

Egg Fast Waffles

Apparently these are also known as ‘chaffles’ or cheese waffles – I had to look it up, too. On the positive side, they’re really easy to make and taste delicious, plus you can eat them during the Egg Fast as well. They can be made in a regular waffle iron, but the quantity makes two waffles in a mini-waffle iron; mine cost \$9.99 from amazon. The recipe was adapted from Low Carb Inspirations: <https://lowcarbinspirations.com/keto-chaffle-recipe/#>

Like normal waffles, these can be savory (with extra cheese) or sweet – just use a keto-friendly syrup like Lakanto Maple Syrup. They freeze well and can be heated up in the toaster, the microwave, or (favorite method) my Ninja countertop oven.

Here’s the basic recipe:

Ingredients:

One egg

15g (1 Tbsp, ½ oz) unsalted butter, melted

125g (4 oz) cheese – cheddar, swiss, parmesan, any mixture thereof

OR use cream cheese instead for a fluffier waffle/chaffle

A good pinch of salt

Optional: pinch of cinnamon or nutmeg
 flavors and toppings of your choice

Method:

1. Turn on your waffle maker – it needs to be really hot before you add the waffle mixture.
2. Drop the egg in a small bowl and beat well.
3. Shred the cheese in any combination you like. Add to the egg, together with the melted butter, salt, and any seasonings. Mix well.
4. Spread half the mixture in the mini waffle maker, spreading it out evenly. Close the lid and LEAVE IT ALONE for four minutes. Do NOT peek, or you’ll end up with a gooey mess. Give the waffle time and heat to crisp up.
5. Pull the waffle out of the waffle iron, spread with butter (if desired) and let cool for a few minutes. In the meantime, add the rest of the batter to the waffle maker and let cook.

Consider making a double or triple quantity and cook them all up, let the spare ones cool, and freeze in individual ziplock sandwich bags. When ready to eat them, let them thaw for a few hours on the countertop before popping in the toaster or toaster oven.