

Spooky Keto Chocolate Chaffles

Hands-on 10 minutes Overall 20 minutes



Nutritional values (per serving, 1 chaffle): Total carbs: 6.4 g, Fiber: 2.6 g, **Net carbs: 3.8 g,**

Protein: 7.8 g, Fat: 14 g, Calories: 167 kcal,

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

Ingredients (makes 5 chaffles)

Chaffles:

- 1 large egg
- 1 large egg white
- 2 tbsp cream cheese (30 g/ 1.1 oz)
- 1/2 cup grated mozzarella (57 g/ 2 oz)
- 3 tbsp black cocoa powder (27 g/ 1 oz) or use raw cacao powder or Dutch process cacao powder
- 2 tbsp coconut flour (16 g/ 0.6 oz)
- 1/2 tsp gluten-free baking powder
- 4 tbsp granulated low-carb sweetener such as Erythritol or Swerve (40 g/ 1.4 oz)

Filling:

- 1/4 cup heavy whipping cream (60 ml/ 2 fl oz)
- 1/4 cup full-fat cream cheese (60 g/ 2.1 oz)
- 1/4 tsp sugar-free vanilla extract
- 2 tbsp powdered Erythritol or Swerve (20 g/ 0.7 oz)

Instructions

1. Preheat the mini waffle maker. Prepare all of the ingredients for the chaffle batter.
2. Start with the whole egg, egg white, mozzarella and cream cheese. Blend until smooth.
3. Add the dry ingredients (cocoa powder, coconut flour and baking powder) and blend again until well combined.
4. Cook each waffle (about 50 g/1.8 oz batter) in a preheated mini waffle maker for 2 to 3 minutes.
5. Open the waffle maker and let the chaffle rest to cool down slightly. Open the waffle maker, let the chaffle cool down for 15 seconds, and then use a spatula to remove and let cool down completely. Repeat until you make 5 chaffles.

6. Meanwhile, while the chaffles are cooling down, place the whipping cream, cream cheese, vanilla extract and powdered Erythritol in the bowl of a mixer. Using the whisk attachment, whisk until thick and creamy.
7. Place the mixture in a piping bag and decorate in any way you like. I tried to draw a spooky skeleton face but you can just spread the mixture on top using a spoon. The mixture is thick so you may need to use a spoon to smoothen your decorations.
8. Store the separate components in the fridge for up to 3 days and decorate on the day you plan to serve them. For longer storage, freeze the chaffles (with or without topping) for up to 3 months.

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