

CAST IRON KETO DINNER ROLLS

These Keto Dinner Rolls are soft, pillowy, and absolutely delicious! Based on the [Fat Head Dough recipe](#) you just can't go wrong.

Prep time: 25 minutes

Cook time: 20 minutes

Serves: 12

Ingredients:

- 8 ounces cream cheese (block, not spreadable)
- 3 cups shredded mozzarella cheese (low moisture - part skim)
- 4 large eggs
- 4 tablespoons aluminum free baking powder
- 1 1/3 cups almond flour (we use Bob's Red Mill)
- 1 tablespoon unsalted butter

Instructions:

1. Preheat the oven to 400° F
2. In a small pot over low heat melt the cream cheese and mozzarella together.
3. Add the melted cheeses to a large bowl along with the baking powder, almond flour, and eggs. Mix until smooth and let stand 10-20 minutes. Roll into 24 balls and chill in the refrigerator for at least another 10 minutes.
4. Melt the butter over low heat in a 10" cast iron skillet
5. Place the dough balls into the skillet touching on each side. Bake for 20-25 minutes until fluffy, golden brown, and cooked through.

NOTES:

- Yes, this recipe really does need 4 tablespoons of baking powder. This helps them rise, otherwise they'll be very flat.
- Be sure to chill the dough so the rolls will keep their shape and rise up not out.