

Low-Carb & Keto Pretzels

Hands-on 15 minutes Overall 30 minutes

Nutritional values (per serving, 1 pretzel): Total carbs: 3.9 g, Fiber: 1.6 g, **Net carbs: 2.3 g,**

Protein: 7.3 g, Fat: 12.8 g, Calories: 154 kcal,

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



Ingredients (makes 12 pretzels)

- 1 3/4 cups shredded low-moisture mozzarella cheese (200 g/ 7 oz)
- 1 1/2 cups [almond flour](#) (150 g/ 5.3 oz)
- 1 heaped tbsp cream cheese (30 g/ 1.1 oz)
- 2 tsp [gluten-free baking powder](#)
- 1 large egg
- 2 tsp [xanthan gum](#)
- 1 tsp salt
- 2 tbsp unsalted butter (28 g/ 1 oz)
- additional coarse salt

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Instructions

1. Preheat oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional).
2. Place the mozzarella and cream cheese in a microwave safe bowl and heat on high for 1 minute.
3. Remove and stir and then heat in 30 second bursts until the cheese is melted and smooth.
4. Place the dry ingredients in a bowl and stir to combine. Add the egg and the dry ingredients into the mixing bowl and mix with the mozzarella mixture until a smooth dough forms.
5. Cut into 12 even pieces (about 32 g/ 1.1 oz each).
6. Roll them into a rope shape, then overlap the ends to form a pretzel. Continue until they're all done.
7. Melt the butter and brush the tops of each pretzel. Sprinkle with coarse salt.
8. Bake for 15 minutes. Eat while warm, dipped in mustard ([you can even make your own mustard](#) — it's delicious!
9. Store, in an airtight container, in the pantry for up to five days.

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