

Wiscuit

THM- Friendly: S

- 2 Tbsp. baking flour (nut: cashew or almond flour)
- 1/2 tsp. baking powder
- 1 Tbsp. cream (Light, aka half & half, or heavy)
- 1 whole egg
- 1 Tbsp. melted butter
- 1/8 tsp. glucomannan (enough to thicken the batter)

Heat up your mini waffle maker while making the batter.

Put all ingredients in a bowl and mix them together.

Pour half the batter into the lightly sprayed waffle maker.

*** These make wonderful breakfast sandwiches!
Throw on an egg, a sausage patty, and a slice of cheese.

