

Low-Carb & Keto Pizzelles

Hands-on 45 minutes Overall 1 hour

Nutritional values (per pizzelle): Total carbs: 1.5 g, Fiber: 0.6 g, **Net carbs: 0.8 g,**

Protein: 1.5 g, Fat: 6.2 g, Calories: 65 kcal,

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



Ingredients (makes 20 pizzelles)

- 2/3 cup [almond flour](#) (67 g/ 2.3 oz)
- 1 tbsp psyllium powder (8 g/ 0.3 oz)
- 1 tsp [anise seeds](#)
- 1 tsp anise extract or 1 drop of anise oil
- pinch of sea salt
- 1/2 cup granulated [Swerve](#) or [Erythritol](#) (100 g/ 3.5 oz)
- 1/4 cup melted [ghee](#) or virgin [coconut oil](#) (60 ml/ 2 fl oz)
- 2 large eggs
- 1/2 cup [coconut milk](#) (120 ml/ 4 fl oz)
- 1 tbsp powdered [Swerve](#) or [Erythritol](#) for dusting (10 g/ 0.4 oz)

Instructions

1. Preheat the [cone maker](#) (pizzelle/wafer maker).
2. Place the almond flour, psyllium, anise seeds and extract, and salt in a large mixing bowl.
3. In another bowl, mix the eggs, coconut milk, sweetener and melted ghee.
4. Add the dry ingredients into the bowl with the eggs and mix well.
5. Pour the batter, about 1 tbsp (15 ml) per pizzelle so you can make 2 or 3 at once, in the cone maker and close the lid.
6. Cook for 5 minutes, or until it's lightly browned and cooked through.
7. Once ready, use a spatula to lift the wafer from the cone maker and set it aside to cool and crisp up. Continue until all of the mixture is used.
8. Dust with the powdered sweetener. Store in an airtight container for up to one week.

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