



Chaffles, 3 ways

This recipe is as pure as it is simple. Two basic ingredients that aren't filled with added sugar, simple carbs, or highly processed. In fact, it hardly has any carbs. Who knew it could be so easy to come under your carb count?

Dairy-Free Chaffle

Ingredients:

- 1 egg
- $\frac{3}{4}$ cup dairy-free parmesan
- Nonstick spray

Directions:

- Scramble 1 egg
- Mix well in $\frac{3}{4}$ cup of desired cheese and seasoning
- Prep waffle maker with nonstick spray
- Add half of mixture in waffle maker
- Cook for 3-4 min and remove
- Add remaining mixture to waffle maker
- Once cooked, allow to cool and store leftovers in fridge or freezer

Cheddar Chaffle

Ingredients:

- 1 egg
- $\frac{3}{4}$ cup shredded cheddar cheese
- Nutritional yeast
- Nonstick spray

Italian Chaffle

Ingredients:

- 1 egg
- $\frac{3}{4}$ cup mozzarella
- Italian seasoning
- Nonstick spray

“Growth happens outside of your comfort zone.”

