

Fat Head Tortilla Chips

Prep Time 20 minutes Cook Time 20 minutes Total
Time 30 minutes Servings 6



Ingredients

1 3/4 cups pre-shredded/grated mozzarella
3/4 cup almond meal/flour (I took out 2 TLB of almond flour and added 2 TLB of Ground Flax meal)
2 tbsp cream cheese
1 egg
salt to taste
Pepper to taste
2 tsp Cajun powder
1 tsp Garlic Powder powder
1/2 tsp Onion Powder powder

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1. Mix the shredded/grated cheese and almond flour/meal in a microwaveable bowl. Add the cream cheese. Microwave on HIGH for 1 minute.
2. Stir then microwave on HIGH for another 30 seconds. Remove and stir again. Add the egg, salt, and spices. Mix.
3. Place the Fat Head pastry between 2 pieces of baking parchment/paper and roll into a thin, rectangle.
4. Remove the top baking paper/parchment.
5. Slide the baking paper/parchment with the Fat Head pastry, on a baking tray (cookie tray) or pizza stone, and lightly salt the top.
6. Bake at 425F for 12-15 minutes, or until browned on the top. Flip the FatHead pastry over (onto baking paper/parchment) and brown the other side if needed.
7. Once cooked, remove from the oven and cut into tortilla chip triangle shapes. Bake again at 425F for 3 - 5 minutes if needed.

Note:

I didn't need to bake them on the other side. When I took them out and flipped them over they were browned on both sides.

By <https://www.ditchthecarbs.com/fat-head-nachos/>

Recipe submitted by Marlene Harada

Bacon and Roasted Garlic Spinach Dip

This makes 6 total servings. Each serving comes out to be 272.83 Calories, 23.63g Fats, 5.74g Net Carbs, and 9.85g Protein.

The Preparation

- 6 slices bacon
- 8 ounces cream cheese, softened
- ½ cup sour cream
- 5 ounces fresh spinach, wilted in bacon grease
- 2.5 ounces parmesan cheese, grated
- 1 ½ tablespoons fresh parsley, chopped
- 1 tablespoon roasted garlic
- 1 tablespoon lemon juice
- Salt and pepper to taste



The Execution

1. Fry the bacon in a pan until crisp. Set the bacon on paper towels while keeping the grease in the pan. Preheat your oven to 350F.
2. Add the spinach to the bacon grease and allow to wilt completely.
3. In a bowl, add all the ingredients together (including excess bacon grease). Mix this together well.
4. Divide mixture between 3 standard ramekins, then bake for 25 minutes. Broil for an additional 3-4 minutes.
5. Let cool slightly and enjoy!

<https://www.ruled.me/bacon-and-roasted-garlic-spinach-dip/>

Submitted by Marlene Harada