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Three-Ingredient Trimffles (S)

Enter Trimffles... a fantastic, much lighter replacement for Chaffles. They're smarter, saner, and every bit as easy and tasty. Presuming you've heard of Chaffles? They're the latest waffle/bread craze to hit the Keto/low-carb world. Here's the problem though, many of the Chaffle recipes floating around online are super heavy in fats. Some even have up to a full cup of cheese for a serving... plus other fats like almond flour! Yikesers! THM is all about food freedom but here's the thing... it is also about food sanity! So, Chaffles don't really represent the THM balanced approach for eating well and wisely for life. The THM balanced approach is more of a beautiful, natural balance between fats and carbs and proteins with loads of veggies thrown in for good measure. We're not saying you can't have Chaffles in your S meals, but if you're eating them too often... that beautiful balance of THM will be in jeopardy.

Try the single-serve Trimffles or make the multiple-serve (Make and Store Batch) and store some of them. You can put them in baggies and either keep in your refrigerator or freezer to pull out and quickly toast to heat. These make fantastic breakfast and lunch sandwiches! Take a look at the video and read some of the easy Trimffle Sandwich Ideas and Trimffle Variations in the Recipe Notes area.

The "Blender Freezer Waffles" that we introduced to you in Trim Healthy Table (p. 336) make excellent sandwiches, too! They're also much lighter and generally just wiser for the THM plan than the Chaffle.

Serving Size: Single-serve; Makes 2 Trimffles / Multiple-serve; Makes 8 Trimffles

SINGLE-SERVE INGREDIENTS:

- 1/4 cup egg whites
- 3 or 4 Tablespoons part-skim Mozzarella cheese
- Finely grated Parmesan cheese (from the green can) for sprinkling

(Recipe Instructions and Recipe Notes Continued...)

(Three-Ingredient Trimffle, Continued...)

SINGLE-SERVE INSTRUCTIONS:

1. Preheat waffle maker.
2. Mix egg whites and mozzarella together. Do not spray any oil on machine. Sprinkle a little Parmesan (1/2 to 1 teaspoon) on bottom part of a single-serve waffle maker or griddle (such as a “*Dash Mini Maker*”). Note: If using a standard-size, 4-grid waffle machine, you may need to spray the waffle grids.
3. Spoon half of the batter into the waffle maker to top the Parmesan cheese and then spread the Mozzarella out with a fork so the Mozzarella cheese is not in one place. Sprinkle more Parmesan cheese on top.
4. Cook according to the manufacturer's instructions but be sure the “waffle” is a little more well browned than usual (this helps it crisp up as it cools).
5. Repeat steps for your second *Trimffle*.

MULTIPLE-SERVE (MAKE AND STORE BATCH) INGREDIENTS:

- 1 cup egg whites
- Scant 1 cup part-skim Mozzarella cheese
- Finely grated Parmesan cheese (from the green can) for sprinkling

MULTIPLE-SERVE (MAKE AND STORE BATCH) INSTRUCTIONS:

1. Preheat waffle maker.
2. Mix egg whites and mozzarella together. Do not spray any oil on machine. If using a single-serve waffle maker, follow the instructions above and repeat to make 8 *Trimffles*. If using a standard-size, 4-grid waffle machine, you may need to spray the waffle grids. Sprinkle a little Parmesan (1/2 to 1 teaspoon) on bottom of each waffle grid.
3. Spoon about 2 Tablespoons of the batter into each waffle grid to top the Parmesan cheese and then spread the Mozzarella out with a fork so the Mozzarella cheese is not in one place. Sprinkle more Parmesan cheese on top.
4. Cook according to the manufacturer's instructions but be sure the “waffles” are a little more well browned than usual (this helps it crisp up as it cools).
5. Repeat steps for the next batch of your *Trimffles*.

(Sandwich Ideas and Trimffle Variations Continued...)

(*Three-Ingredient Trimffle*, Continued...)

Trimffle Sandwich Ideas

Breakfast Sandwich Ideas...

- Egg and cheese
- Egg, cheese, and sausage
- Egg, cheese, and bacon
- Egg and sauteed spinach
- *Trim Healthy Pumpkin Butter* or *Trim Healthy Apple Butter* (XO)

Lunch or Dinner Sandwich Ideas...

- Turkey, cucumber, Light Laughing Cow Cheese wedge, and 1 teaspoon all-fruit jelly
- Deli meat with cheese, bacon, lettuce, pickles, mayo, and mustard
- Tuna salad
- Egg salad
- BLTs - bacon, lettuce, and tomato
- Cream cheese and smoked salmon
- PB&J - Peanut butter or *Peanut Junky Butter* & 1 teaspoon all-fruit jelly
- Elvis Presley (XO) - *Peanut Junky Butter* and banana slices
- Street Tacos - All your favorite taco trimmings rolled into a *Trimffle* taco shell!

Trimffle Variations

- Add butter extract for a Challah *Trimffle*
- Add oregano or Italian seasoning for a pizza *Trimffle* - fill with sauce, cheese, and pepperoni or ham
- Add cocoa powder and THM Gentle Sweet for a chocolate-flavored *Trimffle*
- Add peanut flour for a peanut butter-flavored *Trimffle*
- Add garlic and onion powder and nutritional yeast for a savory *Trimffle*
- Add vanilla extract and THM Gentle Sweet for a sweet *Trimffle*
- Add garlic powder and Parmesan cheese for a garlic bread *Trimffle*
- Add “*Everything But the Bagel*” seasoning
- Add a few halved blueberries and sweetener for a blueberry *Trimffle*
- Add a few halved cranberries and THM chocolate chips for a Holiday *Trimffle*
- Add cinnamon and sweetener for a “cinnamon and sugar” *Trimffle*
- Drizzle THM-approved caramel sauce and serve THM ice cream over a sweetened *Trimffle*
- Freeze sweetened *Trimffles* and use for ice cream sandwiches

NOTE: You might want to consider omitting the Parmesan cheese for the sweet and/or chocolate variations of the *Trimffle*. Parmesan cheese will add to saltiness.

The *Three-Ingredient Trimffle* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com