

Keto Sweet Spiced Cheese Balls

Hands-on 10 minutes Overall 1 hour 10 minutes

Nutritional values (per cheese ball): Total carbs: 2.5 g, Fiber: 1.1 g, **Net carbs: 1.4 g,**

Protein: 3.3 g, Fat: 19.1 g, Calories: 191 kcal,

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



Ingredients (makes 16 cheese balls)

- 500 g mascarpone cheese *or* cream cheese (1.2 lb)
- 4 tbsp [powdered Erythritol](#) *or* [Swerve](#) (40 g/ 1.4 oz), or to taste
- 2/3 cup [almond flour](#) (67 g/ 2.4 oz) *or* 3 tbsp [coconut flour](#) (24 g/ 0.9 oz)
- 1 tsp [cinnamon](#)
- 1/4 tsp cardamom
- 1 cup pecan halves (100 g/ 3.5 oz)
- 2 tbsp melted unsalted butter *or* [ghee](#) (30 ml)
- 1 tbsp granulated [Erythritol](#) *or* [Swerve](#) (10 g/ 0.4 oz)
- 1/4 tsp sea salt, or to taste

storage, freeze for up to 3 months.

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Instructions

1. Strain any excess whey in the mascarpone or cream cheese or the cheese balls will be too soft.
2. Place the cheese into a bowl and add the erythritol, almond flour, cinnamon and cardamom. Stir through or process with a hand mixer until well combined. Refrigerate for about 1 hour.
3. Meanwhile, preheat oven to 180 °C/ 355 °F (fan assisted), or 200 °C/ 400 °F (conventional), and line a baking tray.
4. Melt the butter and stir the pecans through before tipping them out on to the oven tray. Sprinkle them with erythritol, salt and bake for about 10 minutes. You want them fragrant and golden, but not scorched. This will depend on your oven. When cool, blitz them into crumbs to coat the cheese balls.
5. Remove the cheese mixture from the fridge. Using a teaspoon and a lined tray, scoop out and roll the cheese into balls (about 38 g/ 1.3 oz per cheese ball). Once all balls are formed, roll them in the pecan crumble and chill until ready to be served.
6. Serve! If the cheese balls start to get too soft, pop them back in the fridge or freezer for a few minutes to chill. Cheese balls will store in a covered container in the fridge for up to one week. For longer