

# Keto Chaffle

*author: Maria Lombardo*

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## Synopsis

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author	Maria Lombardo
readBy	Eesha Gill
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Is it possible to create and prepare perfect and tasty waffles that can easily be adapted to a Keto diet? Of course it is possible! What you need to do is prepare some Chaffles! The word Chaffle come from a funny combination of the words "waffle" and "cheese": Cheese + waffle = Chaffle. When making a Chaffle we're essentially making a waffle out of keto-friendly ingredients, like cheese and eggs. In fact cheese, eggs and the addition of almond flour and psyllium husk powder can make a Chaffle taste like a traditional waffle - so much so that someone who doesn't know they ate a chaffle could hardly believe that his waffle was actually a Keto Chuffle! If you want to better know how to prepare lots of waffle recipes a very good cookbook could be *Keto Chaffle: Simple, Irresistible Low Carb and Gluten Free Ketogenic Chaffle Recipes to Lose Weight and Live Healthy* by Maria Lombardo. Here's only a tasting of what you will find inside:

- chocolate chaffle cake
- oreo chaffle
- cinnamon roll keto chaffle
- chicken jalapeno chaffle
- crispy bagel chaffle chips

And much more! Get this audiobook now to get chaffle-based recipes for every type of meal!

## Reader's comments

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