

Chaffles with Almond Flour

Oscar · 28/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

20 mins

Description

This chaffle recipe uses almond flour to create a more traditional waffle texture and help get rid of any eggy taste. These cheesy waffles are an overnight sensation in the lowcarb keto world. Seriously try them, they're delicious! I use an inexpensive mini waffle maker such as Dash Mini Maker Waffle which produces perfect 4-inch chaffles. So many ways to use chaffles, the sky's the limit.

Ingredients

— 1 large egg - 1 tablespoon blanched almond flour - $\frac{1}{4}$ teaspoon baking powder - $\frac{1}{2}$ cup shredded mozzarella cheese - cooking spray

Instructions

1. Whisk egg
2. almond flour
3. and baking powder together in a bowl. Stir in mozzarella cheese; set batter aside. Preheat a waffle iron according to the manufacturer's instructions. Spray both sides of the preheated waffle iron with cooking spray. Pour $\frac{1}{2}$ of the batter onto the waffle iron and spread it out from the center with a spoon. Close the waffle maker and cook until chaffle reaches your desired doneness
4. about 3 minutes. Carefully lift chaffle out of the waffle iron and repeat with remaining batter. Allow chaffles to cool and crisp up
5. about 2 to 3 minutes. Recipe Tip Use Cheddar cheese instead of mozzarella for a flavor variation.