



## Keto Empanadas / Hot Pockets

These Keto Empanadas or Hot Pockets are delicious and surprisingly easy to make! Our friend, Claudia, from Mexico City shared the recipe with us and we just can't get enough of them! They're perfect freezer food too.

We stuffed ours with ham and cheese, but you can use whatever you want! From pizza ingredients to chicken and broccoli, the options are endless!

### Recipe:

1 C Almond Flour  
3 T Coconut Flour  
2 tsp Xanthan Gum  
1 tsp Baking Powder  
Pinch Salt  
Seasoning as desired

### THEN ADD:

2 tsp Apple Cider Vinegar  
1 Egg (lightly beaten with a fork)  
3 T Water

Refrigerate for 15+ min.

To make them, either roll into a ball and make two circles to fill and pinch together, or roll into an oval and fill, then fold over and pinch together. Baste with egg whites if desired.

Bake on parchment paper at 350 for 20-25 min.



### The Keto Dad Tips and Tricks:

- Make sure to really pinch them shut or they will leak!
- You can add spices to the dough - for example Italian spices if you're making pizza pockets!

Makes 4 (these macros DO NOT include filling)

Macros for 1: Calories 225, Fat 17g, Carbs 9g, Fiber 6g (Net Carbs 3) Protein 8g

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