

## Savoury Chaffles

Light, fluffy, and absolutely delicious, chaffles are the perfect low-carb, keto-friendly solution to sandwich bread! Here's a savoury chaffle recipe that's perfect for meal prep.

### You will need:

2 large eggs  
1 cup shredded cheese (cheddar, mozzarella, or a blend)  
2 tablespoons almond flour (blanched and finely ground)  
1/2 teaspoon psyllium husk powder (or golden flaxseed meal)  
1/2 teaspoon baking powder

### Instructions:

Preheat your waffle iron. This ensures that when the batter hits the surface, it starts cooking right away for a crispy exterior.

Mix all the ingredients together in a bowl until well combined. This includes the eggs, shredded cheese, almond flour, psyllium husk powder, and baking powder.

Cook: Pour the batter into the preheated waffle iron and cook until the chaffles are golden brown and crispy.

Cool: Let the chaffles cool on a wire rack. This prevents them from becoming soggy.

Store: Once cooled, store the chaffles in an airtight container in the refrigerator, separating each with parchment paper. They will keep in the fridge for up to 5 days.

Freeze: For longer storage, freeze the chaffles in a single layer on a baking sheet, then transfer to a freezer-safe bag or container. They will keep for up to 6 months.

Reheat: To reheat, pop them in the toaster, toaster oven, skillet, or conventional oven at 180°C/ 350°F until warmed through and crispy. Avoid the microwave as it can make them too soft.

### Serving Ideas:

Use as a base for breakfast pizza.

Top with buffalo chicken salad for a delicious lunch.

Substitute for burger buns or sandwich bread.

Enjoy your savoury chaffles throughout the week!

