



Keto Chaffles with Nut Flour

Ingredients:

- ½ cup shredded cheese
- 1 egg
- 1 teaspoon Nature's Earthly Choice Nut Flour Blend
- ¼ teaspoon baking powder
- ¼ teaspoon Italian seasoning (optional)
- Salt and pepper (optional)

Directions:

1. In a large bowl, combine the cheese, egg, nut flour blend, baking powder, and spices. Mix well.
2. Preheat a mini waffle maker. Spray with cooking spray. Add ½ of the batter to the waffle maker, then cook for 3 minutes or until golden brown and crispy. Repeat with the rest of the batter. Use chaffles as sandwich bread or pizza crusts. This recipe makes 2 keto chaffles.