

High Protein Pretzel Bites

- 2oz Cream Cheese
- 3 cups shredded Mozzarella Cheese
- 3 eggs, divided
- 2.5 cups Almond Flour
- 1 tbsp Baking Powder
- Pinch of salt

1. Preheat oven to 350 degrees F and line a baking sheet with parchment paper.
2. In a bowl, melt cream cheese and mozzarella in the microwave, stirring every 20 seconds while heating.
3. In a food processor, combine cheese mixture with 2 eggs, almond flour, baking powder, and sweetener until a dough forms. Dough will be sticky, that's okay! If too sticky, add a little more flour until you feel it's more pliable. Split dough into two balls.
4. On a floured surface, roll one dough ball into a "rope" about 1" thick. Cut into pieces, then repeat with remaining dough ball.
5. Place on baking sheet, and brush pretzel bites with remaining egg whisked up to make an "egg wash" then sprinkle with coarse salt.
6. Bake 12-14 mins or until puffy and bites no longer look raw.
7. Broil for 1 min or more to get a nice golden color. Serve with a dipping sauce; I used honey mustard and it was chefs kiss.

Makes 12 servings: 250 calories, 3G net carbs, 2G fiber, 12G protein, 20G fat.