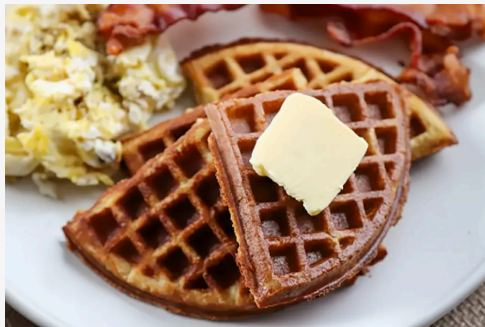




AMAZING WAFFLES

INGREDIENTS

1 cup almond flour
1 pinch salt
1 teaspoon baking soda
4 eggs organic
¼ cup allulose syrup
olive oil cooking spray

INSTRUCTIONS

1. Preheat waffle iron for five minutes.
2. Combine 1 cup almond flour, 1 pinch salt, 1 teaspoon baking soda, 4 eggs, and ¼ cup allulose syrup in medium bowl.
Avoid over mixing batter to prevent waffles from becoming dense.
3. 1 cup almond flour, 1 pinch salt, 1 teaspoon baking soda, 4 eggs, ¼ cup allulose syrup
4. Spray both sides of waffle iron with olive oil cooking spray.
5. olive oil cooking spray
6. Pour batter into preheated waffle maker and cook until golden brown or crispy on outside.
7. Serve immediately with your choice of toppings, such as grass-fed melted butter, sugar-free maple syrup, berries, or homemade whipped cream.