



Pickle Roll Ups

Looking for Lunch on the go? Or a super simple snack? Here's something you can keep in the fridge!

Recipe:

Pickles

Cream Cheese

Deli Meat - Salami, Ham, Turkey etc!

1. Choose your deli meat
2. Smear on some cream cheese!
3. Put a pickle in the middle
4. Roll it up and secure with a toothpick
5. Take a bite!



Keto Dad Tips:

- Make them in advance and bring them for lunch! The crunch will really satisfy you!
- When you pick your deli meat, watch for nitrates and added sugars

Serves: 1 Using 3 pickles, 3 slices of hard salami and 1oz of cream cheese

Calories: 134, Fat: 12g, Carbs: 2g, Fiber: 0g (Net Carbs 2), Protein: 5g

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