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# Mini Pigs In A Blanket

YMCA of Northern  
Rock County

**Here's a great recipe to make with your kids that the whole family will love!  
Double the recipe and you've got extra for snacks throughout the week.**

Servings: 4 (3 mini pigs each)

## Ingredients:

4 medium hot dogs (uncured, all-natural, nitrate/MSG-free is best)  
1/2 cup shredded mozzarella cheese  
3/4 cup almond flour  
1 large egg  
1/4 tsp. baking powder  
1/4 tsp. garlic powder  
1/2 tsp. sea salt  
1/2 tsp. sesame seeds (optional)



This recipe is provided to you by Y  
Personal Trainer, Kelly Jones

## Directions:

Step 1 - Preheat oven to 350°F.  
Step 2 - Cut each hot dog into 3 equal sized pieces and set aside.  
Step 3 - Melt mozzarella in microwave and add almond flour and egg. Combine well.  
Step 4 - Add baking powder, garlic, and salt. Combine well.  
Step 5 - Form dough in hands and split into 12 equal sized pieces; roll into balls.  
Step 6 - Place dough balls onto a parchment paper-lined baking sheet. Press each ball into an oval shape.  
Step 7 - Place each hot dog piece into the dough and wrap like a blanket.  
Step 8 - Sprinkle with sesame seeds, if desired (press down so they stick to dough).  
Step 9 - Bake for 17-20 minutes or until dough is golden brown. Serve.

## Nutritional Information:

Calories: 332  
Fat: 27.5g  
Carbs: 7.3g  
Protein: 16.3g



Recipe courtesy of:  
<https://www.ketoconnect.net/keto-pigs-in-a-blanket/>