

## **FTW Keto Dinner Rolls**

Prep time: 25 min

Cook time: 20 min

Servings: 24 rolls

### **Ingredients:**

8 ounces cream cheese

1 TBS butter

1 1/3 cup almond flour

4 eggs

3 cups mozzarella cheese

4 TBS baking powder

1/2 tsp garlic powder

1/4 tsp himaylan sea salt

### **Directions:**

1. Preheat oven to 400\*.
2. Melt cream cheese and mozzarella cheese together on low heat for a few minutes and stir often.
3. Add melted cheese to a bowl along the almond flour, garlic powder, salt, baking powder and eggs. Mix and let stand for 10-20 minutes. Roll into 24 small balls and chill in refrigerator for at least 10 minutes.

4. Melt butter in over low heat in 10-12" cast iron skillet or oven-based pan. Coat the surface of the pan with the melted butter
5. Place the rolls into the skillet or pan and bake for 20-25 minutes until golden brown.

**Tips:**

Use water when rolling out the dough into balls.

Chill the rolls for more than 10 minutes if they are still sticky.

Use marinara sauce for dipping or oregano and other spices for desired taste.

Macros: (per roll) 90 calories, 10 g of fat, 2 g of carbs, 6.5 g of protein.