

1g ⌚ 30 m | Medium

Keto churro bites

The keto dough to make these cinnamony donut bites takes only minutes to prepare. Then you shape, fry, and roll your way to a plateful of churros. You won't believe that cheese is one of the main ingredients in these gluten-free treats — we had to try more than one to believe it! They taste like the real thing, but they're delightfully keto!



16 Servings

Ingredients

Churro bites

6 oz. (1½ cups)
mozzarella cheese,
shredded
2 tbsp cream cheese
1 cup (4 oz.) almond flour
3 tbsp whey protein
isolate (unflavored)
¼ cup (1¾ oz.) erythritol
1 large egg
1 tsp white wine vinegar
½ tsp baking soda
2 cups oil for frying, or as
much as you need to
cover the bites in oil

Cinnamon topping

¼ cup (1¾ oz.) erythritol
2 tsp ground cinnamon

Instructions

Churro bites

- ① Melt the mozzarella and cream cheese in a non-stick pan over medium heat or in a bowl in the microwave. Stir until thoroughly combined. Add the almond flour, whey protein isolate, erythritol, egg, white wine vinegar, and baking soda. Form a smooth dough by kneading it with your hands or using an electric mixer with dough hooks.
- ② Divide the dough into balls with your fingers or a small cookie scoop; they should be about 1-1/2 inches (4 cm) in diameter.
- ③ Heat the oil in a deep pan to 325°F (160°C). Fry the churros in batches for 1-1/2 to 2 minutes until golden, rolling them around gently as they fry. Remove them with a slotted spoon and place them on a plate lined with paper towels to absorb the excess oil.
- ④ Combine the erythritol and cinnamon in a separate shallow bowl. While the churro bites are still warm, roll them in the cinnamon mixture.

Cinnamon topping

Notes

There is one churro bite per serving.

These are best served on the same day they're made.

To increase the satiety score to 57, you can bake them instead. Grease a mini muffin tin and fill each muffin hole with a churro bite. Bake in the oven at 400°F (200°C) until golden, for about 20 minutes. Roll the bites in the cinnamon-erythritol mixture while warm.