
Sandwich Bread Chaffles

Adapted slightly from Two Sleeveers blog



1 large egg
2 tablespoon almond flour
1 tablespoon mayonnaise
1/8 teaspoon baking powder
1 teaspoon water
3 tablespoons grated cheese, Mozzarella, cheddar, goat cheddar (optional)
garlic powder or dried herbs (optional)

Per Serving (excluding unknown items): 164 Calories; 13g Fat (71.3% calories from fat); 9g Protein; 3g Carbohydrate; 0g Dietary Fiber; 120mg Cholesterol; 171mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 2

1. In a bowl thoroughly mix the egg so no streaks are visible.
2. Add almond flour (no lumps), mayo, baking powder and water. Add garlic powder or dried herbs if using (I usually don't).
3. Heat up waffle iron. If making these without cheese, it's advisable to spray both top and bottom with olive oil spray or coconut oil spray, then pour 1/4 cup to make one chaffle. IF you desire the cheese, once waffle iron is hot, sprinkle a bit of the grated cheese on the waffle grate, pour in the batter, then top with a bit more cheese. Close lid. Cook these a bit longer than usual - about an extra minute. Use a fork to remove from the waffle iron and place on a rack to cool slightly. Allow waffle iron to reheat before making more. Can be eaten immediately, or cool, package and freeze.
4. Makes 2 chaffles, and you can cut them in half horizontally, to use as a sandwich, although they will be very thin.