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Blueberry chaffles

4.8 | 12 ratings

Is there anything that keto waffles, aka "chaffles", can't do? Here with hints of vanilla and delicious pops of sweet blueberry, they make a light and fluffy breakfast that all will adore.

USMetric

4 servings

Ingredients

Blueberry chaffles

4 eggs

1 cup (4 oz.) shredded mozzarella cheese

1 tbsp coconut flour

1 tsp vanilla extract

3 oz. (9¹/₃ tbsp) fresh blueberries


Serving

1/2 cup heavy whipping cream

6 oz. (1¹/₅ cups) fresh blueberries

 Nutrition



Recipe & photo by Naomi Sherman , nutritional review by Franziska Spritzler, RD,

CDE 

Naomi

Sherman

 **Test kitchen**

Franziska
Spritzler,

RD,

DD+ MEMBERSHIP

CDE

 Franziska Spritzler, RD, CDE

Franziska Spritzler, RD

Registered Dietitian

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Female

Male

Other

Recipes › Desserts › Blueberry chaffles

Instructions

1. Pre-heat your waffle maker.
2. Place all of your ingredients into a mixing bowl and beat to combine.
3. Sit aside to rest for 5 minutes to let the coconut flour absorb some moisture.
4. Lightly grease your waffle iron and then evenly spoon the mixture over the bottom plate, spreading it out slightly to get an even result. Close the waffle iron and cook for approx 6 minutes, depending on your waffle maker.
5. Gently lift the lid when you think they're done.
6. Serve with heavy whipping cream and fresh blueberries.

Blueberry chaffles



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Our food policy

There are many thoughts and ideas about what foods are and aren't part of a healthy diet. Learn more about what foods you can expect from our recipes.

Have you tried this recipe?

What did you think? Please share your thoughts in the comment section below!

