



Friends for Life® Orlando 2020

July 14-19, 2020

Virtual Friends for Life Orlando 2020 Farewell Breakfast Best Keto Waffles



Ingredients

- 4 large eggs
- 4 oz. (half block) cream cheese
- ½ c. almond flour
- 2 T. melted butter or coconut oil
- 1 t. vanilla extract
- 1 T. erythritol, optional
- 1 t. baking powder
- Keto maple Syrup, optional

Blend all ingredients in a blender until mixed through and smooth, about 1 minute. Grease a pre-heated waffled iron with cooking spray or butter. Pour batter into waffle iron depending on the iron size. Cook until golden and crispy. Repeat until batter is finished. Enjoy!

SOURCE: gimmedelicious.com/keto-waffles/