



Simple Keto Chaffle

Have you tried our Simple Chaffle recipe? Only 2 ingredients! Add different spices to make it as a breakfast sandwich, bread for lunch, or a Taco/Tostada!

Looking for other delicious Chaffle recipes? Check out our Pizza Chaffle or our amazing Keto Chocolate Dessert Chaffle!

When making these as taco chaffles, we use the taco seasoning recipe out of Keto Your Way!

Recipe:

½ C Shredded Cheddar Cheese
1 Egg

Sprinkle approx 1 T Shredded Cheddar Cheese on your hot Chaffle Maker.

Mix 1 Egg and ¼ C Shredded Cheddar Cheese. Pour half on top of the melted cheese. Sprinkle the remaining 1 T Shredded Cheddar Cheese on top and cook your Chaffle until it stops steaming.

Cook your second Chaffle using more cheese and the remaining egg mixture.



The Keto Dad Tips and Tricks:

- This makes two pieces!
- When you choose your seasonings, make sure there are no fillers like dextrose or sugars! We use the taco seasoning from Keto Your Way.
- The possibilities are endless! Chaffle breakfast sandwiches with eggs and sausage, lunch with deli meat, dinner with pizzas or taco meat! How will you eat your chaffle?!

Macros (makes 2 chaffles):

Calories: 237, Fat: 18g, Carbs: 2g, Fiber: 0g, (Net Carbs 2) Protein: 17g

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