

# Spicy Okra Chaffles

THM-Friendly: E

Makes 5 waffles (1-2 per serving)

This was inspired by a recipe I found for okra fritters and then COMPLETELY changed! It turned out so well, I just had to share it with you!

- 1 whole egg
- 1 Tbsp. mayonnaise (make sure to be on plan; for THM it has less than 2 grams of sugar per serving)
- 1 Tbsp. heavy cream
- 2 tsp. Creole seasoning
- a sprinkle of onion powder
- 2 pinches of mineral salt
- 1/4 tsp. cayenne (more or less to taste)
- 1/4 cup almond flour
- 1 cup frozen okra, chopped into “snow”
- a few slices of jarred jalapenos. roughly chopped
- 2 slices bacon, crisp and crumbled
- 3 Tbsp. Gouda cheese, shredded
- mozzarella cheese



Mix together egg, mayo, heavy cream, almond flour, and seasonings.

Let batter sit for 5 minutes.

Mix in the well-processed okra (I use the Ninja Express Chopper), bacon crumbles, gouda, and chopped jalapenos. Mix well.

Sprinkle a small amount of mozzarella into a well-sprayed mini waffle maker; add 3 Tbsp. batter and top with another small sprinkle of mozzarella (the mozzarella is what crisps these up nicely).

Cook for about 5 minutes, or until crispy on the outside.

Top with hot sauce and enJOY!

