

Keto Wetzel's Pretzels

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yields: 4 Pretzels

Ingredients:

- 1 ½ cup almond flour
- 1 cup mozzarella cheese
- 1 tbsp baking powder
- 2 oz cream cheese
- 2 eggs

Egg Wash

- 1 egg, beaten
- 1 tbsp water

Directions:

1. Preheat your oven to 350F. Line a baking sheet with parchment paper.
2. In a large microwave-safe bowl, combine the mozzarella cheese and cream cheese. Microwave for 30 seconds increments until fully melted and stir to mix.
3. Add your dry ingredients and egg. Mix to incorporate, then knead until smooth. You may need extra almond flour.
4. Divide the dough into 4 equal sections. Roll into a rope, then shape the rope into a pretzel. You can do this in multiple ways.
5. Brush the pretzels with the egg wash and sprinkle with salt
6. Bake for 15-20 mins until golden brown!

Nutrition

Nutrition per pretzel:

- Calories - 407
- Fat - 34g
- Protein - 20g
- Total Carbs - 10g
- Fiber - 4.5g
- Net Carbs - 5.5g