

Keto Cinnamon Chaffles

Cinnamon chaffles:

- 2 Eggs
- 1 cup Mozzarella Cheese
- 2 tbsp Almond Flour (optional)
- 2 tbsp Butter Melted divided, 1 tbsp for the batter + 1 tbsp for topping
- 1-1/2 tsp Monk Fruit sweetener for the batter +1/4 cup for topping
- 2 tsp of cinnamon
- 1/2 tsp Vanilla extract
- 1/4 tsp Baking powder (optional)

Mix eggs, cheese, almond flour, butter, sweetener, vanilla & baking powder together in a small bowl.

Make chaffles. Once cooked, brush butter onto both sides of chaffles and coat with cinnamon and sweetener.

If desired make a glaze of powdered sweetener with heavy cream for dipping.

3 net carbs in two mini waffles if you add almond flour, sweetener,

1 carb per Chaffle without almond flour

I don't provide nutritional information on my recipes. I may include the carb count. I count total carbs and that's it. With all of my recipes I recommend using Carb Manager for your Macros. Just enter your ingredients there to get your nutritional information.

Different brands of the same

ingredient can contain a different amount of carbohydrates.

"SERVING SIZE" perception can also be different from one

person to another.