



*Recipe developed by Chef Paige Vondran*

## CINNAMON CHURROS

	Ingredients	Exchanges
Protein	9.3 gm Bob's Red Mill® soy flour	3 (+1.5 gm fat)
	10.5 gm fresh whole egg	0.7 (-0.7 gm fat)
Fat	10.8 gm butter, softened	2 (+0.8 gm)
	16 gm coconut oil	4
Carbohydrate	1.6 gm Bob's Red Mill® coconut flour	1.3
Other	4 gm erythritol 3 drops liquid sweetener 2 tsp. Walden Farms® chocolate syrup	

### DIRECTIONS

- In a small bowl combine the butter, egg, and liquid sweetener.
- Using a rubber spatula, stir the soy and coconut flours into the mixture.
- In a frying pan, heat the coconut oil and canola oil until hot.
- Scoop spoonfuls of the churro mixture onto the pan creating an oval shape.
- Roll the churros often using a spatula to evenly cook on all sides.
- Remove from the pan when finished, then sprinkle with the erythritol.
- Pour the excess fat leftover in the pan into a small bowl.
- Add chocolate syrup to the melted coconut oil.
- Stir to create a chocolate dipping sauce.
- Serve the warm churros with the chocolate dip.

### VARIATIONS

- Soy flour should not be substituted with any other flour.
- The amount of soy flour should be about 80% of the total protein exchanges.
- Flavored keto-approved sweeteners can be added such as strawberry or vanilla Da Vinci® sugar free syrups.