

‘Chaffles’ an option for people with dietary limitations

■ These waffles made from an egg-cheese batter rather than flour, appeal to people on ketogenic or gluten-free diets

By Robin Mather
Chicago Tribune

People who eat a ketogenic diet love chaffles, and so do gluten-free eaters. What started as a trend for those who follow restrictive diets, however, has spread now to Facebook groups with hundreds of thousands of members and Pinterest and Instagram boards by the hundreds.

What is a “chaffle”? The arguably unattractive name comes from the combination of cheese plus waffle, and signifies a waffle made from an egg-cheese batter, rather than a flour-based one.

Or at least that’s what it meant in the beginning. Now you’ll find cheese-free chaffles as well, including one that chaffle fans swear tastes “just like Wonder Bread!” That may not sound like an admirable goal to some of us, but for many people whose diets limit or prohibit bread, the Wonder Bread chaffle suddenly makes sandwiches part of their lives again.

Naturally, as with many such trendy foods, there’s a specialty appliance involved. In this case, it’s the Dash mini waffle maker, which makes personal-sized waffles about 4 1/2 inches in diameter, one by one. There are several other brands, and all are inexpensive and small enough to tuck into a drawer for storage. But any chaffle

recipe may be made in bigger waffle irons as well; as the recipes here note, just double the amounts to make chaffles in a larger iron.

Once baked, chaffles can be incredibly versatile. There are recipes online for chocolate-chocolate chip chaffles; for pizza chaffles; for pumpkin-spice chaffles; for chaffle French toast; for little chaffle layer cakes with cream cheese frosting — the permutations are nearly endless.

Because they are high in protein — and sometimes high in fat — chaffles are filling and they keep your tummy happy for a long time.

Around my house, a basic chaffle spread with cream cheese and a sprinkle of everything bagel seasoning has become a breakfast standard. Because they’re so quick and easy to prepare, little chaffle “pizzas” make a lazy dinner satisfying.

Will this trend last, or is it a mere flash in the waffle maker? It’s hard to say. I think, however, that when a trend satisfies a need, it’s probably here for the long run.

BASIC CHAFFLE RECIPE

Prep: 10 minutes
Cook: 5 minutes
Makes: 2 chaffles

Sprinkling a little cheese



E. Jason Wambsgans/Chicago Tribune-TNS

Chaffles are a flourless version of waffles that became popular among keto and gluten-free sets but have crossed over to a wider audience.

on the waffle iron before adding the batter adds additional crispness, but it’s optional. The waffles will be soft when first removed from the iron but will crisp as they cool. This recipe is designed for a personal-sized waffle maker. Double this recipe if you’d like to prepare it in a larger waffle iron. Refrigerate any extras for up to 3 days or freeze for longer storage.

1 large egg
½ cup shredded mozzarella, plus additional for sprinkling on the iron
1 tablespoon almond flour OR 1 teaspoon coconut flour
½ teaspoon baking powder

1. Heat the waffle maker. In a small bowl, beat the egg with a fork until it is well blended (as for scrambled eggs). Stir in cheese, almond or coconut flour, and baking powder until well blended.
2. For extra crispness, scatter a little mozzarella over the waffle iron’s bottom surface. Let it melt for a moment, then spread approximately half the batter onto the bottom surface. Top with a few sprinkles of extra mozzarella, if you like.
3. Close the waffle iron and allow the chaffle to bake until it stops steaming. Lift the lid — if it offers any resistance, cook

a few moments longer — and transfer the finished chaffle to a paper-towel lined plate to cool.

4. Repeat with remaining batter, using mozzarella sprinkles before and after adding the batter, if you like.

Nutrition information per chaffle: 137 calories, 9 g fat, 4 g saturated fat, 111 mg cholesterol, 3 g carbohydrates, 1 g sugar, 10 g protein, 346 mg sodium, 0 g fiber

WHITE BREAD CHAFFLES

Prep: 10 minutes
Cook: 5 minutes
Makes: 2 chaffles

Many people prefer these to basic chaffles if they have a sandwich in mind. You won’t taste the mayonnaise, but it contributes a little sweetness and makes the chaffles tender. The almond or coconut flour in these chaffles lends structure, so don’t omit it. It

also helps absorb any extra egg. This recipe is designed for a personal-sized waffle maker. Double this recipe if you’d like to prepare it in a larger waffle iron.

