Keto Pizza Chaffle](#)

[Big Mac Chaffle](#)

[Broccoli and Cheese Chaffle](#)

[Cauliflower Chaffles](#)

[French Dip Chaffle Sandwich](#)

[Keto Chaffle Sandwich](#)

[Quick Keto Pizza Chaffles](#)

[Best Keto Pizza Chaffle](#)

[Jalapeno Popper Chaffle](#)

[Waffle Burger](#)

[Chicken, Zucchini and Cheese Waffles](#)

[Keto Taco Chaffle](#)

[Almond Flour Waffles](#)

[“White Bread” Chaffles](#)

[Keto Chaffle](#)

[Chaffle Bread Sticks](#)

[Everything Bagel Chaffles](#)

[Cheesy Garlic Bread Chaffle](#)

[Low Carb Keto Chaffles](#)

[Cheesy Garlic Chaffle Bread](#)

[Corn-dog Chaffle](#)

[Savory Chaffle](#)

[Traditional Keto Chaffle](#)

[Easy Keto Chaffle](#)

[Simple Keto Chaffles](#)

[Conclusion](#)

Sweet Chaffles

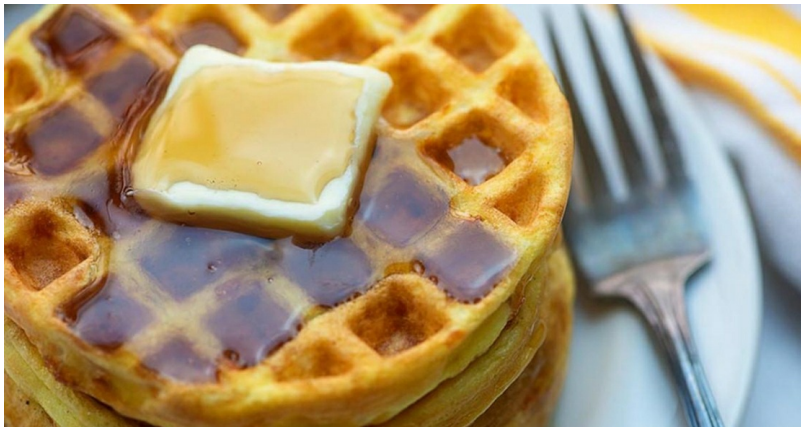
Basic Chaffle Recipe

Prep Time 1 minute

Cook Time 6 minutes

Total Time 7 minutes

Serves 2



Ingredients

1/2 cup finely shredded mozzarella

1 large egg

Directions

1. Turn the waffle maker on. Then into a small bowl, crack an egg and then whisk using a fork.
2. Add in the mozzarella cheese and then stir to incorporate.
3. Get cooking spray and spray your waffle iron well. Now pour half of the batter and cook for about 2 to 3 minutes.
4. Remove the waffle from the waffle maker and slowly add in the rest of the batter.
5. Serve the chaffles with sugar-free syrup and the butter. You can add a little of cinnamon and a dash of vanilla to make a great breakfast chaffles.

Nutritional Information Per Serving: Calories 67, Carbs 1.29g, Protein 10.3g, Fat 2.26g

Chaffle Sticks

Prep Time 2 minutes

Cook Time 4 minutes

Total Time 6 minutes

Serves 2 Chaffles



Ingredients

2 tablespoons butter

1 teaspoon cinnamon

2 tablespoons swerve or other powdered sweetener

1/4 cup coconut flour

2 cup shredded mozzarella cheese

6 eggs

Directions

1. Begin by heating your waffle iron. Then beat the first 4 eggs in a small bowl and then add in the powdered sweetener, coconut flour, shredded cheese and 1/2 teaspoon of cinnamon.
2. Mix the contents until well blended and then add in half of the mixture into two greased waffle makers.
3. Cook the batter until golden brown, or for about 6 to 8 minutes, and then cook the next two chaffles with the rest of the batter.

4. At this point, preheat your oven to 350 degrees F. Then cut each of the cooked waffles to 4 strips.
5. Mix together all of the reserved 2 eggs along with 1/2 teaspoon of cinnamon in a pan or large bowl.
6. Then cover a cookie sheet with a tin foil and coat it with a tablespoon of melted butter.
7. Now dip the chaffle sticks into the cinnamon and egg mixture and flip a couple of times until well covered or coated.
8. Put the toast sticks on the lined cookie sheet with a little space between them.
9. Bake the French toast sticks for approximately 10 minutes and then grease the tops with the rest of the butter.
10. Flip the sticks over and then bake the other side until golden brown, or for approximately 6 to 8 minutes.

Nutritional Information Per Waffle: Calories 332, Carbs 6.5g, Protein 22.9g, Fat 23.4g

Grain-Free Keto Waffles

Prep Time 5 minutes

Cook Time 15 minutes

Total Time 20 minutes

Serves 2 waffles



Ingredients

1 cup mozzarella cheese

1 teaspoon baking powder

1 shake of cinnamon

1 teaspoon vanilla

1 egg

1 tablespoon of almond flour

Directions

1. Combine the vanilla extract and eggs and then add in cinnamon, almond flour and baking powder.
2. Now add in the cheese and then coat the mixture evenly.
3. Spray your waffle maker with some oil and then allow it to heat up to the highest heat settings.
4. At this point, cook the waffle until golden in color and crunchy, while

checking after every 5 minutes. Consider adding half of the batter as the waffle maker may easily overflow.

5. Once cooked through, remove it from the waffle carefully and then serve with your preferred low Carb syrup.

Nutritional Information Per Serving: Calories 158, Carbs 4.46g, Protein 22.54g, Fat 5.14g

Peanut Butter Chaffles

Prep Time 5 minutes

Cook Time 5 minutes

Total Time 10 minutes

Serves 2



Ingredients

1/8 teaspoon sea salt

1 teaspoon vanilla extract

1 tablespoon Swerve

2 tablespoons peanut butter, powdered

1/2 cup finely mozzarella cheese, shredded

1 egg, beaten

Optional

Peanut butter and [jelly](#)

Directions

1. Start by heating your waffle iron until hot. Then put the peanut butter

powder, salt, vanilla, swerve and mozzarella cheese in a bowl and stir well until well blended.

2. Divide the batter into two batches and then spread half of the batter on your preheated waffle iron.

3. Cook the waffle batter until golden brown, or for approximately 5 to 7 minutes.

4. Get a fork and then spread the mixture over the waffle iron. Cook the batter until its golden brown or for approximately 10 minutes or so.

Nutritional Information Per Serving: Calories 144, Carbs 4g, Protein 11g, Fat 9g

Cream Cheese Chaffles

Prepping Time 3 minutes

Cooking Time 8 minutes

Total Time 11 minutes

Serves 2 Waffles



Ingredients

1/2 teaspoon vanilla extract

1 oz. cream cheese (room temp)

1 egg (room temp)

1/4 teaspoon baking powder

4 teaspoon [swerve/monkfruit](#) or other granulated sweetener

2 teaspoons [coconut flour](#)

Directions

1. Begin by submerging the egg in warm water for approximately 3 to 5 minutes to obtain the room temperature egg.

2. Then measure about 1 ounce of cream cheese and microwave for about 10 to 15 seconds to get it to room temperature.
3. Now preheat your waffle iron.
4. Meanwhile, combine together baking powder, sweetener and coconut flour in a small mixing bowl.
5. Then add in vanilla extract, cream cheese and the egg, and mix the contents using a whisk until incorporated.
6. Transfer the batter into a waffle iron and cook until its browned or for approximately 3 to 4 minutes.
7. Serve with your preferred waffle toppings.

Nutritional Information Per Waffle: Calories 115, Carbs 2.48g, Protein 5.55g, Fat 8.89g

Easy Keto Chaffle

Prep Time 6 minutes

Cook Time 4 minutes

Total Time 10 minutes

Serves 1



Ingredients

½ teaspoon baking powder

2 tablespoons almond flour

½ cup mozzarella cheese

1 egg

Directions

1. Heat your waffle iron to medium high.
2. Then whisk together egg, almond flour, mozzarella cheese and baking powder in a bowl.
3. Pour the waffle batter in the hot waffle maker and then close the lid.
4. Cook the chaffle until brown and set, or for around 3 to 4 minutes.
5. Remove the waffle from the waffle iron and enjoy with your favorite

low-carb syrup!

*Nutritional Information Per Waffle: Calories 320, Carbs 3.1g, Fat 24.3g,
Protein 21.7g*

Fluffy Keto Waffle

Prep Time 10 minutes

Cook Time 5 minutes

Total Time 15 minutes

Serves 4



Ingredients

Batter:

Almond milk

1/2 teaspoon maple extract

1 dash cinnamon

1 1/2 teaspoons baking powder

4 tablespoons coconut flour

1 tablespoon sugar substitute

2 teaspoons vanilla extract, sugar free

4 eggs

4 ounces cream cheese, softened

Half and half as needed

Directions

1. To make the waffles, mix together eggs, cinnamon, maple extract, sugar substitute, vanilla and cream cheese using a mixer or blender.
2. Then add in melted butter along with coconut flour and baking powder. Blend the mixture until fully incorporated.
3. In case the batter thickens after a few minutes, simply add in a splash of almond milk, half and half and cream to make it thinner.
4. Then add the batter to a preheated iron and cook until golden brown, in about 5 to 7 minutes.
5. Serve the waffles with jam, sugar-free syrup or butter.

