



# Keto Pizza Chaffle

Keto Chaffles are EVERYWHERE, so of course we had to make some too! This super easy Keto Pizza Chaffle recipe tastes like those pizza bagels you used to eat . . . but now without carbs! The recipe is super simple and I know you're going to love it!

## Recipe:

Mix together:

1 Egg

1/3 C Mozzarella Cheese

Dash Pizza seasoning (or basil/oregano or Italian seasoning)

Sprinkle a little bit of cheese on the Griddle or Waffle Maker to create a crispy bottom. Then pour on the egg mixture.

Bake for 3-5 min in your griddle/waffle maker. Then remove and top with your choice of toppings!

- Shredded Cheddar Cheese
- Pepperoni

Place back in your griddle and cook again! If you're using a waffle maker, heat in your oven or on the stovetop!



## The Keto Dad Tips and Tricks:

- Use whatever pizza seasoning you want! Just keep an eye on ingredients if you use a premade mix!
- If you're using a waffle maker, you can still melt the toppings by just letting the waffle maker top rest on your chaffle!

Macros NOT INCLUDING TOPPINGS:

Calories: 272, Fat: 21g, Carbs: 2g, Fiber: 0g, (Net Carbs 2) Protein: 20g

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