



Sweet Chaffle

Got a craving for sweets?? Look no further! This Sweet Chaffle recipe is quick, easy, and KETO friendly! We make ours in our [mini dash waffle maker](#). Just a few simple ingredients and you've got the perfect snack for two! We love adding berries and Keto chocolate hazelnut spread on top. What toppings will you add?

Recipe:

1 Egg
1 Tbsp Heavy Cream
1/2 Tbsp Butter
1/2 Tsp Vanilla
3 Tbsp Almond Flour
2 tsp Sweetener
1/4 tsp Baking power

Directions:

Mix Ingredients together and pour in your Chaffle Maker (or any waffle maker).



Cook for about 5 minutes or until the steam stops.

One recipe makes two Chaffles. Perfect to share or freeze for later!

The Keto Dad Tips and Tricks:

- Choose your topping - whip cream, berries, Keto chocolate hazelnut spread or even jam! Macros are for just the chaffle
- Freeze and enjoy later!
- One recipe makes two Chaffles
- Don't have a chaffle maker? Use any waffle maker!

Makes 2 pieces. Macros are for 1. Does not include toppings

Macros: Calories: 150 Fat: 13g, Carbs: 2g, Fiber: 1g (Net Carbs 1), Protein: 5g

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