Nutritional Information Per Waffle: Calories 200, Carbs 5g, Protein 9g, Fat 15g

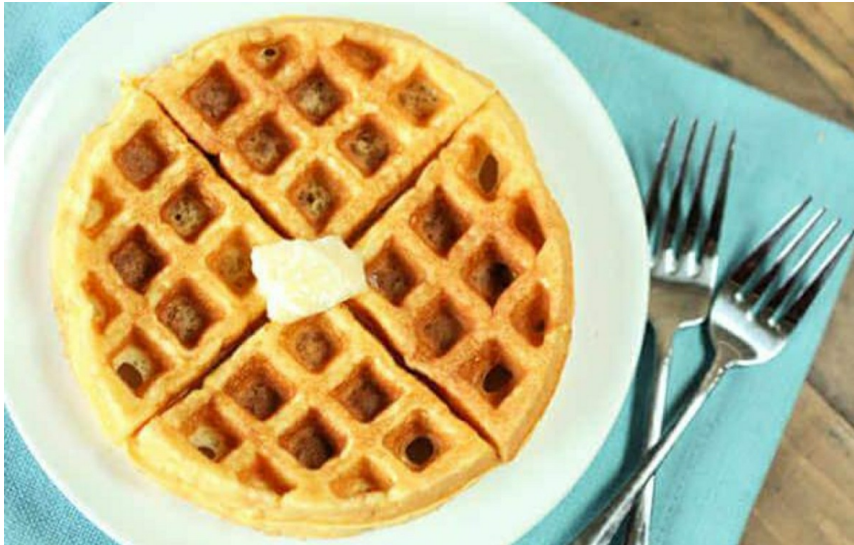
Low Carb Waffles

Prep Time 5 minutes

Cook Time 5 minutes

Total Time 10 minutes

Serves 8



Ingredients

3 teaspoons baking powder

1/2 cup coconut flour

2 tablespoon powdered Stevia

8 eggs

8 ounce cream cheese

Directions

1. Add everything into a blender and then puree on high speed for about 1 minute or until smooth.
2. Meanwhile, heat a waffle iron. Then spray it with non-stick spray.
3. Add approximately 1/8th of the batter into the hot waffle iron and cook until golden.
4. Repeat until all batter is used. Add some almond milk if you find the batter too thick.

Nutritional Information Per Waffle: Calories 193, Carbs 6g, Protein 8g, Fat 14g

Blueberry Chaffle

Prep Time 3 minutes

Cook Time 15 minutes

Total Time 18 minutes

Servings 5 Chaffles



Ingredients

3 tablespoon blueberries

2 teaspoon of Swerve

1 teaspoon cinnamon

2 eggs

1 teaspoon baking powder

2 tablespoons almond flour

1 cup of mozzarella cheese

Directions

1. Begin by heating your dash waffle maker. Then combine eggs, baking powder, almond flour, mozzarella cheese, blueberries, swerve and cinnamon in a mixing bowl until well incorporated.
2. Then get some cooking spray and coat your waffle maker.
3. Add almost 1/4 cup of blueberries into the waffle batter and close the

lid in place.

4. Now cook the batter for approximately 3 to 5 minutes while checking after 3 minutes in case it is already crispy and brown.

5. If you find the batter to be sticky, just close the lid and cook for another 1 to 3 minutes more.

6. Serve the waffle with a sprinkle of Keto syrup or some confectioners' sugar.

Nutritional Information Per Serving: Calories 116, Carbs 3g, Protein 8g, Fat 8g

Cinnamon Apple Chaffle

Prep Time 10 minutes

Cook Time 5 minutes

Total Time 15 minutes

Serves 3



Ingredients

Vanilla Bean Sauce:

Vanilla bean whole

2 ounces cream cheese softened

1 tablespoon ghee or butter

1 cup whipping cream

1 egg yolk

½ teaspoon vanilla extract

½ teaspoon monk fruit sweetener

Chaffle:

¼ cup mild shredded cheddar cheese

¾ cup mozzarella cheese shredded

1 tablespoon natural erythritol apple flavoring

3 large eggs

½ teaspoon monk fruit sweetener

2 teaspoons cinnamon

1 teaspoon baking powder

2 tablespoon coconut flour

Directions

1. Begin by making the vanilla bean sauce. Just add the vanilla bean, ghee, and the heavy whipping cream to a medium saucepan.
2. Then heat the mixture on high heat setting until it starts to boil, and now add in the monk fruit sweetener. Reduce the heat and now simmer the contents for approximately 10 minutes
3. Remove the vanilla bean and the scrape the seeds into the whipping cream and throw away the bean.
4. Remove the mixture from heat and then add in some egg yolk, as you whisk continuously. Stir until all the cream cheese has fully melted.
5. Place the vanilla sauce in a heat proof container and move it into the fridge to cool down.
6. Now start making the apple chaffle.
7. Heat your Waffle maker and then fully coat it with a non-stick spray.
8. Then beat an egg in a large mixing bowl until it is frothy, and then add in cheese and vanilla. Continue beating until its well combined.
9. Now whisk together cinnamon, the sweetener, baking powder and the coconut flour in a small mixing bowl.
10. Move the dry ingredients to the egg mixture and combine until well incorporated. Slowly fold in the diced apples.
11. Spray the waffle maker with a low carb cooking spray and then pour the batter into the waffle iron that is already coated with cooking spray.
12. Move the batter into the waffle iron over medium high heat and cook the chaffle for approximately 4 minutes, or until it begins to turn brown.

13. At this point, cool the chaffle for a few minutes and then serve it while topped with the vanilla sauce.

Nutritional Information Per Serving: Calories 185, Carbs 7g, Protein 12g, Fat 10g

Oreo Chaffles

Prep Time 15 minutes

Cook Time 8 minutes

Total Time: 23 minutes

Serves 2 full-size Oreo Chaffles (serves 8)



Ingredients

1 teaspoon vanilla extract

1/4 cup heavy whipping cream

1/2 cup powdered swerve

4 ounces cream cheese, room temperature

4 ounces butter, room temperature

For cream cheese frosting

1 teaspoon vanilla extract

1/4 cup truvia, or other sweetener

3 eggs

1/2 cup butter

1/2 cup sugar-free chocolate chips

Directions

1. Melt chocolate and butter in a heat safe bowl for approximately 1 minute.
2. Then remove from the microwave and stir the mixture well. If not fully melted, return to the microwave for another 10 seconds but take care not to overcook the chocolate.
3. Now add in vanilla, the sweetener and the eggs in a bowl and beat the mixture until frothy.
4. Transfer the melted butter and chocolate in the bowl that has the egg and vanilla and then slowly stream until this mixture is fully incorporated.
5. Then pour about 1/4 of the batter and add it to the mini waffle maker, and cook until crispy or for about 7 to 10 minutes.
6. Meanwhile, start making the frosting. Just put all the ingredients for frosting and then process until you obtain a smooth and fluffy consistency.
7. Spread or pipe the frosting in between the two chaffles and enjoy!

Nutritional Information Per Serving: Calories 463, Carbs 12.89g, Protein 17.93g, Fat 38.15g

Cinnamon Swirl Chaffles

Prep Time 5 minutes

Cook Time 15 minutes

Total Time 20 minutes

Serves 2 waffles



Ingredients

Chaffle

1 teaspoon cinnamon

1 tablespoons Splenda

1 tablespoons almond flour, superfine

1 teaspoon vanilla extract

1 large egg, beaten

1 oz cream cheese, softened

Icing:

1/2 teaspoon vanilla

1 tablespoons Splenda

1 tablespoons butter, unsalted

1 oz cream cheese, softened

Cinnamon drizzle:

1 teaspoon cinnamon

1 tablespoons Splenda

1/2 tablespoons butter

Directions

1. Begin by heating the waffle maker and then brush some coconut oil on the dash.
2. Combine the ingredients for chaffle until well blended.
3. Add two heaped tablespoons of batter to the hot waffle to obtain about 3 waffles.
4. Now cook the batter for approximately 4 minutes for a soft consistency waffle or for your preferred crispness.
5. Cool down the waffle on the rack.
6. Combine the cinnamon drizzle and the icing in small containers or bowls.
7. At this point, heat the waffle in the microwave for approximately 10 seconds to obtain a soft consistency.
8. Then swirl the cinnamon and icing mixture on the cooled waffles.

Nutritional Information Per Waffle: Calories 212, Carb 5.3g, Protein 3.69g, Fat 19.35 g

Italian Cream Chaffle Cake

Prep Time 10 minutes

Cook Time 2 minutes

Total Time 12 minutes

Serves 8 mini chaffles or 4 large chaffles

Sweet Chaffle Ingredients:

- 1 tablespoon walnuts, chopped
- 1 tablespoon shredded coconut, unsweetened
- 1 1/2 teaspoons baking powder
- 1 tablespoon almond flour
- 4 tablespoons coconut flour
- 1 tablespoon monk-fruit sweetener
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 tablespoon melted butter
- 4 eggs
- 4 oz. cream cheese, softened and room temp

For Italian Cream Frosting:

- 1/2 teaspoon vanilla
- 2 tablespoons monk-fruit sweetener
- 2 tablespoons butter, room temp
- 2 ounces cream cheese, softened and room temp

Directions

1. Add in eggs, cream cheese, sweetener, vanilla, melted butter, baking powder, almond flour and coconut flour in a medium-size blender.
2. You can also add walnuts and shredded coconut to the mixture if you like it or reserve it for the frosting.

3. Now blend the mixture on speed setting until its smooth and of cream consistency.
4. Heat your mini waffle maker and then add the batter to the hot appliance.
5. Cook the waffle until cooked through or for approximately 2 to 3 minutes.
6. Then remove the chaffles from heat and allow them to cool.
7. Begin making the frosting in a separate bowl. Just add together all the ingredients for the frosting and stir them together until you get a smooth and creamy mixture.
8. As soon as the chaffles are fully cooled down, just frost your cake and serve.

Nutritional Information Per Serving: Calories 184, Carbs 3.47g, Protein 6.66g, Fat 15.98g

The Best Sweet Chaffles

Prep Time 6 minutes

Cook Time 4 minutes

Total Time 10 minutes

Serves 2



Ingredients

1/16 teaspoon xanthan gum

2 heaping tablespoons confectioners swerve

1/4 cup blanched almond flour

1 large egg

1/2 cup shredded mozzarella cheese, minced

Directions

1. Put all the above ingredients in a medium-sized bowl and then whisk well until well blended.

2. Then well coat a mini-waffle iron with some baking spray and then put

half of the batter to the coated waffle maker.

