



Healthy Keto with
Jim Colbourne
MOVING TO AN HEALTHIER LIFESTYLE

Super Healthy Waffles

2g NET Carbs (Low Carb Keto)

WOW Factor to the Max with this Low Carb Keto Waffles. Its absolutely delicious and the entire family will love this recipe.

You will never know its Low Carb Keto by the taste, its just that GOOD!



1 serving = Calories **212kcal** / Total Carbs **4g** / Net Carbs **2g** / Protein **9g** / Fat **19g** / Fiber **2g**

INGREDIENTS

4 large eggs
4 oz cream cheese
1 cup almond flour
2 tbsp melted butter

2 tbsp vanilla extract or 1 tbsp maple extract/1 tbsp vanilla
2 tbsp monkfruit sweetener
2 tsp baking powder

Instructions:

1. In a large bowl crack 4 eggs, add vanilla extract and mix with an electric mixer for 2 minutes.
2. Add the softened cream cheese, butter and continue mixing for 2 minutes.
3. Add dry ingredients, almond flour, sweetener, baking powder until you get a smooth waffle batter with no clumps from the cream cheese.
4. Preheat your waffle maker and grease it with butter or cooking spray.
5. Pour up to 1/3 cup batter into the waffle maker and cook until golden brown or if you plan to freeze waffles just cook until lightly brown. The toaster will finish cooking the waffles when you remove waffles from freezer.
6. Serve immediately with sugar-free maple syrup.