**Low Carb Waffles**

**Ingredients**

* One egg
* 1/3 cup of soy flour (or if you prefer you can use 1 Tbsp coconut flour, 1 Tbsp almond flour, and 1 Tbsp soy flour – feel free to experiment!)
* 1/4 cup of heavy whipping cream
* 1/3 cup of water
* 1 Tbsp of Stevia or sugar substitute of your choice
* ½ tsp of baking powder

Mix in a little mini-blender or by hand. Pour mix in a waffle maker, cook for about five minutes. This should make about three waffles.