3. Cook the batter until the chaffle is cooked through, and then remove it from the waffle iron using a fork.

4. Cool and enjoy!

Nutritional Information Per Serving: Calories 192, Carbs 1.55g, Protein 11g, Fat 15g

Strawberry Shortcake Chaffle

Prep Time 4 minutes

Cook Time 12 minutes

Total time 16 minutes

Serves 3



Sweet Chaffle Ingredients

1/4 teaspoon vanilla extract

1 tablespoon granulated swerve

1 egg

1/2 cup mozzarella cheese

1 tablespoon almond flour

Keto Whipped Cream

Strawberry topping Ingredients

1/2 tablespoon granulated swerve

3 fresh strawberries

Directions

1. Preheat your waffle maker or mini waffle maker. Then rinse and chop the berries and put them in a small bowl.

2. Add in 1/2 teaspoon of granulated swerve and then mix until the strawberries are well coated. Set the mixture aside.
3. Now mix together granulated swerve, mozzarella cheese, egg, almond flour and the vanilla extract.
4. Then pour about 1/3 of the mixture to the hot waffle maker and cook for approximately 3 to 4 minutes.
5. Now add in the next 1/3 of the mixture and now cook for another 3 to 4 minutes until you get your 3 chaffles.
6. Meanwhile, start making the whipped cream in case you don't have any ready one.
7. Then assemble the chaffle. Just put the strawberries and the whipped cream on the chaffle and then sprinkle some of the juice from the bowl.

Nutritional Information Per Serving: Calories 112, Carbs 2g, Protein 7g, Fat 8g

Chocolate Chip Chaffle

Prep Time 5 minutes

Cook Time 8 minutes

Total Time 13 minutes

Serves 1



Ingredients

1 tablespoon Lily's Chocolate Chips

Pinch of salt

1/4 teaspoon baking powder

1 3/4 teaspoon Lakanto monkfruit golden

1/2 teaspoon coconut flour

1 tablespoon heavy whipping cream

1 egg

Directions

1. First turn on the waffle maker and then mix together everything apart from the chocolate chips. Stir well until incorporated.
2. Next, grease the waffle maker and then add in half of the mixture into the bottom plate. Season with a few chocolate chips on the top and then close the waffle maker.
3. Cook the waffle until it's golden brown or for approximately 3 to 4 minutes and then use a fork to carefully remove it from the waffle maker.
4. Repeat the process with the remaining batter. Meanwhile, allow the chaffle to crisp up for a few minutes.
5. Once done with cooking, serve with some unsweetened whipped topping.

Nutritional Information Per Serving: Calories 146, Carbs 7g, Protein 6g, Fat 10g

Keto Chocolate Chaffle

Prep Time 5 minutes

Cook Time 3 minutes

Total Time 8 minutes

Serves 1



Ingredients

- 1 teaspoon vanilla extract
- 2 teaspoons monk fruit
- 1 tablespoon cocoa powder, unsweetened
- 2 tablespoons almond flour
- 1 oz. cream cheese
- 1 egg

Directions

1. First, heat your waffle maker over medium high.
2. Then in a medium bowl, whisk together cream cheese, egg, monk fruit, cocoa powder, almond flour and vanilla.
3. Then pour the batter into the center of the hot waffle maker and then close it.
4. Allow the waffle to cook until its golden in color and well set or for

approximately 3 to 5 minutes.

5. Now remove the chaffle from the hot iron and then enjoy!

*Nutritional Information Per Serving: Calories 261, Carbs 4g, Protein 11.5g,
Fat 22.2g*

Chocolate Chip Chaffle

Prep Time 2 minutes

Cook Time 1 minute

Total Time 3 minutes

Serves 1



Ingredients

1 pinch mineral salt

¼ teaspoon maple extract

¼ teaspoon vanilla extract

1 teaspoon chocolate chips

2 teaspoons THM Gentle Sweet

2 tablespoons mozzarella cheese, shredded

1 egg

¼ teaspoon mint extract or butter flavoring, optional

Directions

1. Plug your mini waffle maker to power. Meanwhile, beat the egg in a small bowl and then add the rest of the ingredients. Whisk until smooth.
2. Coat your hot waffle maker with non-stick spray and then add in the batter.

3. Cook the waffle until crispy, or up to your preferred done-ness.
4. You can serve the chaffle topped with whipped cream if you like. Furthermore, you can make 2 waffles with whipped cream in the middle!

Nutritional Information Per Serving: Calories 156, Carbs 3g, Protein 13g, Fat 11g

Oreo Keto Chaffles

Prep Time 2 minutes

Cook Time 4 minutes

Total Time 6 minutes

Serves 2



Ingredients

Chocolate Chaffle

1/2 teaspoon vanilla

1/2 teaspoon baking powder

1 teaspoon coconut flour

1 tablespoon heavy cream

2 tablespoons lakanto monkfruit, or other sweetener

1 1/2 tablespoons unsweetened cocoa

1 egg

Filling

Whipped Cream

Directions

1. First, heat your waffle maker until hot enough. Meanwhile, mix together all the ingredients for the chaffle.

2. Add half of the waffle batter into the center of the waffle maker and cook until brown, or for about 2 to 5 minutes.
3. Gently remove the chaffle from the iron and repeat the process for the next cheese waffle.
4. Let the chaffles rest for a few minutes until crisp. You can spread whipped cream frosting as soon as the chaffle is cool enough.
5. You can also make a cream cheese filling with 2 tablespoons softened cream cheese, 1 tablespoon Lakanto Powdered Sweetener and 1/4 teaspoon vanilla. mix the 3 ingredients and spread on the chaffle.

Nutritional Information Per Serving: Calories 66.5, Carbs 3g, Protein 7.2g, Fat 4.5g

Cinnamon Roll Chaffles

Prep Time 5 minutes

Cook Time 2 minutes

Total Time 7 minutes

Serves 1



Ingredients

Monkfruit maple syrup

1/2 teaspoon ground cinnamon

2 tablespoons zero calorie sweetener

1/2 teaspoon vanilla

1/2 cup shredded mozzarella cheese

1 egg

Directions

1. In a bowl, add in an egg and beat well. Add in the rest of the ingredients and combine well.
2. Plug in the waffle maker to the wall and grease it with olive oil or butter.

3. Once hot enough, add in the chaffle batter and then close the waffle cooker.
4. Allow the chaffles to cook for around 2 to 2 1/2 minutes, or until the indicator light on your waffle maker shows they are done.
5. Gently remove the chaffle from the waffle iron using a spatula and let sit for 2 to 3 minutes to crisp up.

Nutritional Information Per Serving: Calories 249, Carbs 2g, Protein 19g, Fat 17g

Keto Whoopie Chaffle

Prep Time 6 minutes

Cook Time 4 minutes

Total Time 10 minutes

Serves 2



Ingredients

- 1/4 teaspoon baking powder
- 1 1/2 teaspoon cocoa powder
- 1 tablespoons monk-fruit or erythritol
- 1/2 teaspoon vanilla
- 1 oz. cream cheese, softened
- 1 large egg

Filling:

- 1/2 teaspoon vanilla
- 12 to 15 drops liquid stevia

2 tablespoons heavy cream

3 oz. cream cheese

Directions

1. In a bowl, mix together cream cheese and eggs until smooth and then add in the rest of the ingredients.
2. Add the batter into a preheated waffle maker and cook until done, or for approximately 6 to 8 minutes.
3. In case you want the chaffle floppy, just cool them fully to crisp up.
4. To make the filling, combine all of its ingredients until well incorporated.
5. Now spread the filling on the waffles and let sit on the refrigerator for approximately 10 to 15 minutes to firm up further.
6. Keep the waffle in the refrigerator for not more than 7 days in a container or a sealed bag.

Nutritional Information Per Serving: Calories 264, Carbs 6.12g, Protein 5.98g, Fat 24.23g

Vanilla Chaffle

Prep Time 6 minutes

Cook Time 4 minutes

Total Time 10 minutes

Serves 4



Ingredients

1 teaspoon baking powder

2 tablespoons coconut flour

1/4 cup almond flour

Pinch of pink salt

1/4 cup Lakanto Confectioners

1 teaspoon vanilla extract

2 large eggs room temp

2 ounces cream cheese, softened

2 tablespoons melted butter, cooled

1/2 teaspoon Vanilla Cupcake Extract optional

Directions

1. Preheat your waffle maker. Meanwhile, melt the butter in a pan and let it cool for a few seconds.
2. Now whisk the eggs with the cooled butter until you obtain a creamy mixture.
3. Add in the sweetener, vanilla extract and salt and then mix well.
4. Add in coconut flour, almond flour and the baking powder. Mix well until smooth.
5. Add approximately 2 tablespoons of waffle batter to each well and spread it well, and close the lid.
6. Cook the chaffle batter until brown, or for about 4 minutes or so. Remove the chaffle from the waffle iron and place on a rack to cool down before serving.

