



Keto cinnamon scroll

These aren't for the dairy free, but they really are delicious. Modified from a bunch of other recipes using the Fat Head dough, this is quick to make and delicious to eat. I used sour cream because that's what we had. Can swap to ricotta, cream cheese or blended cottage cheese if that is what you've got on hand. Makes 6 regular size. Per scroll: Cal: 236; Fat: 16.4g; Pro: 11.5g; Carbs: 2.4g

Serves: 6, Prep time: 00:15, Cook time: 00:22

Instructions

Preheat oven to 180 degrees Celcius and line a baking tray with baking paper or use a silicon baking tray.

In a microwave proof bowl, combine cheese and sour cream and microwave for 45 seconds, take out, stir and microwave for a further 45 seconds until melted through. Alternatively do this on the stovetop using a double boiler.

Transfer to another bowl and add the egg, whisk to combine, and then add the almond meal, baking powder and 2 tbsp of the Equal stevia (or other sweetener). Stir until well mixed and a dough is formed.

Sprinkle coconut flour out onto bench or board and transfer the ball of dough to this and knead for a minute until ready to roll out into a rectangle shape that has even thickness. Use more coconut flour if need be to ensure dough isn't sticky.

Once rolled out, sprinkle the remaining stevia and the cinammon on top. Roll from one long side and, when rolled up, cut into 6 even sized scrolls.

Lay out on baking tray and bake in oven for 22 minutes or so until golden.

Take out of oven and enjoy with some melted butter on top. Best enjoyed warm (in my opinion).

Ingredients

- 1.5 cups Cheese, Mozzarella
- 2 tablespoon Sour cream
- 1 Eggs
- 0.75 cups Almond meal, fine
- 0.5 teaspoon Baking powder
- 0.5 cups Equal Natural Sweetener (Stevia)
- 4 tablespoon Coconut flour
- 3 tablespoon Cinammon