

Keto Pigs in a Blanket

This makes 37 total Keto Pigs in a Blanket. Each Pig in a Blanket comes out to be 72.59 Calories, 5.89g Fats, 0.73g Net Carbs, and 3.72g Protein.

The Preparation

- 37 Lit'l Smokies
- 8 ounces shredded cheddar cheese
- ¾ cup almond flour
- 1 tablespoon psyllium husk powder
- 1.5 ounces cream cheese
- 1 large egg
- ½ teaspoon salt
- ½ teaspoon pepper

The Execution

1. Measure out the wet and dry ingredients.
2. Melt the cheddar cheese in the microwave in 20 second intervals until bubbling, then mix together all of the ingredients to make the dough.
3. Spread the dough out on a silpat until it fills the entire sheet, then put fridge to harden up for 15-20 minutes. Pre-heat oven to 400F.
4. Once the dough is cold, transfer to foil to cut. Slice the dough into strips and wrap around the Lit'l Smokies.
5. Bake for 13-15 minutes and broil for 1-2 minutes.
6. Serve while warm!

<https://www.ruled.me/keto-pigs-blanket/>