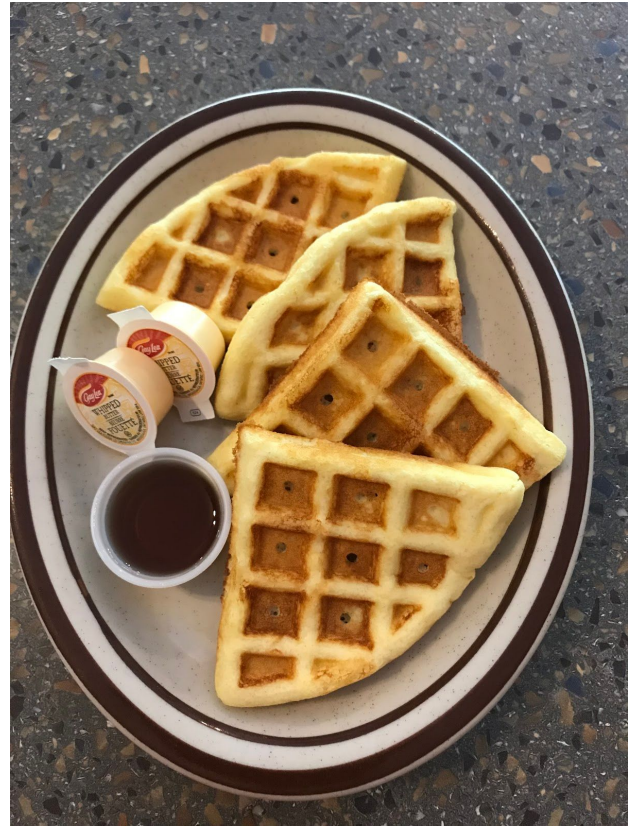


KETO WAFFLE & PANCAKES



Ingredients: egg, cream cheese, coconut flour, whipping cream, butter, baking powder, vanilla extract.

Calories 267

Fat 21g

Total Carbs 7g

Dietary Fiber 3g

Protein 9g

Net Carbs 4g

Each pancake or $\frac{1}{4}$ waffle is 1 net carb