Nutritional Information Per Serving: Calories 185, Carbs 9.0g, Protein 2.72g, Fat 15.2g

Lemon Cake Chaffle

Prep Time 6 minutes

Cook Time 4 minutes

Total Time 10 minutes

Serves 4



Ingredients

Chaffle Cake:

20 drops cake batter extract

1/2 teaspoon lemon extract

1 teaspoon baking powder

1 teaspoon powdered confectioners blend, monk-fruit flavored

2 tablespoons coconut flour

2 teaspoon butter melted

2 eggs

2 oz cream cheese room temp and softened

1 lemon peel, optional

Chaffle Frosting:

1/4 teaspoon lemon extract

1 tablespoon monk-fruit confectioners blend, powdered

1/2 cup heavy whipping cream

Directions

1. Plug your mini waffle maker to the power source. Then add the ingredients for the waffle to the blender and mix well until you obtain smooth and creamy mixture.
2. Fill your waffle maker using one full ice cream scoop, or just measure 3 tablespoons to perfectly cover the waffle iron.
3. Meanwhile, prepare the frosting by combining all the ingredients for the frosting in a medium sized bowl.
4. Combine the mixture until you get a thick and creamy mixture with peaks.
5. Allow the chaffles to fully cool down and then frost your waffle cake. You can add a lemon peel if you like.

Nutritional Information Per Serving: Calories 182, Carbs 3.96g, Protein 5.9g, Fat 16.38g

Savory Chaffles

Simple Chaffle Recipe

Prep Time 1 minute

Cook Time 1 minute

Total Time 2 minutes

Serves 1



Ingredients

1/2 teaspoon baking soda

1 tablespoon almond flour

1/2 cup shredded mozzarella or shredded cheddar

1 large egg

Coconut oil spray

Directions

1. Get some cooking spray and then proceed to spray your waffle maker well.
2. Then combine the baking soda, almond flour, cheese and the egg until well blended.

3. Now pour the egg mixture onto the coated waffle maker and keep the contents closed for approximately 1 minute or until cooked through.
4. Then pick a spatula and remove the chaffle from the waffle maker. Allow it to cool down and then serve and enjoy.

Nutritional Information Per Waffle: Calories 141, Carbs 2.85g, Protein 20.86g, Fat 5.11g

Basic Chaffle

Prep Time 6 minutes

Cook Time 4 minutes

Total Time 10 minutes

Serves 2



Ingredients

½ teaspoon baking powder

3 teaspoons almond flour or 1 teaspoon coconut flour

½ cup shredded mozzarella, plus more

1 large egg

Directions

1. Begin by heating your waffle maker. Then with a fork, beat the large egg in a small bowl until well incorporated.
2. Stir in the coconut or almond flour along with the baking powder until fully blended.
3. You can sprinkle some mozzarella cheese over the bottom surface of the waffle for extra crispness.
4. Allow the cheese to melt and then spread half of the mixture onto the surface of the waffle maker. Top with extra sprinkles of cheese if you like it.
5. Now close the waffle iron and allow the chaffle to cook until it is no longer steaming.

6. Then open the lid and move the well-cooked chaffle to a plate lined with paper towel. In case the lid offers any resistance, cook the chaffle a few more seconds.

7. Repeat the process with the rest of the batter, and ensure you sprinkle some mozzarella before and after you add the batter into the waffle.

Nutritional Information Per Serving: Calories 95, Carbs 2.73g, Protein 11.28g, Fat 4.65g

Perfect Chaffles

Prep Time 20 minutes

Cook Time 30 minutes

Total Time 50 minutes

Serves 4



Ingredients

For chaffle

2 cups shredded mozzarella

1/2 teaspoon baking soda

1 teaspoon kosher salt

1/4 cup almond flour

4 large eggs

For breakfast sandwich

Shredded cheddar

Scrambled eggs

Cooked bacon

Hot sauce, optional

For avocado toast

Crushed red pepper flakes

Olive oil

Avocado

Sea salt

For taco

1/2 lb. cooked ground beef

Hot sauce

Sour cream

Cherry tomatoes, quartered

Shredded cheddar

Shredded lettuce

1 teaspoon taco seasoning

Directions

1. First heat the waffle maker as per its maker's instructions.
2. Then whisk together almond flour, egg, baking soda and salt in a medium bowl.
3. Add in the mozzarella cheese and stir until the mixture is well coated.
4. Now pour about 1/2 cup of this mixture into the center of the hot waffle maker for cook for approximately 2 to 3 minutes or until golden and crispy.
5. Repeat the cooking with the rest of the batter.
6. In case you want to make a breakfast sandwich, just top the waffles with cheese, scrambled eggs, bacon and hot sauce.
7. You can as well make it an avocado toast. Just smash an avocado with a fork in a small bowl until smooth, but with a few chunks intact.
8. Then top the chaffles with the smooth avocado along with a drizzle of olive oil. You can also sprinkle with some sea salt and red pepper flakes.
9. Furthermore, you can make it into a taco! Just mix together taco seasoning with some ground beef.

10. Now top the waffles with cheese, shredded lettuce, ground beef and cherry tomatoes. You can also drizzle hot sauce and some sour cream

Nutritional Information Per Waffle: Calories 135, Carbs 2.6g, Protein 20.62g, Fat 4.55 g

Easy Keto Chaffles

Prep Time 5 minutes

Cook Time 8 minutes

Total Time 13 minutes

Servings 1 large waffle (or 2 mini waffles)



Ingredients

Small spray of avocado oil or olive oil

1 large egg whisked

2 oz. cheddar or Colby cheese, thinly sliced

For Small Waffle Iron

1/3 large egg whisked

1 oz. cheese thinly sliced

Directions

1. First, spray some avocado oil on the waffle cooker, and then cover the

bottom with the cheese slices. You can cut your cheese into triangles in case you have a bigger waffle iron.

2. Now whisk 1 egg and then pour the whisked egg on top. You should only use a 1/3rd of the egg if using a mini waffle iron.

3. Add another layer of the thinly sliced cheese and ensure that the cheese is evenly distributed.

4. Cook for approximately 6 to 8 minutes or until you can easily lift the waffle iron up without any sticking.

Nutritional Information Per Waffle: Calories 300, Carbs 2g, Protein 19g, Fat 24.5g

Cream Cheese Stuffed Waffle

Prep Time 10 minutes

Cook Time 5 minutes

Total Time 15 minutes

Serves 4



Ingredients

2 tablespoons cream cheese

1 tablespoon almond flour

4 tablespoons mayonnaise

4 large eggs

1 teaspoon cooking oil

Directions

1. Grease your waffle iron with some cooking oil and then preheat the iron.
2. Blend almond flour, mayonnaise and eggs with a blender or hand mixer until you obtain a smooth mixture.
3. Then cut the cream cheese into 1cm cubes. Add the batter to the preheated waffle iron.
4. Distribute $\frac{1}{4}$ of the cream cheese cubes throughout the waffle wells before you cover with a lid.
5. Close the lid and cook until the waffles are golden brown, or for about 3 to 5 minutes.

Nutritional Information Per Waffle: Calories 201, Carbs 1g, Protein 6g, Fat 19g

Chaffle Breakfast Sandwich

Prep Time 3 minutes

Cook Time 10 minutes

Total Time 13 minutes

Serves 1



Ingredients

For the chaffles

1/2 cup Cheddar cheese, shredded

1 egg

For the sandwich

1 slice Cheddar or American cheese

1 egg

2 strips bacon

Directions

1. Plug your waffle on heat. Meanwhile combine shredded cheese and the egg in a small mixing bowl then stir until well incorporated.
2. Pour half of the batter mixture into the waffle iron and cook until golden brown, or for about 3 to 4 minutes. Repeat with the rest of the batter.
3. Now add the bacon into a large pan and cook it over medium heat, turning as required until crispy. Remove it to drain of excess fats on paper towels.
4. Add in a tablespoon of the bacon drippings, and fry the eggs over medium heat until cooked through.
5. Then assemble the chaffle sandwich and serve.

Nutritional Information Per Waffle Sandwich: Calories 658, Carbs 6g, Protein 43g, Fat 51g

Chaffles Benedict

Prep Time 10 minutes

Cook Time 10 minutes

Total Time 20 minutes

Serves 4



Ingredients

For the Hollandaise Sauce

1 stick (1/2 cup) salted butter

1/4 teaspoon Dijon mustard or hot sauce, optional

2 pinches Kosher salt

1 tablespoons lemon juice

3 large egg yolks

For the Chaffles Benedict

8 slices Canadian bacon

1 cup shredded cheddar

12 large eggs, divided

Directions

1. To prepare the Hollandaise sauce, just add the lemon juice, egg yolks, salt and the hot sauce or Dijon mustard in the cup of your immersion blender.
2. Meanwhile put the butter in a separate container of your microwave and melt it for a few seconds. Allow the melted butter to cool for a few minutes.
3. Add the melted butter over the lemon juice and egg yolk mixture. Attach the head of the immersion blender at the bottom and now process the ingredients until you obtain a cloudy and pale yellow mixture.
4. Slowly rock and lift the head of the blender as you pulse, and then lift the head of the immersion blender all the way to the surface as soon as the sauce mixture is emulsified. The sauce should be thick and creamy without any visible chunks.
5. Now start making the chaffles. Heat up your waffle maker and then add water to the bottom of your egg poacher. Put the pan over medium high heat.
6. Then in a small bowl, beat 4 eggs until fluffy and reserve the rest of the eggs for poaching.
7. Spread a little of the shredded cheddar cheese on the bottom of the waffle maker. Then add 1 1/2 tablespoons of the beaten eggs, and sprinkle another tablespoon of shredded cheddar on top.
8. Close the lid and now cook the chaffle until golden brown or for approximately 2 to 3 minutes. Remove the chaffle from the waffle maker and repeat for the remaining egg and cheese, until you get about 8 waffles.
9. Store the chaffles in the oven over warm heat setting. Meanwhile, fry the bacon either in a pan, in a waffle iron or in the microwave.
10. Begin making the poached eggs. Just crack the eggs into egg cups and cook them for approximately 4 minutes or until the top is just set.

11. Remove the eggs from heat and then assemble the chaffle Benedict. Just put a slice of the cooked bacon on each waffle, and top with the poached egg and sauce.

12. Sprinkle the chaffle Benedict with some pepper and then enjoy!

Nutritional Information Per Waffle: Calories 601, Carbs 1g, Protein 34g, Fat 51g.

