



GRILLED CHEESE

Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Protein	12 gm raw egg	0.8 (-0.8 gm fat)
	----- 15.4 gm NOW Real Food® almond flour	----- 2.9 (-4.35 gm fat)
Fat	6 gm mayonnaise	1.5 (-1 gm)
	----- 6 gm butter, softened	----- 1.5 (-1 gm)
	----- 3.7 gm canola oil	----- 2 (-4.3 gm)
	----- 5 gm mayonnaise (on top)	----- 1
Carbohydrate	6.5 gm Violife® cheddar cheese	1.3 (-1.15 gm fat)
Other	Pinch of salt, 1 tsp water	

DIRECTIONS

- Preheat the oven to 350°F.
- In a small bowl, combine the raw egg, mayonnaise, softened butter, and canola oil.
- Add the almond flour and season with a pinch of salt.
- Add 1 tsp of water and stir until smooth.
- Grease a square or rectangular shaped mold with nonstick cooking spray.
- Evenly pour mixture into mold.
- Place in the preheated oven for 20-25 minutes until firm and golden brown.
- While the bread is baking, grease a pan with nonstick cooking spray.
- Warm the greased pan over medium heat.
- Add the mayonnaise (on top) and the cheddar cheese to the pan.
- Stir until the cheese becomes melted and stretchy.
- Once melted and hot, remove from the pan and set aside.
- Remove the bread from the mold and place on a serving dish.
- Top the bread with the melted cheddar cheese mixture. Serve hot.

VARIATIONS

- This recipe can be frozen for up to 2 months or stored in the refrigerator for 3-5 days.
- Other cheeses that count for a carbohydrate exchange can be used such as Go Veggie® cheddar or Daiya® cheddar cheese.
- Alternatively, other brands of keto-approved almond flour can be used such as Kirkland®.
- Egg Beaters® can be used in place of raw eggs.