

keto pizza bread pulls apart low carbe diem



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Keto Pizza Bread (Pulls Apart)
142 cal - 2g net carbs per serving
(2272 cal - 32g net carbs in total recipe)
Servings: 16

Low Carbe Diem
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2 1/2 cups Mozzarella cheese, shredded
3 whole eggs, beaten
1 1/2 c almond flour
1 tbsp baking powder
2 oz cream cheese
1/2 c Parmesan cheese, grated
1 tsp rosemary seasoning
1/2 c sharp cheddar, shredded
1/2 c pepperoni slices

D I R E C T I O N S

Combine the almond flour with the baking powder, mixing well.

Melt Mozzarella and cream cheese on the stove top (or microwave 1 minute.)

When cheese melts, add flour mix, and eggs. Knead well, forming a sticky ball.

Mix the Parmesan cheese and rosemary together in a small bowl. Sprinkle Parmesan cheese mix over the top of the dough to prevent stickiness.

Form a ball with the dough and cut in half. Continue cutting into 16 small pieces.

Roll the pieces of dough into balls, and roll them through the plate of Parmesan mix, coating all sides. (The Parmesan cheese coats each dough ball, allowing for easy pull-apart after baking.)

Grease a baking sheet or dish. Layer the dish with the 16 dough balls, then top with shredded cheese and pepperoni slices (or other veggies if desired.)

Bake at 350 F for 25 minutes or until golden brown. Remove from oven and allow to cool slightly before serving.

Total Recipe: 2272 Calories; 156.8g Fat (57% calories from fat); 177.6g Protein; 56g Carbohydrate; 24g Fiber.

Per Serving: 142 Calories; 9.8g Fat (62.3% calories from fat); 11.1g Protein; 3.5g Carbohydrate; 1.5g Fiber.

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