Keto Waffle

Prep Time 6 minutes

Cook Time 4 minutes

Total Time 10 minutes

Serves 1



Ingredients

2 tablespoons of almond flour

1/2 cup cheddar

1 large egg

Directions

1. First heat your regular sized waffle maker or use a mini waffle iron that will prepare two waffles.
2. Then whisk the almond flour, cheddar and egg in a small bowl until well incorporated.
3. Then spray the waffle maker with some cooking spray and then pour the batter on the waffle maker.
4. Now close the lid and then cook the waffle until done or for about 3 to 4 minutes.
5. Remove the waffle from heat, then serve, and enjoy.

Nutritional Information Per Waffle: Calories 372, Carbs 5g Protein 23g, Fat 30g

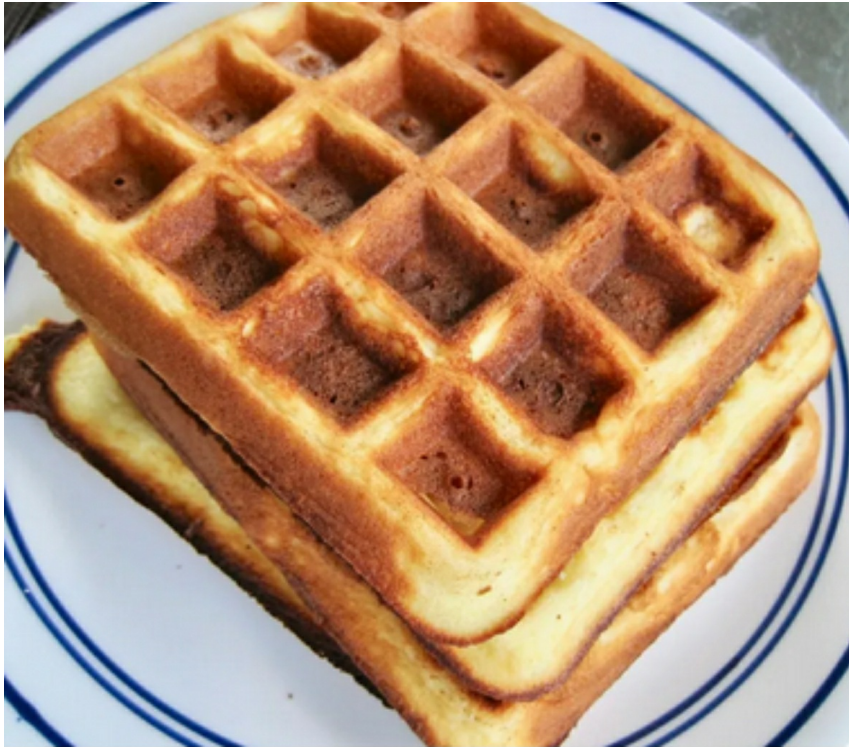
Low Carb Waffles

Prep Time 10 minutes

Cook Time 2 minutes

Total Time 12 minutes

Serves 1



Ingredients

- 1/2 teaspoon baking powder
- 1 tablespoon coconut oil or melted butter
- 2 – 4 tablespoons almond flour
- 2 ounce cream cheese
- 2 large eggs

Directions

1. Put everything in a blender and process until smooth.
2. Pour the batter in a hot and greased waffle maker and cook the waffle for approximately 2 to 3 minutes or based on the waffle maker's directions.

3. Once ready to serve, lift the waffle off the grid with a fork and enjoy!

Nutritional Information Per Waffle: Calories 522, Carbs 7g, Protein 19g, Fat 48g

Waffle with Sausage Gravy

Prep Time 5 minutes

Cook Time 10 minutes

Total Time 15 minutes

Serves 2



Ingredients

For the Chaffle:

1 pinch of salt

1/4 teaspoon baking powder

1 teaspoon water

1 teaspoon coconut flour

1/2 cup mozzarella cheese, grated

1 egg

For the Keto Sausage Gravy:

2 teaspoon cream cheese, softened

2 tablespoons heavy whipping cream

3 tablespoons chicken broth

1/4 cup breakfast sausage, browned

1 dash of onion powder, optional

Pepper to taste

Dash garlic powder

Directions

1. Plug in the mini waffle maker on the power and allow to preheat. Then lightly grease it with some cooking spray.
2. In a bowl, mix together all the ingredients for a chaffle and stir well until blended.
3. Add half of the waffle batter onto the hot mini waffle maker and close the lid. Cook the chaffle for approximately 4 minutes.
4. Remove from the waffle iron and then repeat for the second waffle. Set aside the chaffles to crisp up.
5. Meanwhile, start making the sausage gravy. Just cook a pound of the sausage and drain off. Reserve approximately 1/4 cup of the crumbled bacon. You can prepare sausage patties from the rest of the sausage if you like.
6. Discard any excess grease from the skillet and add in the reserved breakfast sausage along with the other ingredients - let the mixture boil fully.
7. Lower the heat to medium and then cook while uncovered for around 5 to 7 minutes until it thickens.
8. In case you like it thicker, add in some xanthan gum or let it simmer until its thick as required. The gravy will continue to thicken when cooling down.
9. Season the gravy with salt and pepper and drizzle a tablespoon of the thick gravy over the chaffles.

Nutritional Information Per Waffle: Calories 212, Carbs 3g, Protein 11g, Fat 17g

Ham and Jalapenos Chaffles

Prep Time 5 minutes

Cook Time 12 minutes

Total Time 17 minutes

Serves 4



Ingredients

2 teaspoons coconut flour

1 scallion

2 ounces ham steak

2 large eggs

1/2 jalapeno pepper

2 ounces sharp cheddar cheese

Directions

1. Get a fine grater and then shred your cheese. Remove the seeds from jalapenos and then grate them as well.
2. Now chop the scallions along with the ham and then mix together all the ingredients in a medium sized bowl. Combine well.
3. Pour in 1/4 of the mixture into a preheated waffle iron coated with cooking spray or coconut oil.
4. Cook the waffle until its crispy at the edges and is golden brown, or

for approximately 2 to 4 minutes.

5. Remove the waffle from the hot iron and allow it to crisp up. Then proceed to make the other waffle.

6. Serve the chaffles warm or cool.

Nutritional Information Per Waffle: Calories 69, Carbs 2.44g, Protein 5.75g, Fat 4.02g

Pizza Chaffles

Prep Time 5 minutes

Total Time 15 minutes

Serves 2



Ingredients

For pizza Chaffles

1/3 cup pepperoni slices

1 1/2 cup shredded mozzarella, divided

1/2 teaspoon baking soda

1/2 teaspoon kosher salt

2 tablespoons almond flour

2 large eggs

Freshly grated Parmesan, for serving

Directions

1. Heat your waffle maker as per its maker's instructions.
2. Then whisk together almond flour, eggs, baking soda and salt in a medium bowl until well blended.

3. Add in a cup of mozzarella cheese and stir until well coated.
4. Transfer half cup of the batter into the center of the preheated waffle maker and cook for approximately 2 to 3 minutes or until golden in color and crispy.
5. Serve the chaffle with pepperoni, ½ cup mozzarella and marinara, and a little Parmesan cheese.

Nutritional Information Per Waffle: Calories 183, Carbs 3.84g, Protein 29.9g, Fat 5.26g

Keto Pizza Chaffle

Prep Time 2 minutes

Cook Time 4 minutes

Total Time 6 minutes

Serves 1



Ingredients

1 tablespoon pizza sauce, no-sugar added

1 pinch of Italian seasoning

1/2 cup mozzarella cheese, shredded

1 egg

Toppings

Pepperoni

More shredded cheese

Directions

1. First heat your waffle maker, then whip the eggs in a small bowl along with the seasonings.
2. Add in the cheese and then add in a teaspoon of shredded cheese to

the hot waffle.

3. Allow the mixture to cook for approximately 30 seconds so as to help make the crust crisper.

4. Then add in half of the batter to the waffle maker and cook until golden brown or for approximately 4 minutes.

5. Now remove the chaffle from the waffle iron and then add in the rest of the mixture to prepare the second waffle.

6. You can top the waffle with pepperoni, shredded cheese, and a tablespoon of pizza sauce.

7. Microwave the chaffle for around 20 seconds and then serve.

Nutritional Information Per Waffle: Calories 225, Carbs 5.66g, Protein 27.47g, Fat 10g

Big Mac Chaffle

Prep Time 10 minutes

Cook Time 10 minutes

Total Time 20 minutes

Serves Big Mac (4-6 servings)



Ingredients

For the cheeseburgers:

2 slices American cheese

1/2 teaspoon garlic salt

1/3 pound ground beef

For the Chaffles:

1/4 teaspoon garlic salt

1/2 cup mozzarella, finely shredded

1 large egg

For the Big Mac Sauce

1 teaspoon dill pickle relish

1 teaspoon ketchup

2 teaspoons mayonnaise

Splash vinegar, to taste

To assemble:

2 teaspoons minced onion

3-4 dill pickles

2 tablespoons shredded lettuce

Directions

1. First make the burgers. Just preheat your griddle over medium high and then divide the ground beef into two batches.
2. Make two balls from each batch and then put the balls on the griddle about 6 inches apart. Cook for approximately 1 minute.
3. Firmly press the balls straight down to flatten them using a small salad plate. Sprinkle them with some garlic salt.
4. Cook the balls until halfway cooked through or for about 2 minutes. Flip the burger-shaped balls and season them with the rest of the garlic salt.
5. Cook the burgers until cooked through or for another 2 minutes. Put a slice of cheese over each burger and then stack them aside on plate. Cover the patties with foil.
6. Now start making the chaffles. Just heat the mini waffle maker and coat it with non-sticking cooking spray.
7. Then whisk together cheese, eggs, and garlic salt until well blended. Pour in half of the egg mixture to the hot waffle maker and cook for approximately 2 to 3 minutes.
8. Set the chaffle aside and now cook the second waffle with the rest of the batter.
9. Start preparing the Big Mac sauce. Just whisk the ingredients for sauce together until well incorporated.
10. Now it is time to assemble. Just top individual chaffle with the stacked patties, onions, pickles and shredded lettuce.
11. Spread the sauce over the chaffles and then put the sauce side down

over the burger patties.

