Prep Time: 15 minutes
Cook Time: 10 minutes
Total Time: 25 minutes
Yield: 12-15 donut holes
Calories: 115 kcal per serving

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Introduction

Who says you have to give up the joy of a warm, cinnamon-sugar-coated donut when you're on a ketogenic diet? These Keto Churro Donut Holes are the answer to your sweet cravings. Made with almond flour and mozzarella cheese (yes, you read that right!), these little bites of

heaven are fried to golden perfection and rolled in a granular sweetener and cinnamon mix. They have that distinct churro taste and texture without the sugar spike. Perfect for a quick dessert or a weekend brunch treat!

Ingredients

For the Dough:

- 1 cup (100g) Mozzarella Cheese, shredded (low-moisture, part-skim)
- 1 oz (28g) Cream Cheese, softened
- 1 large Egg
- 1/2 cup (50g) Almond Flour
- 1/4 cup (25g) Coconut Flour
- 1 tsp Baking Powder
- 1/2 tsp Vanilla Extract
- Pinch of Salt

For the Coating:

- 1/4 cup (50g) Granular Erythritol (or your preferred keto sweetener)
- 1 tbsp Ground Cinnamon

For Frying:

- Avocado Oil or Coconut Oil (enough for deep frying, about 2 inches in a pot)

Instructions

Step 1: Prepare the Coating

1. In a small bowl, mix the granular erythritol and ground cinnamon together.
2. Set aside. (Note: Erythritol doesn’t stick as well as sugar, so you will roll the donuts while they are hot and slightly oily).

Step 2: Create the Dough Base

1. In a large microwave-safe bowl, combine the shredded mozzarella and cream cheese.

2. Microwave on High (100%) intensity for 1 minute. Stir well.

3. Microwave again on High (100%) intensity for another 30 seconds. Stir until the cheese is completely melted and smooth.

Step 3: Mix the Dry Ingredients

1. In a separate medium bowl, whisk together the almond flour, coconut flour, baking powder, and salt until well combined.

Step 4: Combine the Batter

1. Add the egg and vanilla extract to the melted cheese mixture. Mix vigorously until fully incorporated.

2. Add the dry ingredient mixture to the wet ingredients.

3. Use a spatula (or your hands, greased) to knead the dough until a uniform, sticky ball forms. If the dough is too sticky, add a tablespoon of almond flour; if too dry, add a teaspoon of melted butter.

Step 5: Shape the Donut Holes

1. Scoop about 1 tablespoon of dough and roll it between your palms to form a smooth ball. (Keep your hands slightly wet or oiled to prevent sticking).

2. Place the rolled balls on a parchment-lined baking sheet. You should yield about 12-15 donut holes.

Step 6: Frying (Medium-High Intensity)

1. Heat your oil in a deep pot or fryer. Bring the oil to 350°F (175°C). It is crucial to maintain this Medium-High intensity heat so the donut holes cook through without burning.

2. Carefully drop 3-4 donut holes into the hot oil. Do not overcrowd the pot.

3. Fry for 1 to 2 minutes on each side, or until they are golden brown and puffy.

4. Remove with a slotted spoon and drain on paper towels for 30 seconds.

Step 7: Coat and Serve

1. While the donut holes are still hot and slightly greasy, roll them generously in the cinnamon-sweetener mixture.

2. Serve immediately while warm.

Recipe Notes & Tips

- The “Mozzarella” Secret: This recipe uses the “fathead dough” method. Mozzarella provides structure and fat without the carbs. Make sure you use low-moisture mozzarella; fresh mozzarella contains too much water and will ruin the dough.

- Sweetener Choice: Erythritol doesn’t dissolve perfectly on the surface like sugar. If you prefer a finer texture, you can pulse your granulated sweetener in a coffee grinder to make it more like powdered sugar.

- Frying Intensity: Do not let the oil get too hot (over 375°F), or the outside will burn before the inside is cooked. Keep an eye on the temperature using a candy thermometer.

- Baking Alternative: If you prefer not to fry, you can bake these at 375°F (190°C) for 12-15 minutes on a parchment-lined sheet pan, brushing them with melted butter before baking. Broil for 1 minute at the end for color.

Nutritional Information

Servings: 1 Donut Hole (Recipe makes ~12)
Calories: 115 kcal per serving
Total Fat: 9g
Saturated Fat: 3g
Cholesterol: 25mg
Sodium: 140mg
Total Carbohydrates: 2g

Dietary Fiber: 1g
Sugars: 1g
Protein: 5g