

The Best Keto Oreo Chaffles

Hands-on 10 minutes Overall 20 minutes

Nutritional values (per serving, 1/2 chaffle sandwich): Total carbs: 5.8 g, Fiber: 1.7 g,

Net carbs: 4.1 g, Protein: 10.3 g, Fat: 25.8 g, Calories: 293 kcal,

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



Ingredients (makes 2 chaffle sandwiches)

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)
- 2 tbsp black [cacao powder](#), raw [cacao powder](#) or Dutch process [cacao powder](#) (11 g/ 0.4 oz)
- 2 tbsp [coconut flour](#) (16 g/ 0.6 oz)
- 4 tbsp granulated low-carb sweetener such as [Erythritol](#) or [Swerve](#) (40 g/ 1.4 oz)
- 1/2 tsp [gluten-free baking powder](#)

Filling:

- 3/4 cup mascarpone cheese, at room temperature (180 g/ 6.4 oz)
- 1/2 tsp sugar-free [vanilla extract](#)
- 2 tbsp powdered [Swerve](#) or [Erythritol](#) (20 g/ 0.7 oz)
- 2 tbsp heavy whipping cream (30 ml)

Instructions

1. Preheat the mini waffle maker. You can make these chaffles by blending or mixing the dough.
2. Start with the whole egg, egg white, mozzarella and cream cheese. Blend until smooth, add the dry ingredients, apart from the sweetener, and blend again. Finally, stir in the sweetener.
3. Cook in a preheated mini waffle maker for about 3 minutes or until crisped up.
4. 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.
5. Meanwhile, while the chaffles are cooling down, place the mascarpone and vanilla extract in the bowl of a mixer. Using the

whisk attachment, whisk until softened, about 2 minutes.

6. Add the powdered sweetener and heavy cream, one tablespoon at a time alternating each, until you have added all of them.
7. Pipe filling on top of one chaffle and top with another.
8. Store the separate components in the fridge for up to 3 days... but I bet you eat them long before then! For longer storage, freeze the chaffles (with or without filling) for up to 3 months. If you freeze them with the filling you'll get ice cream sandwich chaffles!

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