



Jalapeno Pepper Poppers

You have to try these EASY Jalapeno Pepper Poppers!! They're a must have snack during football games, backyard parties, or just a dinner with the family! Cook them on the grill or bake them in the oven. You can even prep them ahead of time and then put them in the refrigerator until you're ready to cook them.

Recipe:

4 Jalapeno Peppers (8 halves)
2 oz Cream Cheese
¼ C Cheddar Cheese
2 Slices of Bacon, cooked and chopped

Slice the Jalapenos in half and remove seeds.

Mix cream cheese, cheddar cheese and bacon together in a bowl.

Spoon into peppers.



Bake at 400 for 10-15 mins until it's easy to place a fork through and cheese is melted.

The Keto Dad Tips and Tricks:

- Cook them on the grill or in the oven.
- Make ahead and stuff the Jalapenos, then refrigerate until you're ready to bake or grill them.
- Removing all the seeds will make it less spicy.

Makes 4 servings (about 2 halves each)

Calories: 88, Fat: 7, Carbs: 1, Fiber: 0, (Net Carbs 1), Protein: 4g

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