

# Corn Dog Bites

4 SERVINGS 30 MINUTES



## INGREDIENTS

1/2 cup Almond Flour  
1/4 cup Coconut Flour  
1/4 cup Grated Parmesan Cheese  
1 1/2 tsps Baking Powder  
2 Eggs  
1/3 cup Butter (melted)  
3 Hot Dogs (Nutritional information based on Teton Polish Sausage from Costco)

## DIRECTIONS

- 01 Preheat oven to 350
- 02 Combine dry ingredients
- 03 Stir in eggs and melted butter
- 04 Divide dough into mini-muffin tin (24 muffins)
- 05 Chop hot dogs into total of 24 pieces.
- 06 Press a piece of hot dog into each muffin
- 07 Cook at 350 for 12-17 minutes

## NUTRITION

### AMOUNT PER SERVING

Calories	450	Fiber	4g
Fat	39g	Protein	17g
Carbs	9g		