

Buffalo Chicken Chaffle

(Adapted from [Low Carb Inspirations](#))

- 1 Can Valley Fresh Organic Canned Chicken Breast (5 ounces)
- 2 T Red Hot Wing Sauce
- 2 oz Cream Cheese, softened
- 4 T Cheddar Cheese, shredded
- 2 T Almond Flour
- 1 T Nutritional Yeast
- 1/2 tsp Baking Powder
- 1 Egg Yolk (Can Use whole egg if no allergy)
- 1 Flax Egg (1 T ground flaxseed, 3 T water)
- *1/4-1/2 Cup Extra Cheese for the waffle iron

Make flax egg and set aside to rest.

Drain liquid from the canned chicken. Mix all the ingredients together. Sprinkle a little cheese on the waffle iron. Let it set for a few seconds before adding 3 T of chicken mixture. (I used a large cookie scoop) Then add a little more cheese before closing the waffle iron. Cook for 5 minutes.

Don't open the waffle iron before the time is up or you will have a mess. Remove and let cool before adding a drizzle of hot sauce and ranch dressing.

-Makes 6 Chaffles. Whole recipe is 6.4 carbs. Each Chaffle is 1.1 carb.