

CHAFFLE (CHEESE WAFFLE) TOPPED WITH MIXED TOMATO

1 egg

½ cup grated cheese (tasty or mozzarella work well)

2 tblsp almond meal

½ tsp baking powder

(cooking spray or melted butter to grease waffle maker)

1. Mix above ingredients in a small bowl and spread in a preheated waffle maker which has been sprayed well with cooking spray (or brushed with melted butter).
2. Remove when golden brown and crispy.

Mixed tomato topping (use quantities according to your taste)

Chopped cherry tomatoes

Chopped fresh basil

Splash of extra virgin olive oil

Sprinkle of Himalayan salt

Freshly ground black pepper

1. Place all ingredients above into a small bowl and mix together well.
2. Top chaffle with mixture and enjoy.

Recipe courtesy of Simply Swap Foods – specialists in everything low-carb/sugar-free

www.simplyswapfoods.com.au

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