12. Serve and enjoy!

Nutritional Information Per Serving: Calories 189, Carbs 6.17g, Protein 18.7g, Fat 10g

Broccoli and Cheese Chaffle

Prep Time 2 minutes

Cook Time 8 minutes

Total Time 10 minutes

Serves 2 chaffles



Ingredients

1 tablespoon almond flour

1/4 teaspoon garlic powder

1 egg

1/4 cup fresh chopped broccoli

1/2 cup cheddar cheese

Directions

1. Combine the garlic powder, egg, cheddar cheese and almond flour in a bowl and then mix with a fork until blended.
2. Add in half of the cheese and broccoli chaffle batter to the mini waffle maker and then cook the waffle for approximately 4 minutes. Repeat with the other half.

3. Allow each of the chaffles to cool down for 1 to 2 minutes to firm up. You can serve alone or dip it in ranch dressing or sour cream.

Nutritional Information Per Waffle: Calories 170, Carbs 2g, Protein 11g, Fat 13g

Cauliflower Chaffles

Prep Time 5 minutes

Cook Time 4 minutes

Total Time 9 minutes

Serves 2 full-size chaffles



Ingredients

1/2 cup shredded parmesan cheese

1 egg

1/2 cup shredded mozzarella cheese, or shredded Mexican blend cheese

1/4 teaspoon salt

1/2 teaspoon Italian seasoning

1/4 teaspoon ground black pepper

1/4 teaspoon garlic powder

1 cup of riced cauliflower

Directions

1. Add everything to a blender and process until smooth.
2. Then sprinkle approximately 1/8 cup of the cheese to a heated waffle

maker, ensuring the cheese covers the bottom of the waffle maker.

3. Now add the cauliflower mixture and fill the waffle maker. Add another sprinkle of the cheese on top of the cauliflower mixture. Ensure that the top of the waffle maker is fully covered.

4. Cook the mixture until crispy, or for approximately 4 to 5 minutes.

Nutritional Information Per Waffle: Calories 227, Carbs 8.55g, Protein 21.7g, Fat 11.94g

French Dip Chaffle Sandwich

Prep Time 5 minutes

Cook Time 12 minutes

Total Time 17 minutes

Serves 2



Ingredients

1/4 teaspoon baking powder

1 teaspoon coconut flour

3/4 teaspoon water

1/4 cup sharp packed cheddar cheese, shredded

1/4 cup packed mozzarella cheese, shredded

1 egg white

1/3 cup Keto roast beef, cooked

Pinch of salt

Directions

1. Preheat your oven to 450 degrees F. Then plug in your waffle maker on heat and then grease with some oil once hot.
2. Then mix everything in a medium sized bowl and stir to blend.
3. Now spoon 1/2 of the mixture on the waffle maker and then fully

cover the lid in place.

4. Then set the timer to 4 minutes and avoid lifting the lid until the cooking time has elapsed. This will prevent the sandwich from sticking to the waffle maker.

5. Once cooked through, remove the cooked chaffle from the hot iron and then set it aside. Then repeat the process with the remaining chaffle batter.

6. At this point, cover the cooking sheet with a parchment paper and put the chaffles on the cooking sheet a few inches apart.

7. Add 1/4 cup to 1/3 cup of the Keto roast beef and drain any excess gravy or broth before you add it to the chaffle.

8. Add a slice of Swiss or provolone shredded or deli cheese on top and put the contents on the top rack of your oven for about 5 minutes so as to melt the cheese.

9. You can also turn the oven to broil function in case you want the cheese to bubble and start to brown up.

10. Then serve the chaffle with the beef broth for the dipping.

Nutritional Information Per Waffle: Calories 118, Carbs 2g, Protein 9g, Fat 8g

Keto Chaffle Sandwich

Prep Time 3 minutes

Cook Time 10 minutes

Total Time 13 minutes

Serves 1



Ingredients

For the chaffles

1/2 cup Cheddar cheese, shredded

1 egg

For the sandwich

1 tablespoon mayonnaise

2-3 pieces lettuce

1-2 slices tomato

2 strips bacon

Directions

1. First, heat your waffle as per its maker's directions. Then combine

shredded cheese, and eggs in a mixing bowl. Stir until the two are incorporated.

2. Now pour 1/2 of the mixture into the waffle iron and cook until golden brown, or for approximately 3 to 4 minutes.

3. Repeat the process with the rest of the batter. In case you'll using a larger waffle maker, the entire batter may fit well.

4. Once done, cook the bacon in a large pan over medium heat until crispy, while turning it as required. Allow the bacon to drain any excess fats on paper towels.

5. At this point, assemble the sandwich along with tomato, lettuce and the mayo!

Nutritional Information Per Waffle: Calories 238 Carbs 2g, Protein 17g, Fat 18g

Quick Keto Pizza Chaffles

Prep Time 3 minutes

Cook Time 7 minutes

Total Time 10 minutes

Serves 2 Mini Pizzas



Ingredients

Chaffle Crust

1 pinch garlic powder

1/2 teaspoon Italian Herb blend

1/2 cup mozzarella cheese, shredded

1 egg

Pizza Toppings

6 pepperoni, optional

1/2 cup mozzarella cheese, shredded

2 tablespoons tomato sauce

Directions

1. Heat your waffle maker. Meanwhile, heat your oven to 400 degrees F.
2. Combine cheddar cheese, egg, herbs and garlic in a small mixing bowl and stir well until blended.
3. Add half of your batter to a mini waffle maker or add all the batter to a large waffle maker.
4. Cook the batter until golden brown, or for approximately 3 to minutes. Repeat with the remaining batter.
5. *Top the crust with pepperoni, cheese and tomato sauce, and then move the contents to a small baking sheet and bake for approximately 5 minutes.*

Nutritional Information Per Waffle: Calories 238 Carbs 2g Protein 17g, Fat 18g

Best Keto Pizza Chaffle

Prep Time 5 minutes

Cook Time 15 minutes

Total Time 20 minutes

Serves 2



Ingredients

- 1/4 teaspoon basil seasoning
- 1 tablespoons Parmesan cheese, shredded
- 6 pepperonis cut in half
- 1/2 cup mozzarella cheese
- 3 teaspoons of low carb marinara sauce
- 1 pinch of salt
- 1/8 teaspoon garlic powder
- 1/8 teaspoon Italian seasoning
- 1/4 teaspoon baking powder
- 1 teaspoon cream cheese, softened

1/2 cup mozzarella cheese, shredded

1 egg white

1 teaspoon coconut flour

Directions

1. Heat your oven to 400 degrees F. Meanwhile, plug on your waffle maker.
2. Mix together cream cheese mozzarella cheese, egg white, coconut flour, salt, Italian seasoning and the garlic powder in a small bowl.
3. Add in half the mixture to the waffle maker and close the top, then cook until the chaffle is done, or for 3 to 4 minutes.
4. Gently remove the chaffle from the chaffle iron and now make the second chaffle.
5. Now top each of the chaffles with Parmesan cheese, mozzarella cheese, pepperoni and 1 1/2 teaspoon tomato sauce.
6. Move the contents to the preheated oven on a lined baking sheet and cook on the top shelf of the oven for approximately 5 to 6 minutes.
7. Then set the oven to broil for 1 min and 30 seconds or until the cheese becomes brown and bubbles. Be attentive here as your cheese can burn fast.
8. Remove the pizza chaffles from the oven and top with basil. Serve.

Nutritional Information Per Waffle: Calories 241, Carbs 4g, Protein 17g, Fat 18g

Jalapeno Popper Chaffle

Prep Time 5 minutes

Cook Time 5 minutes

Total Time 10 minutes

Serves 5-6 mini chaffles



Ingredients

1 cup sharp cheddar cheese, shredded

8-ounces cream cheese

2-3 jalapeno peppers

3 large eggs

4 slices bacon

¼ teaspoon Himalayan pink salt

1 teaspoon baking powder

3 tablespoon coconut flour

Directions

1. Begin by washing, drying and de-seeding jalapeno peppers. Then dice one of the peppers and slice the other two. Set aside.
2. Now add the bacon in a pan, move on a stove and then cook the meat until brown and crispy.

3. Then whisk together flour, salt and baking powder in a mixing bowl. Beat cream cheese in a separate mixing bowl until light and fluffy.
4. Heat the waffle iron and coat it well with the non-stick cooking spray.
5. Beat the egg in a medium sized mixing bowl until fluffy, then add the shredded cheese and 1/2 cup cream cheese. Beat until well blended.
6. At this point, move the dry ingredients into the egg mixture and continue beating until well incorporated.
7. Fold in the jalapeno and then move the mixture into the preheated waffle maker. Cook on high heat for approximately 5 minutes or until the waffle begins to brown.
8. Cool down the chaffle for a few minutes and then serve it topped with the remaining jalapeno slices, cream cheese and the bacon pieces.

Waffle Burger

Prep Time 5 minutes

Cook Time 15 minutes

Total Time 20 minutes

Serves 3 buns or 6 small waffles



Ingredients

- 3 beef patties, cooked
- 1/2 cup cheddar cheese, shredded
- 1/4 cup Parmesan cheese, grated
- 1/2 cup mozzarella, shredded
- 1/2 cup cauliflower, riced and raw
- 2 eggs

Directions

1. Prepare your hamburgers and then cook them as you make the waffles.
2. Plug your waffle iron to power. You can choose to grease your waffle maker before using it if necessary.
3. Then mix together cauliflower rice, eggs and all the cheeses in a large bowl.
4. As soon as the waffle iron is hot enough, spoon the batter into the

center and then cook the chaffles based on the manufacturer's directions.

