

Everything But The Bagel Bites

Ingredients:

1 Cup Mozzarella Shredded
1 oz Cream Cheese
½ Cup Almond Flour
1 Large Egg
1 tsp Baking Powder
1 TBSP Butter
Everything But The Bagel Seasoning



Instructions:

In a microwave safe bowl, add the Mozzarella cheese and cream cheese. Place into the microwave for two minutes with 30 second intervals until the cheeses are melted.

You will need to work with this fathead dough quickly but not to worry if it starts to harden just place it back into the microwave for a bit.

Add in the Almond Flour, Baking Powder and the egg and mix until well combined.

Because fathead dough can be sticky, put oil or water onto your hands and start to knead the dough. The dough should look like actual dough and be a little stretchy. 3

Lay down some parchment paper so your dough doesn't stick to the counter and shape your dough into a log. Using a knife or a pastry cutter, cut your dough into about 1 ½ inch pieces. You should be able to get about 15 pieces out of this recipe but you can make them as big or small as you like.

Melt your butter and brush butter onto both sides of your pretzel bites. Sprinkle them with Everything But The Bagel Seasoning.

Place them into your Air Fryer at 325 degrees for 5-7 minutes.

Everything But the Bagel Seasoning goes really well with Cream Cheese so I like to warm up some cream cheese in the microwave

Servings: 3

Serving Size 5 pieces

Macros Per Serving:

Net Carbs: 3 Fiber: 1.5 Total Carbs: 4.5 Protein: 12 Fat: 17 Calories: 341
