

KETO CHAFFLE COOKBOOK FOR BEGINNERS

**50 QUICK, EASY AND DELICIOUS CHAFFLE
RECIPES FOR YOUR WHOLE FAMILY**



SOPHIE ROSS

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INTRODUCTION

Keto Diet is a high-fat, low-carb diet that is an increasingly popular way to lose weight. Keto is short for “ketosis”, which occurs when the body has depleted its sugar stores so it burns stored fat instead of glucose in order to produce energy. Losing weight on a keto diet sounds pretty easy; just eat a few bacon sandwiches and you’ll be slimmer in no time. However, there are drawbacks to this diet, including very low levels of vegetables and fruit (so important for fiber and other nutrients) as well as constipation from lack of dietary fiber. Here are some tips:

- It’s important to drink plenty of water, not only because you may be eating more sodium than you need, but because staying hydrated will help your body process proteins and fats more efficiently.
- For best results, stay away from most fruits and vegetables. Some berries are allowed; others aren’t. Vegetables that are considered “low in carbs” or “leafy greens” are fine—but there is a difference between lowcarb and high-fiber. As a rule of thumb, if it looks like it has the texture of tree bark or is covered with seeds or bulbs (e.g., artichokes), it probably has a lot of carbs and should be avoided.
- Be careful with spices, which tend to have a lot of sugar; salt is OK. It can be easy to go overboard on spices.
- Eat plenty of salmon, tuna and egg whites. Meat—including beef, chicken, pork and lamb—should comprise 20 to 25 percent of your total diet. (Be aware

that “lean” meat is often not very lean. Be prepared to trim off most of that fat before cooking.) A little bacon or sausage is fine, too.

- Avoid condiments and sauces, including barbecue sauce and ketchup. These are full of sugar and other unhealthy ingredients.
- Drink mostly water (or unsweetened drinks such as tea or coffee). Try to avoid drinks with a lot of added sugar, like fruit juice or alcohol. If you choose to drink wine, go for the dry stuff—red wine is best.

Now, for Chaffles.

What is Chaffle?

Keto chaffle recipe is a versatile and easy-to-make low carb pancake that only requires 2 ingredients. It’s a way to satisfy your sweet cravings while staying keto!

Chaffle is made from cheese and eggs. You will need grated cheddar cheese (use any kind of cheese you have on hand) and eggs, beaten together, then fried in a pan with butter or coconut oil.

Chaffles are perfect for a low carb breakfast, lunch or dinner and can be a treat right out of the pan, with butter!

Why Keto and Chaffle is a perfect combination?

Keto Chaffle is a great way to satisfy your sweet cravings while staying 100% in ketosis. It helps you feel fuller for longer but at the same time it’s not a high carb treat.

Chaffle gives you a lot of energy and it’s an easy way to prepare breakfast if you want it to be ready quickly when you get up or even if you’re in a hurry so it can be prepared on the go without any issues.

Keto Chaffle tastes amazing plain, with butter or with any toppings you like and it can also be used as sandwich bread substitute.

Now, let us move to the recipe part.

BREAKFAST CHAFFLES

1. Creamy Cinnamon Chaffles



Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 2

Ingredients:

- Eggs: 2
- Shredded mozzarella: 1 cup
- Cream cheese: 2 tbsp.
- Cinnamon powder: 1 tbsp.
- Almond flour: 2 tbsp.
- Baking powder: $\frac{3}{4}$ tbsp.
- Water: 2 tbsp. (optional)

Directions:

1. Preheat your mini waffle iron if needed
2. Mix all the above-mentioned ingredients in a bowl
3. Grease your waffle iron lightly
4. Cooking your mixture in the mini waffle iron for at least 4 minutes or till the desired crisp is achieved and serve hot
5. Make as many chaffles as your mixture and waffle maker allow.

Nutrition: Calories: 582 kcal Protein: 33.93 g Fat: 44.06 g
Carbohydrates: 12.09 g Sodium: 664 mg

2. Hot Ham Chaffles



Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 2

Ingredients:

- Eggs: 1
- Swiss cheese: 1 cup shredded
- Deli ham: $\frac{1}{4}$ cup chopped
- Mayonnaise: 1 tbsp.
- Dijon mustard: 2 tsp.
- Garlic salt: 1 tsp.

Directions: