

Cinnamon Roll Chaffle

Ingredients:

For the Chaffle:

1 Large Egg
1 TBSP Heavy Cream
1 TBSP Coconut Flour
1 TBSP Sweetener
1 tsp Cinnamon
1 tsp Vanilla Extract
¼ tsp Baking Powder
Pinch Salt



For the Frosting:

1 oz Cream Cheese, softened
1 TBSP Unsalted Butter , melted and cooled
½ tsp Vanilla Extract
2-3 tsp Sweetener
1 tsp Unsweetened Almond Milk (optional- to thin out)

Instructions:

Heat up your mini dash waffle maker . We can make the batter while it warms up

Mix all Chaffle ingredients together and mix until well combined.

If you want a soft cake like chaffle just pour half the batter into your mini dash waffle maker and let it cook for 3 to 4 minutes.

I like my cinnamon roll chaffle with a little crunch, so for that sprinkle just a few pieces of shredded mozzarella cheese onto your waffle maker before adding the batter and also add a little mozzarella cheese to the top of your batter before closing your waffle maker.

Cook for 3 to 4 minutes and set aside. Repeat for the other half of the batter.

Mix all frosting ingredients together and spread on top of chaffle. You can also put your frosting in a small ziplock bag and cut a little hole in the corner if you want to make swirls for your cinnamon roll chaffle.

Adding almond milk is optional only if you want it a little thinner. If you like your frosting super rich and thick skip the almond milk

The macros in this recipe are for 2 chaffles including the frosting making each cinnamon roll chaffle only 2 net carbs!

Servings: 2

Macros Per Serving:

Net Carbs: 4

Fiber: 2

Total Carbs:6

Protein:9

Fat: 19:

Calories: 349
