



The Perfect Calzone

MACROS: perserving, 4 servings
calories 335, Fat 26g, protein 14g, net carbs 3

Ingredients:

3/4 c mozzarella, shredded
2 oz cream cheese
1 1/3 c almond flour
1 t baking soda
1 t salt
1 t xanthan gum
1 egg
1 T psyllium husk
2 T hot water

ideas for filling:

- hamburger, cheese and taco sauce
- rib meat and cheese
- scrambled eggs and veggies
- stir fried vegetables
- pepperoni and cheese with a sauce
- hamburger with feta cheese and olives

There are a lot of vegan, vegetarian and meat eaters options, the limit is your imagination

first combine the 1 T of psyllium husk with the 2 T of hot water and let it absorb while you put the rest of the ingredients together.

Put both mozzarella and cream cheese together in small bowl and microwave it for 1 min. After you take it out, blend it together very well.

Add it to a food processor along with half of the almond flour and process until blended. Add the other half, and process again until a ball starts to form.

Add the egg, baking soda, salt to taste, psyllium husk and xanthan gum

Blend again until well blended and a ball begins to form again.

Take the dough out and knead about 2 minutes until all ingredients are very well incorporated. This is very important! The dough will be very sticky, that's ok, it's supposed to be, so refrain from adding more almond flour, or the dough will crack when you begin working with it

Divide dough into 4-6 pieces, depending on how large you want your calzones to be. roll out between 2 sheets of parchment paper. Be sure to spray your parchment paper with nonstick spray, or the dough will stick to the paper, and roll in to a circle about 5" across and 1/8" thick.

Add your filling, fold over and seal,

If you want a beautiful brown finish, you can do an egg wash on the top

Bake at 350*f for about 30 minutes until golden brown.