



Keto Garlic Knots

GF
option

V
option

INGREDIENTS

- 2 cups Hy-Vee shredded mozzarella cheese
- 2 oz Hy-Vee cream cheese, softened
- 2 cups Full Circle Market almond flour
- 2 Hy-Vee large eggs, lightly beaten
- 1 tsp Hy-Vee baking soda
- 2 tbsp Hy-Vee unsalted butter, melted
- 2 tbsp bottled minced garlic
- 1 tsp Hy-Vee grated Parmesan cheese
- ½ tsp fresh thyme, finely chopped
- ¼ tsp Hy-Vee salt

PREPARATION

- 1 Combine mozzarella cheese and cream cheese in a medium microwave-safe bowl. Microwave on HIGH at 30-second intervals until melted, stirring each time. Let cool slightly. Stir in almond flour, eggs, and baking soda using a wooden spoon. Cover; chill 30 minutes.
- 2 Preheat oven to 350°. Line a baking sheet with parchment paper; set aside.
- 3 Roll ¼ cup dough into a 6-inch-long rope to form each knot. Tie dough into a loose knot tucking in ends; place on prepared baking sheet. Repeat with remaining dough, placing knots 2-inches apart. Bake for 12 to 16 minutes or until golden brown.
- 4 Stir together melted butter, garlic, Parmesan cheese, thyme, and salt in a small bowl. Generously brush over hot baked knots. Serve warm.

NUTRITION FACTS

Calories: 180
Total Fat: 16g
Saturated Fat: 5g
Trans Fat: 0g
Cholesterol: 25mg

Sodium: 290mg
Carbohydrates: 5g
Fiber: 2g
Sugar: 2g
Protein: 8g