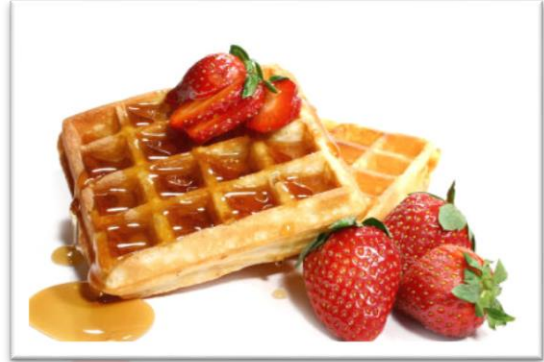


Low-Carb Waffles

As good as Mom's without the guilt!

Ingredients

- ½ cup soy flour
- ¼ cup bulk sugar substitute
- ½ tsp baking powder
- 2 large eggs
- 1/3 cup heavy cream
- 1/3 cup water
- 1 tsp vanilla extract



Directions

1. Spray electric waffle iron and preheat.
2. In large bowl, combine all ingredients until it forms a thick but smooth batter.
3. Pour ¼ cup batter in the center of a waffle iron, and close the lid. Cook for about 5-6 minutes or until steam is no longer visible. Repeat until batter is used. (1/4 cup is perfect for smaller irons – adjust accordingly).

Note: Top with sugar-free syrup and berries. It tastes as good as it looks! I sprinkled cinnamon into the batter and it was fantastic~

Makes 3 servings

Nutrition Facts (without syrup):

Calories 150

Total Fat 9g

Effective Carbohydrates 6g

Dietary Fiber 1.5g

Protein 11g

From The Good Carb Chef