

SOFT PRETZELS, BREADSTICKS, ROLLS

Adapted from "My Keto Kitchen"



- 3 cups shredded mozzarella cheese
 - 4 tablespoons cream cheese, room temp
 - 1 ½ cups almond flour
 - 2 teaspoons xanthum gum
 - 2 Eggs, at room temperature
 - 2 teaspoons dried yeast
 - 2 tablespoons of Warm Water
 - 2 tablespoons of Butter, melted
 - 1 tablespoon kosher salt
1. Preheat oven to 350 degrees
 2. In a microwave safe bowl, place the mozzarella cheese and cream cheese and microwave in 30 sec increments, stirring in between, until fully melted.
 3. Dissolve the yeast in the warm water and allow it to sit and activate for 2 minutes.
 4. In your **mixer, fitted with dough hook**, place the almond flour and xanthum gum; mix well.
 5. Add the eggs, yeast mixture and 1 tablespoon of the melted butter and mix well.
 6. Add the hot melted cheese to the stand mixer and allow it to knead the dough until all the ingredients are fully combined. Around 3-5 minutes.
 7. Split the dough into 12 balls. The dough is easiest to work with while it is warm.
 8. Roll each ball into a long skinny log and twist into a pretzel shape, breadstick, or roll. Place on a parchment lined **baking sheet** and give a little space with side as the pretzels will rise.
 9. Brush the pretzels with the remaining butter and sprinkle with kosher salt.
 10. Bake in the oven for 12-15 minutes.
 11. When the pretzels are golden brown, remove them from the oven.
 12. Store leftovers (if there are any) in the refrigerator

This recipe was demonstrated on "Living our Keto Life" Facebook page on 4/3/18 by Joanie Wayman