

Keto Kitchen at Boston Children's Hospital

Snowman Roll



Full recipe provides 1:1 ratio

1392 calories, 71.69 grams protein, 28.2 grams net carbohydrates, 10.4 grams fiber, 110.21 grams fat

Whole milk mozzarella cheese, shredded	150g
Cream cheese, Philadelphia	31g
Almond flour, Bob's Red Mill	135g
Baking powder, Calumet	10g
Egg, whisked	40g

Equipment needed: **small non-stick sauté pan, rubber spatula (heat-safe), gram scale, sheet pan, parchment paper**

1. Gather and weigh all ingredients—preheat oven to 350°F.
2. In the sauté pan over low heat, add mozzarella cheese and cream cheese. Use the spatula to stir constantly while they are melting.
3. Remove from heat and let sit 30-60 seconds. Add majority of almond flour mixing until fully combined. Add baking powder. Once mixed in, add egg.
4. Once incorporated, add last of almond flour. **Note: we find this helps with the texture of the overall product if mixed in separate times.*
5. Remove dough from bowl and knead until it resembles a semi-smooth ball.
6. *Note: this dough can be chilled or frozen for later use, defrost completely before kneading again or baking.*
7. To make a snowman, weigh the raw dough that meets your individual meal plan and divide that into three pieces to create the snowballs. For example 44 grams of dough can be divided into 3 pieces, small (10g), medium (15g), large (19g). Roll each into balls and pinch together.
8. Place on parchment-lined sheet pan and bake for 12-18 minutes or until light brown.
9. Let cool and store in airtight container or serve immediately.

Ratio can be increased with the addition of butter to the roll. The snowmen can also be decorated with pepperoni, black olives and/or parmesan cheese to be individualized and change ratio.

When brand names are listed, it is due to the variation of protein, carbohydrate, and fat amounts. Using an alternative brand from what is listed may impact the overall ketogenic ratio and seizure control.



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