

Keto Morning Hot Pockets

Hands-on 10 minutes Overall 30 minutes

Nutritional values (per serving): Total carbs: 5.8 g, Fiber: 1.6 g, **Net carbs: 4.2 g,**

Protein: 27.2 g, Fat: 35.8 g, Calories: 447 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 2 servings)

3/4 cup shredded mozzarella (85 g/ 3 oz) - *use low-moisture, part-skim, shredded mozzarella cheese; not fresh mozzarella.*

1/3 cup [almond flour](#) (33 g/ 1.2 oz)

2 large eggs, scrambled

2 tbsp unsalted butter *or* [ghee](#) (28 g/ 1 oz)

3 slices bacon, cooked (48 g/ 1.7 oz)

Instructions

1. Cook the bacon and eggs. Prepare the dough: melt the shredded mozzarella (in a microwave oven or on the stove over a low heat) & add the almond flour. Stir until the dough is well-combined. **To crisp up bacon:** *Place the bacon strips in a large pan and add a few tablespoons of water. Cook over medium-high heat until the water starts to boil. Reduce the heat to medium and cook until the water evaporates and the bacon fat is rendered. Reduce the heat to low and cook until the bacon is lightly browned and crispy.* **To scramble eggs:** *Grease the skillet where you cooked the bacon with half of the butter or ghee and add both eggs. Cook over a medium-low heat until opaque, stirring constantly. Take off the heat and then add the remaining butter.*
2. Roll the dough out between 2 sheets of parchment paper (I used a [silicon mat](#) and [silicon rolling pin](#)).
3. Place the bacon slices and scrambled eggs along the center (I cut my bacon into pieces).
4. Fold over and seal the dough. Make some holes for releasing the steam while baking.
5. Bake at 200 °C/ 400 °F (conventional), or 180 °C/ 355 °F (fan assisted) for 15 - 20 minutes or until golden brown and firm to the touch.

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