

LOW CARB WAFFLES

INGREDIENTS

3 Egg Whites

2 Tbsp Coconut Flour

2 Tbsp Milk

1/2 tsp Baking Powder

To taste Sweetener

METHOD

Whip 2 of the egg whites to stiff peaks. You can either use a hand mixer, an egg beater, or a whisk if you want a workout.

Once you have stiff peaks, stir in the coconut flour, milk, baking powder, sweetener, and either 1 whole egg OR 1 egg white (depending on how much fat you want the waffles to have, you can use both successfully).

Heat up your waffle iron to the highest temperature, and grease or spray it with non-stick spray.

Pour in the batter (you can do it in two batches if you need to), and cook in the waffle iron until browned, about 3-4 minutes

Please bear in mind that you are using coconut flour, so it will have a coconutty taste to it.

