

Prep Time: 5 minutes | Cook Time: 8-10 minutes | Total Time: 15 minutes

Yield: 2 chaffles (1 serving) | Intensity Level: Easy (Beginner-Friendly)

Table of Contents



- [Introduction](#)
- [Ingredients](#)
- [Equipment](#)
- [Instructions](#)
 - [Step 1: Preheat the Waffle Iron \(2 minutes\)](#)
 - [Step 2: Blend the Base \(2 minutes\)](#)
 - [Step 3: Add the Dry Ingredients \(1 minute\)](#)
 - [Step 4: Create the Crispy Crust Layer \(1 minute\)](#)
 - [Step 5: Cook the Chaffle \(4-5 minutes\)](#)
 - [Step 6: Rest and Repeat \(2 minutes\)](#)
 - [Step 7: Serve](#)
- [Timing and Intensity Breakdown](#)
- [Nutrition Information \(Per Serving — 2 Chaffles\)](#)

Introduction

If you've ever scrolled through social media looking for a low-carb, high-protein breakfast that doesn't taste like cardboard, chances are you've stumbled across the "chaffle" — a cheese-and-egg waffle hybrid that has taken the keto and fitness world by storm. This Crispy Cottage Cheese Chaffle takes the classic formula and elevates it with creamy cottage cheese, which adds moisture, tang, and a serious protein punch while keeping the carb count impressively low.

The magic of this recipe lies in its texture. Where traditional chaffles can turn out rubbery or

eggy, the cottage cheese here creates a light, custardy interior, while a secret trick — a sprinkle of shredded cheese directly onto the hot waffle iron — produces an irresistibly crispy, golden-brown crust. The result is a savory waffle that works equally well as a breakfast base, a sandwich bun replacement, or a savory snack with a dollop of sour cream and chives.

Whether you're following a ketogenic lifestyle, watching your macros, or simply looking for a fast, satisfying breakfast that keeps you full until lunch, this recipe delivers. It requires just five ingredients, one appliance, and fifteen minutes from start to finish. No fancy techniques, no obscure ingredients — just straightforward, delicious results.

Ingredients

- ½ cup full-fat cottage cheese (4% milkfat recommended for richness; small-curd works best)
- 1 large egg
- ¼ cup shredded mozzarella or cheddar cheese (plus 2 tablespoons extra for the crispy crust)
- 2 tablespoons almond flour (or 1 tablespoon coconut flour as a substitute)
- ½ teaspoon baking powder
- ¼ teaspoon garlic powder (optional, for savory depth)

- Pinch of salt and black pepper
- Non-stick cooking spray or a small brush of melted butter

Optional Toppings: sliced avocado, everything bagel seasoning, fresh chives, sour cream, or a fried egg.

Equipment

- Waffle maker (standard or mini; a mini Dash-style waffle iron works perfectly)
 - Blender or food processor (or a bowl and whisk)
 - Measuring cups and spoons
 - Spatula
-

Instructions

Step 1: Preheat the Waffle Iron (2 minutes)

Plug in your waffle maker and set it to medium-high heat. Allow it to preheat fully — this is

crucial for a crispy exterior. A properly heated iron prevents sticking and ensures even browning. Lightly grease both plates with non-stick spray or melted butter.

Step 2: Blend the Base (2 minutes)

In a blender or food processor, combine the cottage cheese and egg. Blend for about 20–30 seconds until completely smooth. This step is essential — blending eliminates the curdy texture and creates a silky batter that cooks evenly. If you don't have a blender, whisk vigorously by hand until mostly smooth (a few small curds are fine).

Step 3: Add the Dry Ingredients (1 minute)

Add the almond flour, baking powder, garlic powder, salt, and pepper to the blender. Pulse 3–4 times, just until combined. Do not overmix. Finally, stir in the $\frac{1}{4}$ cup of shredded mozzarella by hand with a spatula. The batter should be thick but pourable — similar to a heavy pancake batter.

Step 4: Create the Crispy Crust Layer (1 minute)

This is the secret step. Sprinkle about 1 tablespoon of the reserved shredded cheese directly onto the hot waffle iron in a small circle. This cheese will melt and fuse into a crispy, frico-like shell on the outside of your chaffle.

Step 5: Cook the Chaffle (4–5 minutes)

Pour half the batter (about $\frac{1}{4}$ cup) directly over the sprinkled cheese. Close the lid and cook for 4–5 minutes, depending on your waffle iron. Resist the urge to open the lid early — peeking releases steam and prevents crisping. The chaffle is done when it's deep golden brown, pulls away from the plates easily, and sounds slightly hollow when tapped. For extra crispness, cook 1 additional minute.

Step 6: Rest and Repeat (2 minutes)

Transfer the first chaffle to a wire cooling rack (not a plate — a plate traps steam and makes it soggy). Let it rest for 1-2 minutes; it will firm up and crisp further as it cools. Repeat Steps 4-5 with the remaining batter and cheese.

Step 7: Serve

Serve warm with your favorite toppings. These chaffles are best enjoyed immediately but can be refrigerated for up to 3 days and re-crisped in a toaster or air fryer at 350°F (175°C) for 2-3 minutes.

Timing and Intensity Breakdown

Phase	Time	Intensity
Preheating the iron	2 minutes	Low (passive)
Blending the base	2 minutes	Low
Mixing dry ingredients	1 minute	Low
Building the crust layer	1 minute	Low
Cooking each chaffle	4-5 minutes	Medium (monitor browning)
Resting	1-2 minutes	Low (passive)
Total	~15 minutes	Easy

Chef's Notes:

- Cottage cheese choice: Full-fat (4%) yields the richest flavor and best texture. Low-fat works but produces a drier chaffle.
- Flour substitute: If using coconut flour, use only 1 tablespoon — it absorbs far more

liquid than almond flour.

- Cheese matters: Mozzarella melts beautifully and crisps well; cheddar adds sharper flavor. A blend of both is excellent.
- Don't skip the rest: The cooling rack step is what separates a crispy chaffle from a limp one.
- Batch cooking: Double or triple the recipe and freeze cooked chaffles between parchment paper for up to 2 months.

Nutrition Information (Per Serving — 2 Chaffles)

Estimated values; will vary by brand and exact measurements.

	Nutrient	Amount
Calories		~340 kcal
Total Fat		~24 g
Saturated Fat		~12 g
Cholesterol		~215 mg
Sodium		~620 mg
Total Carbohydrates		~6 g
Dietary Fiber		~1 g
Net Carbs		~5 g
Total Sugars		~3 g
Protein		~25 g