

# *Eat Your Heart Out Edibles* ♥

Personal Chef Service and Made-to-Order Bakery

*"Eat Hearty Without the Headache!"*



## *Chef Angela's Cauliflower Waffles*

*Yield:* 2 6-inch round Waffles\*

### **INGREDIENTS:**

3 cups "riced" cauliflower (about a medium-sized head of cauliflower)

3 Tbsp. almond flour

1 Tbsp. coconut flour

3 eggs

1/4 cup COMBO of coconut flour and almond flour **OR** 1/4 cup Parmesan cheese (for savory version)

2 tsp. ground cinnamon **OR** 1 tsp. garlic powder (for savory version)

6 tsp. Swerve sweetener (or stevia) – omit for savory version

Cooking spray

### **DIRECTIONS:**

- ♥ Wash cauliflower and chop into florets. Add to food processor and pulse until your cauliflower reaches "rice" consistency, scraping down the sides as necessary.
- ♥ Combine riced cauliflower, eggs, almond flour, coconut flour, almond flour/coconut flour or Parmesan cheese, cinnamon or garlic powder in large bowl and stir until well-combined.
- ♥ Spray your waffle iron with cooking spray and heat on medium until ready to cook.
- ♥ Scoop out 1 cup of cauliflower mixture, packed, and add to waffle iron. Press out to cover entire surface of the waffle iron, then close waffle iron and cook for six minutes.
- ♥ Open to reveal your low-carb cauliflower waffle!
- ♥ Repeat the process with the rest of your cauliflower mixture, spraying your waffle iron each time. Store in the refrigerator for up to 1 week, or they freeze great!



\*Each waffle is: 350 calories, 35 g carbs, 13 g fiber, (22 NET carbs) 20 g protein, 21 g fat

Compliments of Eat Your Heart Out Edibles

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