

Double Chocolate Keto Waffles

Hands-on 10 minutes Overall 15 minutes

Nutritional values (per serving, 2 waffles): Total carbs: 10.6 g, Fiber: 4.7 g, **Net carbs: 5.9 g**,

Protein: 16.3 g, Fat: 22.7 g, Calories: 295 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 5 servings, 10 waffles)

1/4 cup [coconut flour](#) (30 g / 1.1 oz)

1/4 cup [cacao powder](#) (22 g / 0.8 oz)

1/2 cup chocolate, vanilla or plain whey protein *or* egg white protein powder ([Jay Robb](#)) *or* plant-based such as [NuZest](#) (50 g / 1.8 oz)

1/2 tsp [baking soda](#) + 1 tsp [cream of tartar](#) (or 2 tsp gluten and aluminium free baking powder)

1/4 cup [Erythritol](#) (non GMO) or other healthy [low-carb sweetener](#) from [this list](#) (40 g / 1.4 oz)

15-20 drops [liquid Stevia](#) extract (Clear / Chocolate) or more to taste

4 large eggs, free-range or organic

1 cup [almond milk](#), unsweetened (240 ml / 8 fl oz)

1/4 cup [extra virgin coconut oil](#) or butter (grass-fed), melted (55 g / 1.9 oz)

1/3 cup [dark chocolate](#) chips, 85% cacao (60 g / 2.1 oz)

pinch salt

Notes: When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. First, measure all the dry ingredients. Preheat the waffle iron and make sure it's hot before you pour the mixture in (this is a [good and affordable waffle iron](#)).
2. Mix all the dry ingredients until well combined.
3. Melt the coconut oil over low heat.
4. Crack the eggs into a separate bowl. Add all the wet ingredients and whisk well.
5. Add the dry ingredients and mix until well combined.
6. Add the dark chocolate chips.
7. Pour the batter in the waffle maker, close and cook for a minute or two. Time depends on the waffle maker.

8. When done, place on a serving plate. Store any leftover waffles in an airtight container in the fridge for up to 5 days or freeze for longer.

9. Enjoy! :-)

Optional: You can serve the waffles with a tablespoon of grass-fed butter, a scoop of [Mint Chocolate Chip Ice-Cream](#), a dollop of soured cream, full-fat yogurt, a tablespoon of fruit jams like [Home-made Strawberry & Rhubarb Jam](#) or [Dark Cherry Chia Jam](#).

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