



Keto French Toast Chaffle

These French Toast Chaffles taste AMAZING! We took our 90 Second [Keto French Toast recipe](#) and made it into a chaffle. Use the flat griddle or the mini waffle maker. Either way they're super easy to make and you only need a handful of ingredients out of the pantry. We love topping ours with a Keto friendly syrup!

Chaffle Recipe:

2 Tbsp Butter

1/2 tsp Vanilla

1 Egg

3 Tbps Almond Flour

1/2 tsp Baking Powder

1/4 tsp Cinnamon

Pinch of Nutmeg

Mix ingredients and pour half into chaffle maker until golden brown and repeat for the second piece.

Egg Mixture:

1 Egg

2 Tbsp Heavy Cream

1/4 tsp Sweetener

Whip together with a fork.

Coat both sides of the chaffle in the egg mixture.

Cook on the stovetop on medium heat until egg mixture is cooked through.



Serve with a keto friendly syrup or whipped cream and berries!

**Tip - to make this Dairy Free, remove the heavy cream

Serving size 1 (Makes 2 pieces)

Calories 422, Fat 39g, Carbs 6g, Fiber 3g, (Net Carbs 3) Protein 11g

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