

# Keto Marinated Cheese Balls

Hands-on 10 minutes Overall 2-3 days

**Nutritional values (per serving, cheese ball):** Total carbs: 1.9 g, Fiber: 0.2 g,

**Net carbs: 1.6 g**, Protein: 3.5 g, Fat: 9.9 g, Calories: 108 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



## Ingredients (makes 8 servings)

200 g labneh cheese (7.1 oz) - *you can make your own labneh*

3 tbsp dukkah (18 g/ 0.6 oz)

extra virgin olive oil, enough to cover

## Instructions

1. Make the labneh according to the directions here
2. Allow to strain for 12 hours or up to 48 hours so that it has thickened.
3. Form the labneh into 8 balls, rolling lightly between your palms to shape them.
4. Choose your flavourings — dukkah, herbed or spicy lemon — and spread out on a plate.
5. Roll the balls in the flavourings to coat.
6. Add to a glass jar (I used an 800 ml/ 28 fl oz capacity jar) and then pour over olive oil until the balls are all covered. (You'll need enough oil to cover the cheese balls but only a fraction is used to calculate the macros.)
7. Allow to marinate at least 8 hours before consuming.
8. Store in a sealed glass jar container in the fridge for up to a month.

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