

# Keto Bagel Recipe

☐☐ One of the biggest things people are concerned about when starting Keto is that they're going to miss bread. There are so many different Keto bread recipes... I absolutely LOVE this bagel recipe. SUPER Easy and so delicious. ☐ Lord! I had one today – sliced, and then slathered with [Grass Fed Ghee](#) and a little extra [Everything But the Bagel Seasoning](#). S0000 Good! And filling!!

## INGREDIENTS:

1 1/2 cup [Almond flour](#)

1 tbsp [Gluten-free baking powder](#)

2 1/2 Cups Mozzarella cheese (grated)

2 oz Cream Cheese

2 Large Eggs

[Everything But the Bagel Seasoning](#) or [Sesame Seeds](#) (optional)

## DIRECTIONS:

1. Preheat the oven to 400 degrees F. Line a baking sheet with [parchment paper](#) or a [silicone mat](#).

2. Stir the [almond flour](#) and baking powder together and set aside.

3. Beat the eggs with a fork in a separate small bowl – set aside.

4. Combine the mozzarella and cream cheese in a large bowl. Microwave for 2 minutes, stirring halfway through. Stir again at the end until well incorporated. Or to heat on the stove, use a double boiler over low heat, stirring frequently, until completely melted and easy to stir.

\*TIP\* Spray your spoon with [coconut oil cooking spray](#) to avoid the cheese sticking.

5. Stir the flour mixture and eggs into the melted cheese. Work quickly while the cheese is still hot. Knead with your hands until you have a dough. It will be very sticky, but knead together until everything is well incorporated.

6. Divide the dough into 6 parts. Roll in your hands to get some length with each part, then press the ends together to make a bagel shape on the lined baking sheet. Repeat with remaining dough. Spray lightly w/a little coconut cooking spray and then sprinkle the Everything But the Bagel Seasoning or Sesame Seeds and press into each bagel lightly.

7. Bake for 10-14 minutes, until the bagels are firm and golden. Keep an eye on them so they don't get too dark. (I missed the timer the first time I made them and they were a little darker than I would've liked – but still Oh So Delicious!)

\*Store in the refrigerator and slice to toast if you'd like it warm and crispy.



<b>Nutrition Facts</b>	
Servings 6.0	
<b>Amount Per Serving</b>	
<b>calories 343</b>	
<b>% Daily Value *</b>	
<b>Total Fat</b> 29 g	<b>44 %</b>
Saturated Fat 10 g	<b>48 %</b>
Monounsaturated Fat 9 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
<b>Cholesterol</b> 98 mg	<b>33 %</b>
<b>Sodium</b> 312 mg	<b>13 %</b>
<b>Potassium</b> 460 mg	<b>13 %</b>
<b>Total Carbohydrate</b> 7 g	<b>2 %</b>
<b>Dietary Fiber</b> 3 g	<b>12 %</b>
<b>Sugars</b> 2 g	
<b>Protein</b> 17 g	<b>33 %</b>
Vitamin A	<b>10 %</b>
Vitamin C	<b>0 %</b>
Calcium	<b>43 %</b>
Iron	<b>7 %</b>
<p>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</p>	

# Chocolate Chip Cookie Dough Fat Bombs

☐ These are so amazingly yummy! Especially with my freshly roasted almond butter! (See link to recipe below)

Ingredients:

8 oz cream cheese softened

1 stick (1/2 cup) salted butter softened

1/2 cup almond butter (no additives) [Here's my recipe to make your own!](#)

1/4 to 1/3 cup [swerve confectioners sweetener](#) (erythritol) (I like 1/4 cup)

1 tsp vanilla extract

4 oz [Lilly's baking chips](#) (stevia sweetened chocolate chips)



**Directions:**

Cream everything together in a mixer and then spray a cookie scoop (or ice cream scoop if you want them bigger) with

coconut oil cooking spray. Scoop onto a [silicone mat](#) or parchment paper on a baking tray, then freeze for 30 minutes. Store in the refrigerator.

My favorite storage containers for all my creations are these: [Glass Snapware](#)

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## [Homemade Almond Butter Recipe](#)

### ☐ Yum! Homemade Almond Butter!

#### **Ingredients:**

About 2 Cups Raw Organic Almonds ( I just pour out what fits on my [silicone mat](#))

1/4 Cup Coconut Oil (You may want to increase or decrease as it's processing.)

Himalayan sea salt (optional)



#### **Directions:**

1. Preheat the oven to 350 degrees F.

2. Spread almonds on a [silicone mat](#) on a baking sheet and roast for 15 minutes. (NOTE: Check the almonds at 10 minutes)

3. Pour roasted almonds into a [food processor](#) and let it run for about 5-10 minutes until desired smoothness adding coconut oil slowly once almonds are crushed. You may want to use less or more oil depending on the consistency you want to achieve.



4. If desired, add 1 tsp Himalayan sea salt or more to taste.

Voila – fresh almond butter w/no junky additives or preservatives. Store in the fridge. ☐

