

Prep Time: 10 minutes

Cook Time: 12–15 minutes

Total Time: 25 minutes

Yield: 6 Buns

Intensity Level: Low to Medium (Requires melting cheese and kneading dough)

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Introduction

Finding a satisfying bread substitute on the Ketogenic diet can be a challenge. Enter the “Fathead” dough—a magical mixture of mozzarella cheese and almond flour that mimics the texture of real bread. These Keto Cheese Buns are chewy, savory, and perfect for burgers, sandwiches, or simply slathered in butter.

This recipe is designed for simplicity without sacrificing flavor. Whether you are a seasoned keto veteran or new to low-carb baking, these buns will become a staple in your kitchen.

Ingredients

For the Dough:

- 1 ½ cups (170g) Shredded Low-Moisture Mozzarella Cheese (whole milk is best)
- 2 oz (56g) Cream Cheese (full fat, cubed)
- 1 Large Egg (room temperature)
- 1 ¼ cups (140g) Almond Flour (blanched, finely ground)
- 1 tsp Baking Powder
- ½ tsp Garlic Powder (optional, for flavor)
- ½ tsp Onion Powder (optional, for flavor)
- ¼ tsp Salt

For Topping (Optional):

- 1 tbsp Sesame Seeds or Everything Bagel Seasoning
 - 1 tbsp Melted Butter (for brushing)
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Equipment Needed

- Microwave-safe mixing bowl
 - Whisk or Fork
 - Spatula
 - Baking sheet
 - Parchment paper
 - Optional: Stand mixer or hand mixer (though mixing by hand is fine)
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Instructions with Time and Intensity

Phase 1: Preparation (Time: 3 Minutes | Intensity: Low)

1. Preheat: Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper. If you do not have parchment paper, grease the sheet well with butter or coconut oil.
2. Measure: Measure out all ingredients before starting. This is crucial because the cheese sets quickly once heated.

Phase 2: Melting the Cheese (Time: 2 Minutes | Intensity: Low)

1. Combine Cheeses: In a microwave-safe bowl, combine the shredded mozzarella and the cubed cream cheese.
2. Microwave: Heat on high for 60 seconds. Remove and stir.
3. Reheat: Heat for another 30 seconds. Stir until the mixture is completely smooth and glossy. *Note: If you do not have a microwave, you can melt the cheeses in a double boiler over simmering water, stirring constantly.*

Phase 3: Forming the Dough (Time: 5 Minutes | Intensity: Medium)

1. Mix Dry Ingredients: In a separate bowl, whisk together the almond flour, baking

powder, garlic powder, onion powder, and salt. Break up any lumps in the almond flour.

2. Combine Wet and Dry: Add the egg to the melted cheese mixture and stir quickly to incorporate. Then, add the dry ingredient mixture to the cheese bowl.
3. Knead: Using a spatula or your hands (be careful, the dough may be hot), mix until a dough ball forms. The dough should be sticky but workable. If it feels too wet, add a tablespoon of almond flour; if too dry, add a teaspoon of melted butter.

Phase 4: Shaping (Time: 5 Minutes | Intensity: Low)

1. Divide: Divide the dough into 6 equal portions.
2. Roll: Roll each portion into a ball. Wet your hands slightly with water or oil to prevent sticking.
3. Shape: Place the balls on the prepared baking sheet. Gently press down to flatten them into bun shapes (about ½ inch thick). Smooth the edges with your fingers.
4. Top: Sprinkle with sesame seeds or Everything Bagel Seasoning if desired.

Phase 5: Baking (Time: 12-15 Minutes | Intensity: Low)

1. Bake: Place the baking sheet in the preheated oven on the middle rack.

2. Monitor: Bake for 12 to 15 minutes. The buns are done when they are golden brown and puffed up. The internal temperature should reach 200°F (93°C) if using a meat thermometer.
3. Broil (Optional): If you want a darker crust, turn on the broiler for the last 1–2 minutes. Watch closely to ensure they do not burn.

Phase 6: Cooling (Time: 10 Minutes | Intensity: Low)

1. Rest: Remove the buns from the oven and let them cool on the baking sheet for 5 minutes.
2. Brush: Lightly brush with melted butter.
3. Serve: Transfer to a wire rack to cool completely before slicing. *Tip: Slicing hot cheese buns can cause them to crumble. Let them cool slightly to firm up.*

Recipe Notes & Tips

- The “Fathead” Texture: Almond flour absorbs moisture differently depending on the brand. If your dough is too sticky to handle, add almond flour in 1-tablespoon increments.
- Cheese Choice: Do not use fresh mozzarella (the kind in water). You must use low-

moisture mozzarella for the dough to bind correctly.

- Storage: Store leftovers in an airtight container in the refrigerator for up to 5 days.
- Reheating: The best way to reheat these buns is in a toaster or a skillet with a little butter. Microwaving them can make them rubbery.

Nutritional Information

Disclaimer: Nutritional values are estimates and will vary based on specific brands of ingredients used.

Serving Size: 1 Bun (with optional topping)
Yield: 6 Buns

Nutrient		Amount Per Serving
Calories		240 kcal
Total Fat		19g
Saturated Fat		8g
Cholesterol		60mg
Sodium		280mg
Total Carbohydrates		5g
Dietary Fiber		2g
Net Carbs		3g
Sugars		1g
Protein		11g