

Choco Fever Dream

Crispy Keto Cinnamon Cream Cheese Roll Ups

15 min Prep time	**15 min** Cook time	**30 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Roll Up Base

- [ ] 1 1/2 cups almond flour
- [ ] 1/4 cup erythritol
- [ ] 1 tsp ground cinnamon
- [ ] 1/2 tsp baking powder
- [ ] 1/4 tsp salt
- [ ] 1/4 cup melted butter
- [ ] 1 large egg

Cream Cheese Filling

- [ ] 8 oz cream cheese, softened
- [ ] 2 tbsp powdered erythritol
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp ground cinnamon

Instructions

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment.
2. In a bowl, whisk almond flour, erythritol, cinnamon, baking powder, and salt together.
3. Add melted butter and egg; stir until a sticky dough forms.
4. Press the dough onto the prepared sheet into a 1/4-inch rectangle.
5. Blend cream cheese, powdered erythritol, vanilla, and cinnamon until smooth; spread evenly over the dough.
6. Roll the dough tightly, slice into 1-inch rounds, and place back on the sheet.
7. Brush tops with a little melted butter and bake 12-15 minutes until golden.
8. Cool briefly, then serve warm.

Nutrition per serving

140 kcal	4 g	4 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough feels too wet, add a tablespoon more almond flour.
- For extra cinnamon flavor, sprinkle a pinch on top before baking.
- Use a serrated knife for clean slicing.