



Easy Keto Pizza Dip

Keto Pizza Dip is so easy to make! Grab a few basic ingredients, mix them together and find your favorite “chip” to dip! Bring it to your next party, or make them for movie night at home!

We used two 12oz Ramekins in our recipe.

Recipe:

4 oz Cream Cheese, softened
1/3 C Sour Cream
2 T Mayo
1/2 tsp Italian Seasoning
1/4 C Mozzarella Cheese, shredded

Divide between Ramekins (4 small or 2 medium or 1 large)

Pour about 3/4 C sauce between your Ramekins.

Spread another 1/2 C Mozzarella Cheese between the Ramekins.

Sprinkle about 1/4 C Parmesan between the ramekins. Add any toppings or more seasoning if you'd like!



Bake at 350 for 15 minutes.

The Keto Dad Tips and Tricks:

- You can make these individual size or larger!
- Choose any toppings you'd like - pepperoni, mushroom, sausage.
- Reheat it in the oven if you don't finish it all!
- Use cucumbers, pork rinds, zucchini chips, celery . . . so many options!

Serving size: half a 12 oz Ramekin (one quarter of the total recipe)

Calories: 300, Fat: 28g, Carbs: 4g, Fiber: 0g, (Net Carbs 4) Protein: 10g

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