

The Best Ever Keto Chaffles

Hands-on 10-15 minutes Overall 10-15 minutes

Nutritional values (per serving, chaffle): Total carbs: 3.5 g, Fiber: 1.2 g, **Net carbs: 2.3 g**,

Protein: 12.3 g, Fat: 18.4 g, Calories: 224 kcal,

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



Ingredients (makes 2 small chaffles)

- 1 large egg
- 1/2 cup shredded cheddar, mozzarella *or* grated cheese of choice (57 g/ 2 oz)
- 1/4 cup [almond flour](#) (25 g/ 0.9 oz)
- 1/4 tsp [gluten-free baking powder](#)

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Instructions

1. Measure out all the ingredients for the waffles. Preheat a mini waffle maker, or use a regular waffle maker.
2. You can either place all of the ingredients in a bowl and mix until combined, or blend them. To do that, place the egg, mozzarella, almond flour and baking powder in a blender or a food processor.
3. I made a double batch and blended half of the batter to compare the results. Both tasted great although the blended chaffles had a much better, fluffier and more even texture with no cheesy bits.
4. To make 2 small waffles, spoon half of the batter (4 tablespoons, about 66 g/ 2.3 oz) into the hot waffle maker.
5. Close the waffle maker and cook for 3 to 4 minutes. Keep an eye on the batter in case it overflows (read our leakproof tips above).
6. When done, open the lid and let it cool down for a few seconds. Use a spatula to gently transfer the chaffle onto a cooling rack. Repeat for the remaining batter to get two chaffles.
7. Let the chaffles cool down completely. They will be soft when they are warm but will crisp up as they cool down.
8. Enjoy immediately or store the chaffles, without any topping, in a sealed container at room temperature for up to 3 days, or in the fridge for up to a week. For longer storage, freeze for up to 3 months. The container will keep them soft but you can leave them uncovered if you prefer them crispy.

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