

The Best Ever Keto Pepperoni Pizza Chaffles

Hands-on 15 minutes Overall 20-25 minutes

Nutritional values (per chaffle): Total carbs: 6 g, Fiber: 1.5 g, **Net carbs: 4.5 g**,

Protein: 19.1 g, Fat: 24.4 g, Calories: 315 kcal,

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



Ingredients (makes 2 small chaffles)

Waffles:

1 large egg

1/2 cup shredded low moisture mozzarella (57 g/ 2 oz)

1/4 cup [almond flour](#) (25 g/ 0.9 oz)

1/4 tsp [gluten-free baking powder](#)

Topping:

2 tbsp sugar-free marinara sauce (30 ml) - *you can [make your own marinara sauce](#)*

1/4 cup shredded low moisture mozzarella (28 g/ 1 oz)

1 tbsp grated Parmesan (5 g/ 0.2 oz)

6 slices pepperoni (18 g/ 0.6 oz)

basil leaves for garnish

Optional: 2 tsp [extra virgin olive oil](#) to drizzle on top

Instructions

1. Measure out all the ingredients for the waffles. Preheat the waffle maker. You can use a [4-inch Dash Mini Waffle Iron](#) or a regular waffle maker.
2. You can either place all of the ingredients in a bowl and mix until combined.
3. To make your chaffles fluffier with better texture, place the egg, mozzarella, almond flour and baking powder in a blender or a food processor. I used a small [Bamix blender](#) which is ideal for blending small amounts. Blending is optional but highly recommended.
4. To make 2 small waffles, spoon half of the batter (about 4 tablespoons, about 66 g/ 2.3 oz) into the hot waffle maker. Close the waffle maker and cook for 3 to 4 minutes.
5. 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.
6. Repeat for the remaining batter. The chaffles will be soft when they

are warm but will crisp up as they cool down completely.

7. Once cooked, top each waffles with a tablespoon (15 ml) of marinara sauce.
8. Add grated mozzarella and parmesan.
9. Finally top with pepperoni slices. Place under a broiler for 3 to 5 minutes until the pepperoni is crisped up and the cheese is melted.
10. Garnish with basil and optionally drizzle with olive oil. These Pizza Chaffles can be stored in a sealed container the fridge for up to 3 days. Reheat before serving.

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