

## LCHF Carbquik Waffles

2 C – Carbquik Bakin Mix (Low Carb Flour)  
1 8z Pkg – Cream Cheese (Full fat has less carbs)  
2 Tbsp – Unsalted Butter  
3 Eggs  
1 tsp Baking Powder  
2 tsp Vanilla Extract  
1/4 C Heavy Whipping Cream (Ultra Pasteurized should have 0 Carbs)  
1 /4 C Hot Water (optional)

Soften the cream cheese and butter in microwave together in a microwave safe container, place inside the mixer and beat till smooth.

Mix in eggs, vanilla extract, and heavy whipping cream and beat til smooth. Add all the dry ingredients and mix til smooth. At the end add the HOT water. Pour 1/4 C of mixture into each waffle iron (mine does two waffles at a time). Should make 8 Waffles.

Macros Per Waffle:

**234 calories**

**21g Fat**

**15 g Carbs**

**11 g Fiber**

**4 g NET CARBS (Total Carbs – Fiber)**

**9g Protein**

Recipe: By Anne Lambert

Menacingsprite.com

<http://menacingsprite.com/?p=1411>