*Nutritional Information Per Waffle: Calories 165 Carbs 2g, Protein 11.8g,
Fat 12.3g*

Chicken, Zucchini and Cheese Waffles

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Serves 9 waffles



Ingredients

1/4 cup green onions, chopped

1/2 teaspoon onion powder

1/2 teaspoon garlic salt

1 teaspoon baking powder

2 large eggs

1/2 cup blanched almond flour

1/2 cup shredded cheddar cheese

1/2 cup mozzarella cheese, shredded

5 ounces (2 cups) shredded zucchini, with the water squeezed out

4 ounces cooked and shredded chicken breast

Avocado oil spray

Directions

1. In a food processor or cheese grater, grate the zucchini and then wring out the excess water from the shredded zucchini with a clean towel.
2. Mix together onion powder, garlic salt, baking powder, cheeses, almond flour and the shredded chicken in a big bowl.
3. Then lightly beat 2 eggs in a small bowl and then stir them into the chicken and zucchini mixture.
4. Preheat your waffle maker and then coat it with some avocado oil spray.
5. Now spread the chicken and zucchini batter on the oiled waffle iron and cook for around 2 to 3 minutes, or until golden brown.
6. Repeat for the second chaffle or until you have used all the batter mixture.
7. Allow the waffles to cool down and then keep them frozen until ready to serve.

Nutritional Information Per Serving: Calories: 135, Fat: 10g, Carbs: 3g, Protein: 10g

Keto Taco Chaffle

Prep Time 6 minutes

Cook Time 4 minutes

Total Time 10 minutes

Serves 2 chaffles



Ingredients

1 lbs. of ground beef

1 egg

1/4 teaspoon Italian seasoning

1/2 cup cheddar or mozzarella cheese, shredded

Taco Meat Seasonings

1/12 teaspoon smoked paprika

1/4 teaspoon salt

1/4 teaspoon onion powder

1/4 teaspoon onion powder

1 teaspoon ground cumin

1 teaspoon chili powder

1/2 teaspoon of garlic powder

Directions

1. Begin by cooking the ground turkey or the ground beef.
2. Then season the ground meat with all of the taco seasonings, and cocoa powder too if you like.
3. Meanwhile begin preparing the Keto chaffle by preheating your waffle or mini waffle maker.
4. Then whip the egg in a small bowl and then add in the shredded mozzarella or cheddar cheese and the seasoning.
5. Add half of the chaffle batter into the waffle maker and then cook until cooked through or for approximately 3 to 4 minutes.
6. Repeat the process with the remaining half of the batter and prepare the second chaffle.
7. Now add in the hot or warm taco meat to the cooked chaffle and serve warm; while topped with cheese, tomatoes, and lettuce.

Nutritional Information Per Serving: Calories 604, Carbs 3.95g, Protein 74.4g, Fat 30.45g

Almond Flour Waffles

Prep Time 5 minutes

Cook Time 10 minutes

Total Time 15 minutes

Serves 1



Ingredients

1 egg

1/4 teaspoon stevia

1/4 teaspoon salt

1/2 teaspoon baking powder

4 tablespoons heavy cream

20 grams cheddar cheese

50 grams almond flour

Directions

1. Add all of the above ingredients in a medium bowl and mix until well blended.
2. Then pour the batter into a preheated waffle maker and cook until browned, or for 2 to 3 minutes.
3. Remove from the waffle maker and then enjoy your almond flour waffle!

Nutritional Information Per Serving: Calories: 586, Carbs: 13g, Protein: 13g, Fat: 52g

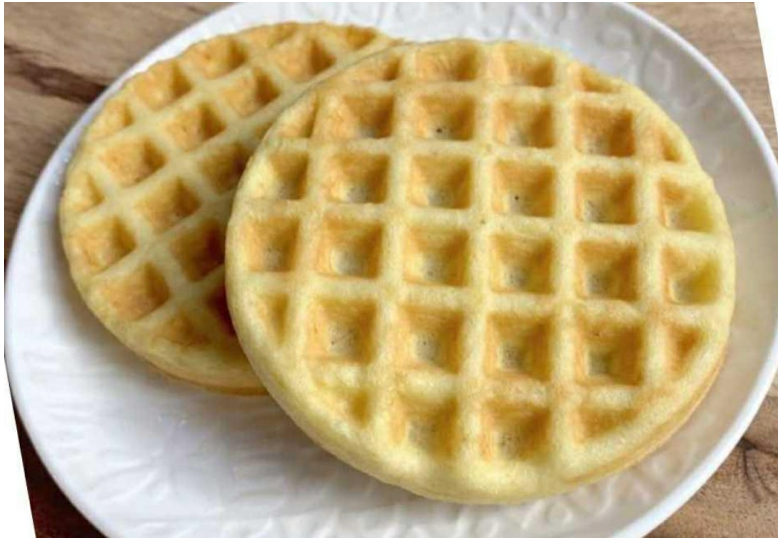
“White Bread” Chaffles

Prep Time 6 minutes

Cook Time 4 minutes

Total Time 10 minutes

Serves 2



Ingredients

¼ teaspoon baking powder

1 teaspoon water

3 teaspoon mayonnaise

3 teaspoons coconut flour or 2 tablespoons + 1 teaspoon almond flour

1 egg

Directions

1. First preheat your waffle iron. Then with a fork, beat your egg in a small bowl until well beaten.
2. Then add mayonnaise, coconut or almond flour, baking powder and water and stir until well blended.
3. Now close the waffle iron and let the chaffle to bake until no longer steaming.

4. Move the chaffle to a plate well-lined with paper towel.
5. Repeat with the rest of the batter.

Nutritional Information Per Serving: Calories 91, Carbs 1.32g, Protein 4.98g, Fat 7.22g

Keto Chaffle

Prep Time 1 minutes

Cook Time 2 minutes

Total Time 3 minutes

Serves 2



Ingredients

2 teaspoons almond flour

1/2 cup mozzarella cheese

1 teaspoon Everything but the Bagel Seasoning

1/2 cup Parmesan cheese

2 eggs

Directions

1. Begin by heating a waffle maker for about 30 seconds. Then sprinkle the griddle with mozzarella and Parmesan cheese. Just allow it to melt and be toasted for about 30 seconds and then add it to the mixture.
2. Now add in 2 teaspoons of almond flour, 1/2 cup of mozzarella, 1/1 cup of Parmesan, 2 eggs, and all the ingredients apart from the bagel seasoning. Whisk until well blended.

3. At this point, add the batter into the waffle maker while taking care not to spill it over the edge.

4. Cook the mixture until crispy or for approximately 4 minutes.

Nutritional Information Per Serving: Calories 287, Carbs 6g, Protein 21g, Fat 20g

Chaffle Bread Sticks

Prep Time 3 minutes

Cook Time 7 minutes

Total Time 10 minutes

Servings 8 sticks



Ingredients

1/2 teaspoon salt

1/2 teaspoon oregano

1/2 teaspoon garlic powder

2 tablespoons almond flour

1/2 cup mozzarella cheese grated

1 medium egg

Topping

1/4 cup mozzarella cheese grated

1/2 teaspoon garlic powder

2 tablespoons softened butter, unsalted

Directions

1. Plug in the waffle maker to the heat and then lightly grease it with some olive oil.

2. Then beat an egg in a bowl and then add in some oregano, garlic powder, almond flour, mozzarella and salt.
3. Now spoon the mixture into the greased waffle maker or add it in batches if working with a smaller waffle maker. Just spoon the batter in the center of the waffle maker and then evenly spread it to the edges.
4. Then close the lid and then cook for approximately 5 minutes. Once cooked through, use some tongs to remove the waffles from the maker. Cut each of the waffle into 4 strips.
5. Put the sticks on a tray and then preheat your grill. Combine the garlic powder with the butter and then spread this mixture on the sticks.
6. Sprinkle the cheese over the sticks and then put them under the grill until the mozzarella has started to bubble or for approximately 2 to 3 minutes.
7. Serve immediately or allow it to cool down then reheat when ready to serve.

Nutritional Information Per Serving: Calories 74, Carbs 0.9g, Protein 3.4g, Fat 6.5g

Everything Bagel Chaffles

Prep Time 2 minutes

Cook Time 5 minutes

Total Time 7 minutes

Serves 4 mini chaffles or 2 large chaffles



Ingredients

1/4 teaspoon onion powder

1/4 teaspoon of garlic powder

2 teaspoons of everything bagel seasoning

1 cup mozzarella cheese

1 teaspoon baking powder

1 large egg

1 tablespoon of almond flour

Directions

1. Combine onion powder, garlic powder, almond flour, egg, baking powder and the bagel seasoning in a bowl.

2. Then add in the cheese and coat it well with the rest of the ingredients.

3. If need be, spray your waffle maker with a little oil and then allow it to heat to the highest heat setting.

4. At this point, cook the waffle until its golden in color and crunchy, as you check it at 5 minutes intervals.

Nutritional Information Per Serving: Calories 124, Carbs 5.77g, Protein 19.6g, Fat 2.57g

Cheesy Garlic Bread Chaffle

Prep Time 15 minutes

Cook Time 6 minutes

Total Time 21 minutes

Serves 2 Chaffles



Ingredients

1 teaspoon cream cheese

1/2 teaspoon garlic powder

1 teaspoon Italian seasoning

1 egg

1/2 cup mozzarella cheese shredded

Topping Ingredients

1/2 teaspoon garlic powder

1/2 teaspoon Italian seasoning

1 tablespoon butter

Cheesy Bread Topping

Dash of parsley or more Italian seasoning

2 tablespoons shredded mozzarella cheese

Directions

1. Heat up your waffle maker and then preheat the oven to 350 degrees F.
2. Combine all the ingredients for the garlic bread in a small bowl until well incorporated.
3. Then divide the mixture into two and cook the first half for at least 4 minutes. In case you want your chaffle little bit more crunchy, add a teaspoon of shredded mozzarella cheese about 30 seconds before you add the chaffle ingredients.
4. As soon as the two garlic chaffles are cooked through, move them to a baking sheet.
5. Then melt butter in heat-safe bowl in the microwave for about 10 seconds or so.
6. Add the garlic powder and the Italian seasonings to the melted butter. Then spread this butter mixture on the cooked chaffles using a basting brush.
7. Now sprinkle a little amount of the mozzarella cheese on the chaffles and then sprinkle with extra Italian seasoning.
8. Bake the contents for approximately 5 minutes so as to melt the cheese on the garlic bread chaffles.
9. Serve the chaffles warm topped with unsweetened marinara sauce and enjoy.

