

Double Chocolate Keto Waffles

Hands-on 10 minutes Overall 15 minutes

Nutritional values (per serving, 2 waffles): Total carbs: 10 g, Fiber: 4.3 g, **Net carbs: 5.8 g**,

Protein: 16.3 g, Fat: 22.6 g, Calories: 298 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* lemon juice
- 4 tbsp granulated [Erythritol](#) *or* [Swerve](#) (40 g / 1.4 oz)
- 15-20 drops [liquid Stevia](#) extract, or to taste
- 4 large eggs
- 1 cup unsweetened [almond milk](#) *or* cashew milk (240 ml / 8 fl oz)
- 1/4 cup melted virgin [coconut oil](#) *or* unsalted butter (60 ml / 2 fl oz)
- 1/3 cup [dark chocolate](#) chips, 85%-90% cacao (60 g / 2.1 oz)
- pinch sea salt

Instructions

1. First, measure all the dry ingredients. Preheat the waffle iron and make sure it's hot before you pour the mixture in a Belgian waffle maker.
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. As the waffles cool down, they will crisp up. Store any leftover waffles in an airtight container in the fridge for up to 5 days or freeze for longer.
9. Serve immediately or let them cool down and store in an airtight

container in the fridge for up to 5 days.

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