
Keto Breakfast "McGriddle" Sandwich

McDonalds Copycat

Ingredients:

1 Large Egg
3 TBSP Almond Flour
1 TBSP Heavy Cream
1/4 tsp Baking Powder
2 TBSP Sugar Free Maple Syrup or 1 tsp Maple Extract



Instructions:

Mix all ingredients together in a bowl. Heat up your Mini Dash Waffle Maker. Add half of your batter into your waffle maker and cook for about 3 to 4 minutes or until it stops steaming. Once done remove and set aside. Repeat until both chaffles are done.

Make your sandwich and add in a slice of cheese, sausage patty or bacon and an egg. You can make a folded egg or fried egg or whichever egg you prefer.

You can also freeze the chaffles so they are ready for whenever you want to make a sandwich and then you will only need to add the egg, sausage and cheese.

*Macros are for chaffles only

Servings: 2 Chaffles

Macros Per Serving:

Net Carbs: 4 Fiber: 4 Total Carbs: 12 Protein: 11 Fat: 24 Calories: 273 Sugar Alcohols: 5
