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Look who we caught working...



Many people today are eating low carb. I personally love my carbs but see the healthy value in lowering my intake of carbohydrates. I am always trying to find new low carb recipes and recipes that can almost come close to being bread like...because I love my carbs!

One recipe that's been out for a while that I recently discovered (yes, I'm behind the curve) was chaffles. Chaffles are basically cheese waffles made with cheese and eggs. However you can add a few other ingredients as well. There are many different recipes for chaffles which can be found online. I have seen oreo chaffles, cinnamon chaffles, peanutbutter chaffles, ham and cheese chaffles, and the list goes on. Though it's no crusty Italian bread, it does satisfy when using it for a sandwich.

I use a mini 4 inch waffle maker (I have a double waffle maker). Below are 2 recipes...a super simple one and one I found but tweaked to make it my own.

**2 Ingredient Chaffles      Serving size: 2 Chaffles**

- 1 large egg
- 1/2 cup shredded cheese (your choice)

Preheat waffle iron, then spray with cooking spray. Beat eggs and cheese together.

Add half the mixture to the waffle iron and cook 2-3 minutes until golden brown. Remove and repeat for the next chaffle.

Serve as waffles or use as bread for a sandwich.

**Chaffles      Serving size: 2 Chaffles**

- 1 large egg
- 1 tbsp coconut flour OR almond flour
- 1 tbsp milk
- 1/2 tsp baking powder
- 1/4 cup shredded cheese (your choice)
- A dash of garlic powder and Italian seasoning

Preheat waffle iron and then spray with cooking spray. Add half the chaffle mix to the waffle iron and spread evenly. Cook for 2-3 minutes until golden brown. Remove and repeat for the second chaffle.