



# Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

## Over the Top Mozzarella Sticks

2g NET Carbs (Low Carb Keto)

Absolutely Beautiful Taste and Texture. It's perfect as a treat or for movie or game night.



Serving Size: 3 mozzarella sticks

Amount Per Serving: 246 Calories | 18g Fat | 3g Total Carbs | 1g Fiber | 19g Protein | 2g Net Carbs

### INGREDIENTS

12 Mozzarella Sticks  
3 Beaten Eggs  
¾ cup Ground Pork Rinds  
3 Tbsp Almond Flour  
½ Tbsp Black Pepper

1 cup Grated Parmesan Cheese  
1 Tbsp Italian Seasoning  
1 Tbsp Onion Powder  
1 Tbsp Garlic Powder

### Instructions:

1. Mix all Dry ingredients in a bowl
2. If using a Block of Mozzarella Cheese cut into 12 even sticks.
3. Dip mozzarella sticks in egg bath then into the dry mixture and repeat 2-3 times until the mozzarella stick is fully covered and no cheese is showing.
4. Once all mozzarella sticks are fully covered freeze for 1 hour. This will help prevent cheese from melting early in the cooking phase.
5. Air fryer 380F for 6mins., Oven 400F for 10-12 mins. Once the cheese starts to come through it should be fully cooked. You want a nice golden brown so make sure during the coating process ensure there's plenty of coating on each Mozzarella stick.