

Crispy Cheese Chaffles

HIGH PROTEIN | GLUTEN FREE



Prep:
5 min

Cook:
5-7 min

Serves:
2

Makes:
1 large waffle

INGREDIENTS

- 2 large organic eggs
- 1 cup organic shredded cheese, such as mozzarella, cheddar or a blend
- 1/4 cup almond flour
- 1 tablespoon psyllium husk powder
- 1/4 teaspoon baking powder
- Pinch of sea salt, optional

Ingredient note

Use organic ingredients whenever possible. Choose whole-food ingredients without added sugar, fillers, preservatives or artificial ingredients.

INSTRUCTIONS

1. Preheat the waffle maker until hot.
2. In a bowl, whisk the eggs until smooth.
3. Stir in the shredded cheese, almond flour, psyllium husk powder, baking powder and sea salt.
4. Let the mixture sit for 2-3 minutes so the psyllium can thicken the batter slightly.
5. Spoon the mixture evenly into the waffle maker. Do not overfill, as the cheese will spread as it melts.
6. Close the lid and cook for 5-7 minutes, or until golden, crisp and easy to lift from the waffle maker.
7. Transfer to a wire rack for a few minutes to keep the edges crisp.
8. Serve warm with avocado, eggs, salad, roasted vegetables or your favourite savoury topping.

VICTORIA'S TIP

Let the batter rest for a few minutes before cooking. The psyllium thickens the mixture and helps the chaffle hold together. After cooking, place the chaffle on a rack instead of a plate so it stays crisp.

APPROXIMATE NUTRITION

Serving size 1/2 large chaffle, about 2 wedges
Calories 325
Protein 23 g Total carbohydrates 7 g

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