



## Healthy Keto with Jim Colbourne

# Pigs in a Blanket

*10g NET Carbs (Low Carb Keto)*

Absolutely Delicious recipe. Low carb keto using carbquik with No Fat Head Dough. Perfect for game or movie night. Great snack idea for any time of the day. Enjoy!

### Ingredients

12 Cocktail Smokeys

### Coating

1 cup Carbquik

\*Links of Ingredients can be found in the description of Video\*

\*Macros may change depending on Brand of Ingredients\*



Total 12-15 = | Calories: 690kcal | Carbs: 52g | Protein: 36g |  
Fat: 41g | | Fiber: 42g | Net Carbs: 10g |

1 oz Butter (cold)

¼ cup Shredded Cheddar Cheese

1 Pinch Salt

¼ cup (½ Heavy Cream, ½ Cold Water)

### Instructions:

1. Add all ingredients for coating in a bowl. Once dough is formed knead dough for 5mins
2. Form a piece of dough over Smokey.
3. Depending on thickness of dough you can get 12-15 Pigs in a Blanket. Place on a cookie sheet.
4. Bake on 370F for 8-12mins or until golden brown. Enjoy!