Prep Time	10 minutes
Cook Time	15–20 minutes
Total Time	Approximately 30 minutes
Yield	2 burgers (4 chaffle halves)
Intensity	Easy (Simple techniques, but watch the chaffles closely to avoid burning)
Equipment	Mini waffle maker (dash-style, 4-inch), skillet or grill pan, mixing bowls

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Ingredients

For the Chaffles (Buns)

- 2 large eggs

- 1 cup (100g) shredded mozzarella cheese (low-moisture, part-skim)
- ½ cup (50g) shredded cheddar cheese
- 2 tablespoons almond flour (or coconut flour)
- ½ teaspoon baking powder
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- Pinch of kosher salt
- Pinch of black pepper
- Nonstick cooking spray or melted butter (for the waffle iron)

For the Burger Patties

- 1 lb (450g) ground beef (80/20 recommended for juiciness)
- 1 teaspoon kosher salt

- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon Worcestershire sauce (optional)
- 1 tablespoon neutral oil (for the pan)

For Assembly

- 2 slices cheddar, American, or pepper jack cheese
- 2 lettuce leaves (romaine or butter lettuce)
- 2 tomato slices
- 4 pickle slices
- ¼ red onion, thinly sliced (optional)
- 2 tablespoons burger sauce, mayonnaise, or sugar-free ketchup

- 1 teaspoon sesame seeds (optional, for garnish)

Instructions

Step 1: Make the Chaffle Batter (5 minutes | Easy)

Preheat your mini waffle maker according to the manufacturer's instructions—usually 3–5 minutes on medium-high heat. In a medium mixing bowl, whisk the eggs until beaten. Add the shredded mozzarella, shredded cheddar, almond flour, baking powder, garlic powder, onion powder, salt, and pepper. Stir until fully combined. The batter will be thick and chunky from the cheese—this is normal. Let it rest for 2–3 minutes so the almond flour hydrates slightly.

Step 2: Cook the Chaffles (8–10 minutes | Medium Intensity)

Lightly spray the preheated waffle maker with nonstick cooking spray or brush with melted butter. Spoon about ¼ cup of batter into the center of the waffle maker—do not overfill, as the cheese will bubble and spill. Close the lid and cook for 3–4 minutes, or until the chaffle is golden brown and crisp, and the steam has mostly stopped escaping. Resist the urge to open the lid early—opening too soon can tear the chaffle. Carefully remove with a fork or tongs and place on a wire rack to cool (not a plate, which traps steam and makes them soggy). Repeat with the remaining batter to make 4 chaffles total. Keep finished chaffles warm in a 200°F (95°C) oven if desired.

Step 3: Form and Season the Patties (3 minutes | Easy)

While the chaffles cook, divide the ground beef into 2 equal portions (about 8 oz each). Gently shape each into a patty about ½-inch wider than your chaffles—roughly 4½ inches in diameter. Do not overwork the meat, or the burgers will be dense. Use your thumb to press a shallow dimple into the center of each patty (this prevents the burger from bulging as it

cooks). Season both sides generously with salt, pepper, garlic powder, and onion powder. Brush with Worcestershire sauce if using.

Step 4: Cook the Burgers (6–8 minutes | Medium Intensity)

Heat a skillet or grill pan over medium-high heat until hot. Add the neutral oil and swirl to coat. Place the patties in the pan and cook for 3–4 minutes without moving them, until a deep brown crust forms. Flip once and cook for another 3–4 minutes for medium (135–140°F internal temperature) or 4–5 minutes for medium-well (145–150°F). Only flip once to preserve the crust. In the final minute of cooking, place a slice of cheese on each patty and cover the pan with a lid for 30–45 seconds to melt. Remove the patties and rest for 2–3 minutes—this keeps the juices locked in.

Step 5: Assemble the Burgers (2 minutes | Easy)

Lay one chaffle on a plate, textured side up. Spread a tablespoon of burger sauce or mayonnaise on the chaffle. Add a lettuce leaf, then the cheeseburger patty, tomato slice, pickle slices, and red onion if using. Top with the second chaffle, textured side down, and press gently. Repeat with the second burger. Garnish with sesame seeds if desired and secure with a skewer or burger pick to hold everything together.

Serving & Storage

- Serve: Enjoy immediately while the chaffles are crisp and the cheese is melty. Pair with a side salad, air fryer fries, or coleslaw for a complete meal.

- Storage: Store leftover chaffles and patties separately in airtight containers in the refrigerator for up to 3 days. Reheat chaffles in a toaster or air fryer at 350°F (175°C) for 2–3 minutes to restore crispness—never microwave them, or they will become

rubbery. Reheat patties in a skillet over medium heat for 2–3 minutes per side.

- Freezing: Freeze cooked chaffles in a freezer bag with parchment paper between them for up to 2 months. Reheat directly in a toaster or air fryer from frozen.

Nutrition Information (Estimated)

Note: Nutritional values are estimates per burger (1 of 2) including chaffles, beef patty, cheese, and toppings, and will vary based on specific ingredients, brands, and portion sizes. Values assume 80/20 ground beef and full-fat cheeses.

Nutrient	Amount per Serving (1 burger)
Calories	~620 kcal
Total Fat	45 g
Saturated Fat	20 g
Cholesterol	245 mg
Sodium	980 mg
Total Carbohydrates	8 g
Dietary Fiber	1 g
Total Sugars	2 g
Protein	45 g