

KETO STUFFING

Prep time: 20 min

Cook time: 30 min

Oven: 350°

Ingredients:

2.5 c Almond Flour
¼ c Coconut Flour
1 c Kerrygold Butter
8 oz Cream Cheese
8 Eggs
1 tsp Rosemary
1 tsp Sage
3 TBSP Parsley
1.5 tsp Baking Powder
1 c Sausage, ground, crumbled
1 c Celery
1 medium Onion
16 oz Turkey Stock or Bone Broth

Instructions:

1. In medium bowl blend together ½ c of butter and 8 oz cream cheese until smooth.
2. Add Rosemary, Sage, and 2 TBSP Parsley to cream mixture and blend well.
3. Add the eggs and blend until smooth.
4. Add the coconut and almond flours and baking powder, and blend. It should be thick.
5. Grease 3 mini loaf pans, pour batter in each pan filling them ½ full.
6. Bake 35 minutes at 350°F until golden brown and a toothpick or fork comes out clean if you stick it in.
7. Remove bread from pans, and cut into slices, then slice again, then cubes, creating “croutons”.
8. Spread cubes on a cookie sheet and bake again for about 10 minutes until golden brown and crispy. While croutons are baking, work on the sauce.
9. Dice the onion and celery.
10. Cook sausage or use pre-cooked sausage crumbles.
11. In medium frying pan melt the other ½ c butter and saute the onion and celery, add remaining 1 tsp parsley, add salt & pepper to taste. Saute about 5 minutes. Then add broth. Turn off stove.

12. After croutons are baked, add the hot croutons to the liquid mixture so the croutons absorb the liquid. Cover with lid.

Macros will vary depending on amount eaten. Be sure to log the amount you eat. Keep in mind this is a side dish!