Nutritional Information Per Serving: Calories 219, Carbs 5.36g, Protein 16.56g, Fat 14.55g

Low Carb Keto Chaffles

Prep Time 4 minutes

Cook Time 4 minutes

Total Time 8 minutes

Serves 2-4



Ingredients

1 teaspoon dried chives

1 large egg

1 cup shredded cheddar cheese

Cooking oil, for brushing the waffle iron

Salt, to taste

Directions

1. Begin by heating your waffle iron. Meanwhile, beat the eggs in a medium bowl until frothy.
2. Then fold in the cheese, chives and some salt. Pour the waffle batter into the preheated waffle maker.
3. Cook the waffles until cooked through, or for approximately 3 to 4

minutes, and then remove them from the waffle iron using a silicon spatula.

4. Serve the chaffles warm. You can top with cream cheese sprinkled with some chili flakes if you like, or make the chaffle your BLT sandwich.

Nutritional Information Per Serving: Calories 325, Carbs 1.9g, Protein 16g, Fat 28g

Cheesy Garlic Chaffle Bread

Prep Time 5 minutes

Cook Time 14 minutes

Total Time 20 minutes

Serves 2



Ingredients

1/4 teaspoon basil seasoning

1/2 cup mozzarella cheese, shredded

1/4 teaspoon garlic powder

1 tablespoons butter, melted

1 pinch of salt

1/8 teaspoon Italian Seasoning

1/4 teaspoon baking powder

3/4 teaspoon coconut flour

1 tablespoons Parmesan cheese

1/2 cup mozzarella cheese, shredded

1 egg

Directions

1. Heat your oven to 400 degrees F. Then plug your mini waffle iron to the power and let it heat up.
2. Lightly coat your waffle maker with some cooking spray.
3. Mix together the egg, the Parmesan cheese and 1/2 cup mozzarella cheeses, coconut flour, baking powder, Italian seasoning and salt in a small bowl until well mixed.
4. Spoon half of the chaffle batter on the hot waffle maker and close the lid. Cook until the chaffle is golden brown, or for approximately 3 to 4 minutes.
5. Remove the chaffle from the waffle maker and repeat for the second waffle.
6. Now melt the butter in a small bowl and add in garlic powder. Cut individual chaffles in half and put them into the baking sheet. Brush the bread tops with the butter and garlic mixture.
7. Top the chaffles with the remaining 1/2 cup mozzarella cheese and let the mixture bake in the oven for approximately 4 to 5 minutes.
8. Turn the oven to broil function and then set the baking sheet on the top shelf until the cheese is golden brown and bubbling, or for another 1 to 2 minutes. Keep a close eye on the cheese, check it in 30 seconds intervals.
9. At this point, remove the cheesy garlic chaffle bread from the oven and sprinkle with a little basil seasoning before serving.

Nutritional Information Per Serving: Calories 270, Carbs 3g, Protein 16g, Fat 21g

Corn-dog Chaffle

Prep Time 6 minutes

Cook Time 4 minutes

Total Time 10 minutes

Serves 3



Ingredients

- 15 -20 drops cornbread flavoring
- 1 tablespoon chopped pickled jalapenos
- 2 tablespoons heaping Mexican blend cheese
- 1 egg yolk
- 1/4 teaspoon baking powder
- 3 tablespoon almond flour
- 2 teaspoons sweetener granulated
- 1 1/2 tablespoon melted butter
- 3 tablespoons water
- 1 tablespoon ground flax-seed or 1 large egg
- Extra cheese for waffle maker

Directions

1. Combine all the ingredients in a large bowl and then allow the mixture to rest for approximately 54 minutes.
2. Add about 1 tablespoon of water in case the mixture is very thick.
3. Now sprinkle the Mexican blend cheese on the bottom of your waffle iron. Then add in 1/3 of the batter and top with another generous amount of Mexican blend cheese.
4. Close the lid in place taking care not to press down. Once the cheese is crisp, remove from the waffle maker and repeat for the second waffle.

Nutritional Information Per Serving: Calories 132, Carbs 5.65g, Protein 3.26g, Fat 11.2g

Savory Chaffle

Prep Time 6 minutes

Cook Time 4 minutes

Total Time 10 minutes

Serves 3



Ingredients

1/8 teaspoon salt

1/4 teaspoon chili flakes, optional

1 tablespoon heavy whipping cream

1 ½ teaspoons baking powder

6 tablespoons almond flour

3 eggs

8 oz. Monterrey Jack cheese

1/4 teaspoon Italian seasonings or others of your choice

Directions

1. Begin by whisking the jack cheese, the eggs, almond flour, baking powder and the heavy whipping cream in a medium bowl
2. Then add in the Italian seasonings and other spices and blend well.
3. Spoon approximately 1 1/2 tablespoons of the mixture into your mini

waffle iron.

4. Now cook the batter until it is crispy and golden in color.

Nutritional Information Per Serving: Calories 455, Carbs 4.32g, Protein 27.8g, Fat 36.32g

Traditional Keto Chaffle

Prep Time 5 minutes

Cook Time 8 minutes

Total Time 13 minutes

Serves 1



Ingredients

1/2 cup cheddar cheese, shredded

1 egg

Directions

1. First turn the waffle maker on so as to heat up on both sides.
2. Then crack an egg in a small bowl and then add in half of the cheese. Stir to combine the mixture.
3. Then add half of the waffle batter in the hot waffle maker and close the lid in place.
4. Cook the waffle until it is done as per your likeness, or for about 3 to

4 minutes.

5. Slowly remove the waffle from the waffle maker and let it crisp up for approximately 2 to 3 minutes.

6. Now start making the second waffle and then serve.

Nutritional Information Per Serving: Calories 291, Carbs 1g, Protein, 20g, Fat 23g

Easy Keto Chaffle

Prep Time 2 minutes

Cook Time 4 minutes

Total Time 6 minutes

Serves 2 Chaffles



Ingredients

1/2 cup shredded cheddar cheese

1 egg

Directions

1. Heat a mini waffle maker and then beat the egg until well blended.
2. Add in shredded cheddar cheese and stir to incorporate.
3. As soon as the waffle maker is heated, add in half of the batter and then close the top.
4. Let the waffle cook for approximately 3 to 5 minutes.
5. The remove the lid and set the waffle aside to crisp up, for about 2 to minutes.
6. Now repeat for the other waffle.

7. Once done, serve or keep it refrigerated for 3 to 5 days. You can as well try any other type of cheese.

Nutritional Information Per Serving: Calories 199, Carbs 0.95g, protein 12.4g, Fat 15.98g

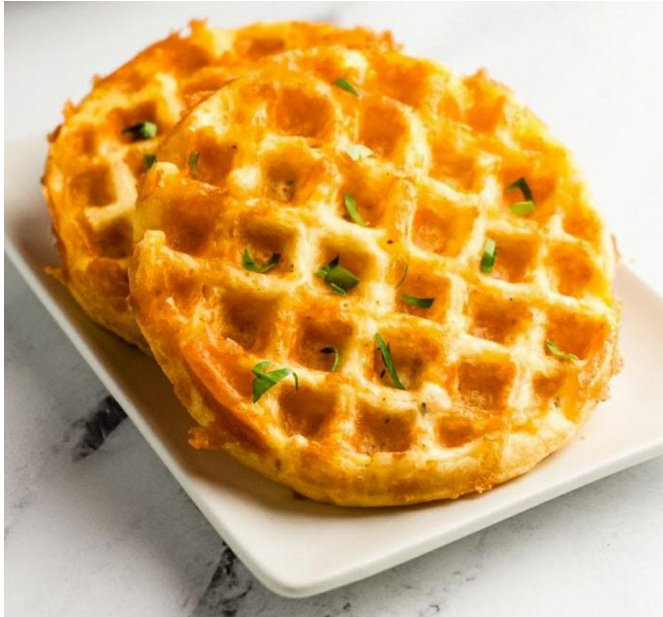
Simple Keto Chaffles

Prep Time 4 minutes

Cook Time 4 minutes

Total Time 8 minutes

Serves 2 Mini waffles



Ingredients

1 tablespoons almond flour

1/2 cup cheddar cheese, shredded

1 egg

Directions

1. Begin by heating the waffle maker based on its maker's directions.
2. Then combine cheddar cheese and egg in a small bowl, and mix until well blended.
3. You can add almond flour if you like it. In case you're using a mini waffle maker, you can add just half of the batter into the waffle maker.
4. Cook until you obtain your preferred done-ness, or for approximately 3 to 4 minutes.

5. Repeat the process with the rest of the waffle batter.

*Nutritional Information Per Serving: Calories 170, Carbs 2g Protein 10g,
Fat 14g*

Conclusion

Thank you for purchasing the book and taking the time to read it.

You now have several keto-friendly waffle recipes that you can try out. I hope you try them out and enjoy them.

Finally, I would like to ask you for a favor. Can you please leave a review for this book? I will greatly appreciate that.

Thank you and Good Luck!

Thank You