Mint Chocolate Keto Pizzelle

**Servings: 23 pizzelle Prep Time: 5 mins Cook Time: 20-25 mins**

3/8 cup Lupin Flour

34g Cocoa Powder

1/2 cup Allulose

1 1/2 tsp Baking Powder

1/4 tsp Ascorbic Acid (optional)

Pinch of Salt

2 Eggs

1 tsp Vanilla Extract

1/2 tsp Mint Extract

4 tbsp Cold Water

4 tbsp or 1/2 stick of Butter, melted and cooled

1 tbsp Mocha Sugar-Free Syrup (optional)

Special Equipment

Pizzelle Iron

Blender

Preheat your pizzelle iron.

Mix all the dry ingredients: lupin flour, cocoa powder, allulose, baking powder, ascorbic acid, and pinch of salt together in a bowl, then set it aside.

Add the eggs, cold water, vanilla extract, mint extract, mocha sugar-free syrup, and cooled melted butter to the blender. Mix on medium for 3o seconds.

Next, pour in the dry mix and blend for 30-45 seconds until smooth. Scoop out 1 tablespoon, place it on hot pizzelle iron, and then cook until the green ready light comes on. Remove pizzelle from the iron and cool completely. Separate them if needed. Continue this process until all the batter has been cooked.

**For crispy pizzelle:** Place in a dehydrator at 155-160F for 6-12 hours, depending on how crispy you want it.

**Nutritional Facts for 1 Pizzelle:** 32.7 Calories, 0.4g Net Carbs, 2.8g Fat, 1.6g Protein.