

The Best Keto Waffles

Hands-on 10 minutes Overall 15 minutes

Nutritional values (per serving, 2 coconut waffles): Total carbs: 6.2 g, Fiber: 2.9 g,

Net carbs: 3.4 g, Protein: 19 g, Fat: 21.2 g, Calories: 304 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 4 waffles)

- 1/4 cup coconut flour (30 g / 1.1 oz)
- 1/4 cup vanilla or plain whey protein or egg white protein powder (Jay Robb) or plant-based such as NuZest (25 g / 0.9 oz)
- 2 large eggs
- 1/2 cup almond milk (120 ml / 4 fl oz)
- 2 tbsp coconut oil or ghee, melted (30 ml)
- seeds from 1 vanilla bean or 1-2 tsp sugar-free vanilla extract or 1/2 tsp cinnamon
- 10-15 drops Stevia extract
- 2 tbsp Erythritol or Swerve (20 g / 0.7 oz)
- 1/4 tsp baking soda
- 1/2 tsp cream of tartar or lemon juice

Optionally serve with (per serving):

- 1/4 cup full-fat yogurt (+2.4 g net carbs per serving)
- 2 tbsp soured cream or crème fraîche (+ 0.9 g net carbs per serving)
- 2 tbsp cup creamed coconut milk (+ 1.6 g net carbs per serving)
- 1/2 cup whipped cream (+ 0.8 g net carbs per serving)
- 1 tbsp butter or ghee
- 1 oz / 30 g berries (*blackberries: + 1.2 g net carbs, raspberries: + 1.5 g net carbs, strawberries: + 1.6 g net carbs, blueberries: + 3.5 g net carbs per serving*)
- 2 tbsp Strawberry & Rhubarb Jam (+ 1.8 g net carbs per serving)
- 2 tbsp Dark Cherry Chia Jam (+ 3 g net carbs per serving)
- 2 tbsp any low-carb jam of choice

Tips:

For a coconut-free version: You can use almond flour instead of coconut flour. You'll need to use about twice the amount and/or reduce the amount of liquids (almond milk) to achieve similar

consistency.

Make sure you use kitchen scale for measuring all the dry ingredients. Using just cups may not be enough to achieve best results, especially in baked goods. Weights per cups and tablespoons may vary depending on the brand. Instead of the listed sweeteners, you can try other healthy low-carb sweeteners from this list. The reason I'm using both Erythritol and stevia is to mask the aftertaste some of the sweeteners may have.

Instructions

1. Place all the dry ingredients in a bowl and mix well: coconut flour, whey or egg white protein powder, Erythritol, baking soda and cream of tartar. Sift the coconut flour (or almond flour) if needed. *Note: Cream of tartar and baking soda act as leavening agents. This is how it works: To get 2 teaspoons of gluten-free baking powder, you need 1/2 a teaspoon of baking soda and 1 teaspoon of cream of tartar. Instead of this mixture, you can also use gluten and aluminum free baking powder.*
2. Cut the vanilla pod and use the tip of a knife to scrape the tiny seeds from inside the bean pod. Crack the eggs into another bowl, ...
3. ... add almond milk, melted coconut oil, vanilla and stevia and whisk well. *Instead of almond milk, you can use coconut milk or cream combined with water. For every cup of almond milk, use 1/4 cup of coconut milk or cream combined with 3/4 cup of water.*
4. Add the dry ingredients into the bowl with the egg mixture and combine well. *Photo: Coconut flour (left), almond flour (right).*
5. Mix until well combined. If you are using coconut flour, the batter will be less runny than the almond flour version.
6. Pour the batter in the waffle maker, close and cook for a minute or two. The exact time depends on the waffle maker

(you can try this waffle maker).

7. 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. Try with full-fat yogurt, crème fraîche / soured cream, berries (blackberries are lowest in net carbs) or butter. You can make these in batches and freeze for up to 6 months.

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