1 egg
3 tablespoons almond flour OR 1 tablespoon coconut flour
1 tablespoon mayonnaise
1 teaspoon water
¼ teaspoon baking powder

1. Heat the waffle iron. In a small bowl, beat the egg with a fork until it is well blended (as for scrambled eggs). Add

the almond or coconut flour, mayonnaise, water and baking powder; stir until the mixture is well blended.

2. Close the waffle iron and allow the chaffle to bake until it stops steaming. Lift the lid — if it offers any resistance, bake a few moments longer — and transfer to a paper-towel lined plate to cool. Repeat with remaining batter.

Nutrition information per chaffle: 143 calories, 13 g fat, 2 g saturated fat, 96 mg cholesterol, 3 g carbohydrates, 1 g sugar, 5 g protein, 144 mg

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Tips for sticking to a healthy eating regimen

By Ben Mims and Genevieve Ko
Los Angeles Times

What “healthy” means to each of us is very different — and is what we often discuss when developing recipes for, or talking about, eating to feel good.

More often than not the meals we manage are a hodgepodge of random bits of leftovers from recipe testing, foraged edible bric-a-brac from people bringing food into the offices, or completely absent because we’re too busy to stop and do what we write about every week: eat.

Recognizing the gulf between the aspiration to eat well and the reality of daily life, we’re sharing a few of the course corrections we’re hoping to effect for ourselves in 2020. Eating better means feeling better, we all know that, so here are our prescriptions to ourselves for the new year:

Ben’s tips

- Get over the stigma of frozen vegetables

I get it: We live in Southern California and the produce is unmatched. I go to the farmers market every weekend. But there still manages to be a couple of days I haven’t planned for when I’m desperate for something green and the cupboard is barren (or wilted). That’s where frozen vegetables come in. Not those depressing kaleidoscopic “medleys.” I mean a bag of broccoli, green beans or peas (Jacques Pepin cosigns!) that I can steam, saute or roast instead of reaching for a takeout menu. With a bowl of warm rice, they’re a meal.

- Aim for a “healthy” breakfast at least three days a week

Knowing I should eat better and actually doing it are two separate things. I try to outsmart myself and eat a healthy-for-me breakfast at least three days a week — a small bowl of cashew yogurt with granola and a big dollop of jam; wilted spinach scrambled with an egg; good whole-grain toast with a banana and almond butter. Ideally, starting my morning this

way will influence the rest of my day’s meals, but I know at least I got my nutrition in first thing and if I eat not so well the rest of the day, I won’t beat myself up over it.

- There’s no shame in shakes

I often find myself too busy for lunch, whether I’m deep in the zone writing or have just finished a morning of driving all over L.A. for groceries and I want to start cooking and not make extra dishes. In those situations I go for a shake — even, yes, easy-to-hate-on Soylent or green shakes from Moon Juice. Shakes are also my secret for staying sated when I have an early flight, photo shoot or TV appearance that throws a wrench in my usual morning routine.

- Keep nuts on hand everywhere, all the time

I’m one of those people who find themselves suddenly famished, and that’s why I started keep mixed nuts everywhere: my kitchen cabinet, my car’s center console, in my desk at work. A couple handfuls is all I need to stabilize my blood sugar levels and ward off any insane rationalizations that I need seven cookies as my “snack” right now.

- Just drink water

Drinking water helps you feel full, staving off hunger pangs that strike out of nowhere. The rule of drinking a full glass of water before a meal really works — it makes you eat less because you’re putting something in your stomach and, if you’re imbibing, helps dilute the alcohol to ward off hangovers. Staying hydrated means you’ll feel better overall, and hopefully that will carry over into helping you make better decisions about what to eat for the rest of the day.

Genevieve’s tips

- Rule No. 1: There are no rules

Trying to eat healthy can be a real mind game. If I tell myself I can’t have any doughnuts, I will devour a dozen and then some.

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