

Caramel Pecan Monkey Bread

Hands On Time: 15 minutes

Total Time: 60 minutes

Serves 12

Tender balls of fathead bread are rolled in a mixture of cinnamon and pecans, drenched in a sticky caramel glaze.

Pull it apart with your friends or eat it yourself.

Breakfast, brunch, midnight sack – the possibilities are endless.

Enjoy!



INGREDIENTS:

Bread:

3 cups mozzarella, shredded

2 ounces cream cheese

1 ½ cups almond flour

5 tablespoons coconut flour

1 tablespoon baking powder

2 tablespoons **Sukrin Icing**

2 eggs

Pecan Mixture

¼ cup melted butter

1 tablespoon cinnamon

½ cup chopped pecans

¼ cup **Sukrin Gold**

Caramel Glaze:

4 ounces butter

½ cup **Sukrin Caramel Syrup**

METHOD:

Place the shredded mozzarella and the cream cheese in a large microwave-safe bowl and cook on high for 1 minute.

Remove and stir, then continue to cook in 30 second bursts, stirring in between, until the cheese has melted and combined.

While the cheese is cooking, sift the dry ingredients together. Then add to the melted cheese when it is done.

Mix well to combine and then add the eggs.

The mixture will seem like it will never come together, but wet your hands and knead until smooth.

Heat your oven to 350°F

Divide the mixture into 24 balls.

Grease your ring tin or Bundt pan.

Combine the cinnamon, pecans and Sukrin Gold in a small bowl, and place the melted butter in another.

Working in alternating patterns, place one uncoated ball in the Bundt pan and then dip a second ball in the butter, and then roll in the pecan mix.

Continue doing this until you have used up all of the balls, half plain and half coated.

Melt the butter and Sukrin Caramel Syrup together on the stove and pour carefully over the dough.

Bake for 25 minutes and let cool in the pan for 15 minutes, before turning out to serve.

NUTRITIONAL INFORMATION:



Nutritional data (per serving)

Net Carbs	Protein	Fat	Calories
4.9 grams	11.9 grams	29.9 grams	350 kcal

Calories from carbs **5.8%**, protein **14.1%**, fat **80%**.

• Total Carbs 7.5 grams • Fiber 2.6 grams • Sugars 1.9 grams

• Saturated Fat 12.8 grams • Sodium 367 mg(15 %RDA)

• Magnesium 51.2 mg(12.8 %RDA) • Potassium 191 mg(9.6 %EMR)

Ingredients (makes 12 servings)

- 3 cup, shredded of mozzarella cheese (low moisture, for pizza) 339 grams
- 1 ½ cups of almond flour (blanched ground almonds, almond meal) 150 grams
- 5 tbsp, level of coconut flour, organic 40 grams
- 1 tbsp of baking powder, gluten-free 12 grams
- 2 large of Egg, whole, raw, fresh 100 grams
- 2 tbsp of Sukrin Icing, powdered sugar substitute 20 grams
- 2 fl oz of Cheese, cream 58 grams
- ¼ cup of butter, unsalted, grass-fed 56.8 grams
- ½ cup, chopped of Nuts, pecans 54.5 grams
- 1 tbsp of cinnamon, spices 7.8 grams
- ¼ cup of Sukrin Gold, brown sugar substitute 40 grams
- 4 fl oz of Butter, without salt 113.6 grams
- 1 ¼ 1 servings of Sukrin Syrup maple 125 grams

Add all to Basket