

Easy Keto Chaffles

Easy 2-ingredient keto chaffles made with eggs and cheese. Perfect low-carb breakfast or bread substitute. Ready in 15 minutes!

5	8	13	2	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

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Ingredients

- 1 egg
- 1 cup cheddar cheese

Instructions

- 1 Prepare Equipment**

Preheat your waffle maker according to manufacturer's instructions, usually 3-5 minutes until the indicator light shows it's ready. Lightly spray both plates with cooking oil to prevent sticking.
- 2 Mix the Batter**

Crack 1 egg into a small bowl and beat with a fork or whisk for 30-45 seconds until the yolk and white are completely combined and slightly frothy.
- 3** Add 1/2 cup shredded cheese to the beaten egg and stir until every piece of cheese is coated with egg and the mixture is evenly combined.
- 4 Cook the Chaffles**

Pour half of the egg and cheese mixture into the center of the preheated waffle maker, spreading it slightly with a spoon if needed.
- 5** Close the waffle maker lid and cook for 3-4 minutes until the chaffle is golden brown and sounds crispy when the lid is lifted.
- 6** Carefully remove the first chaffle using a fork or silicone tongs and immediately repeat the process with the remaining mixture.
- 7 Finish and Serve**

Transfer both chaffles to a wire cooling rack and let them rest for 1-2 minutes to crisp up and cool slightly before serving.

Tips

- Use room temperature eggs for better mixing and more even cooking throughout the chaffle.
- Preheat your waffle maker thoroughly before adding the batter to ensure crispy, golden results.
- Use freshly shredded cheese rather than pre-packaged for better melting and texture.
- Don't overfill the waffle maker - use about 1/4 cup of mixture per chaffle for best results.

Let chaffles cool on a wire rack to maintain crispiness rather than stacking them while warm.

Sprinkle extra cheese on the waffle plates before and after adding batter for extra crispy edges.

For meal prep, make a double batch and freeze extras with parchment paper between each chaffle.

Clean your waffle maker immediately after use while it's still warm for easier cleanup.