

# Low-Carb Nutella Twists

Hands-on 10 minutes Overall 25 minutes



**Nutritional values (per serving, 1 twist):** Total carbs: 9.2 g, Fiber: 4.1 g, **Net carbs: 5.1 g,**

Protein: 11 g, Fat: 24 g, Calories: 276 kcal,

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

## Ingredients (makes 12 twists)

1 3/4 cups shredded low-moisture mozzarella cheese (200 g/ 7 oz)

1 1/2 cups [almond flour](#) (150 g/ 5.3 oz)

1/3 cup of [cacao powder](#), plus extra for dusting (30 g/ 1.1 oz)

1 heaped tbsp cream cheese (30 g/ 1.1 oz)

2 tsp [gluten-free baking powder](#)

1 large egg

1/2 tsp [xanthan gum](#)

4 tbsp granulated [Erythritol](#) or [Swerve](#) (40 g/ 1.4 oz)

1 cup [Keto Chocolate Hazelnut Spread](#) or [5-Ingredient Keto Nutella](#)  
(250 g/ 8.8 oz)

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## Instructions

1. Preheat oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional).
2. Place the shredded mozzarella and cream cheese into 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 has fully melted.
4. Add the dry ingredients and the egg and mix to form a dough.
5. Roll the dough out into a large rectangle. On the long side, spread the choc hazelnut spread on to half of the dough. Fold the dough over and press firmly.
6. Cut into twelve even strips. Line a baking tray and place each strip onto the tray. Holding each end, carefully turn the strip so that it has a twist in the middle, two if you can get it.
7. Bake for 12 to 15 minutes, checking towards the end to avoid scorching.
8. Cool and then dust with cacao powder before serving. Store, in an airtight container for up to a week.

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