

September 2020

Beef Keto

Mummy Boerie Dogs

Ingredients:

- ½ cup almond flour
- 4 tbsp coconut flour
- ½ tsp salt
- 1 tsp baking powder
- 70g butter
- 170g shredded cheese
- 1 egg
- 500g boerwors sausage, or uncured hot dogs
- 1 egg, for brushing the dough

Instructions:

1. Preheat the oven to 175°C
2. Mix almond flour, coconut flour and baking powder in a large bowl
3. Melt the butter and cheese in a pan on low heat. Stir thoroughly with a wooden spoon, for a smooth and flexible batter. After a few minutes, remove from heat
4. Stir the egg into to the flour mixture, and then add the cheese mixture, combining all until it becomes a firm dough.
5. Flatten into a rectangle, about 20×35 cm
6. Cut into 8 long strips 1.5–2 cm
7. Wrap the dough strips around the hot dog and brush with a whisked egg.
8. Place on a baking sheet lined with parchment paper and bake for 15–20 minutes until the dough is golden brown. The hot dog will be done by then too.

Nutritional Information:

Net carbs: 4 % (7 g)

Fiber: 4 g

Fat: 81 % (67 g)

Protein: 15 % (29 g)

Cal: 759

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Reg. Number 2019/340679/07

Hemp Permit #: 022/2018/2019
National Healer #: 061197

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