



Double Chocolate Oreo Chaffle

We love easy Keto dessert recipes, especially ones that our kids LOVE (I mean, just look at Julianna's face!). It's a bonus when the recipes can be made small enough for nice portion sizes without tons of leftovers!

Keto Boss Babe adapted her favorite Keto Chocolate Mug Cupcake into this delicious recipe and added our easy cream cheese frosting in the middle. Check out the result!

Recipe:

1 T Butter
1 Egg
½ tsp Vanilla
2 T Almond Flour
2 tsp Swerve
1 Dropper Liquid Stevia (or use 1 T Swerve total)
1 T Cacao Powder
1 T Chocolate Chips
Pinch Salt



Melt the butter in a bowl, mix in the egg and vanilla.

Then mix in the rest of the ingredients.

Pour half into your mini waffle maker. Cook 5 minutes and then cook the other half!

Let the Chaffle cool slightly before you spread the frosting in the middle!

The Keto Dad Tips and Tricks:

- This makes TWO pieces - the top and the bottom!
- You can also make it in the griddle . . . and even freeze the whole thing to make it an ice cream sandwich!

Macros for 1 (we will often divide this in half and share it!)

Calories: 451, Fat: 24g, Carbs: 10g, Fiber: 2g, (Net Carbs 8) Protein: 6g

Macros for half if you're sharing:

Calories: 225, Fat: 12g, Carbs: 5g, Fiber: 1g (Net Carbs 4) Protein: 6g

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