



SOFT PRETZELS

Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Protein	9.3 gm mozzarella cheese, shredded	1.5
	8 gm NOW Real Foods® almond flour	1.5 (-2.25 gm)
	6 gm fresh whole egg, raw	0.4 (-0.4 gm)
	5.9 gm cream cheese, regular or whipped	0.3 (-1.8 gm)
Fat	11.3 gm mayonnaise	3.5 (-4.45 gm)
	<i>Served on the side</i>	2.5
Carbohydrate	1.6 gm Bob's Red Mill® coconut flour	1.3
Other	Salt, dry mustard	

DIRECTIONS

- In a food processor, grind the shredded mozzarella cheese.
- Weigh the ingredients using a gram scale.
- Combine the mayonnaise, egg, cream cheese, and salt.
- Add the almond flour, blended mozzarella cheese, and coconut flour.
- Using a rubber spatula, stir to form a smooth batter.
- Place mixture in the freezer for 20 minutes to become slightly firm.
- Spray a cutting board generously with nonstick cooking spray.
- Preheat the oven to 350°F.
- Scoop the slightly frozen mixture onto the greased cutting board.
- Using your hands, gently roll the mixture into a cylinder shape.
- Continue to roll the dough until the cylinder shape becomes skinny and long.
- Lift both ends of the dough then loop inwards crisscrossing the center.
- Gently press the knot of the dough to secure the pretzel shape.
- Line a baking sheet with parchment paper.
- Transfer the uncooked pretzel to the baking sheet.
- Bake in the preheated oven for 20-25 minutes until firm and slightly browned.
- Allow to cool for a few minutes before serving.

VARIATIONS

- If additional fat is required in your child's personal meal plan, a sauce can be served with the pretzel (refer to our ketogenic dips and sauces).
- Other shredded cheeses can be used such as Colby Jack or cheddar.