

Pancetta Cups

Introducing my delectable bite-sized Pancetta Cups with a twist of flavour! If you're embracing the keto lifestyle and need a little more zing to your kitchen repertoire, these little delights are great. Parmesan, sun-dried tomato and a little rosemary gives these little treasures their taste explosion.

1 serving = 1 pancetta cup of about 50g's

Carbohydrates: Total 2.9g's Net 0.8g's

Protein 6g's

Fat 14g's

You will need:

12 pieces of pancetta

¼ cup almond flour

125g cream cheese

125g sour cream

2 eggs

30g feta cheese

30ml mayonnaise

50g shredded parmesan cheese

⅓ teaspoon garlic powder

⅓ teaspoon onion powder

1 teaspoon of fresh rosemary or ½ a teaspoon of dried rosemary

Sundried tomato for topping

Salt and pepper



Preheat the oven to 160°C.

Use a 12-cup silicone muffin tray and line each cup with the pancetta. Add all the other ingredients except the sundried tomato, into a food processor and pulse to make a smooth batter. Gently pour the batter into each lined cup and top with chopped sun-dried tomato.

Bake the cups for 20 minutes or until a skewer comes out clean, when testing the cups.

Allow them to cool before gently running a blunt knife (so as not to damage the silicone baking tray) around each cup and lifting them out.

Serve as is, for finger foods or pair with a salad to make a delicious meal.