

Chocolate Chaffles

Satisfy your chocolate cravings with this keto-friendly Chocolate Chaffle recipe. Made with almond flour and cocoa powder, it's perfect for a low carb dessert. Top with whipped cream or dark chocolate curls for extra indulgence while staying on track with your keto goals.

1 serving = 2 chaffles

Carbohydrates:

Total: 11.5g's Net 8g's

Protein 22g's

Fat 27g's

You will need:

- ½ cup mozzarella cheese
- 2 tablespoons almond flour
- Pinch of salt
- 1 tablespoon cocoa powder
- 1 egg
- ½ teaspoon vanilla extract
- 1 teaspoon of sweetener (allulose is the best one)



Mix all ingredients together.

Use a half of the mixture to make one chaffle in a hot waffle maker

They cook very quickly so check periodically.

Top with whipped cream, berries, cream cheese, strawberries, blueberries, melted butter, 90% chocolate, cinnamon/sweetener/butter or nut butters – remember that this will add to the carb count.

CHAFFLE = cheesy waffle

Any pre-shredded/grated cheese will work, but for best results, use mozzarella

Avoid pre-shredded cheese with potato starch (always read labels)

Each recipe here makes ONE large chaffle or two smaller ones

The longer you cook a chaffle, the crispier they will become.