## **KETO Fettucine Noodles**

# Homemade Keto Fettuccine

Ingredients (2 servings):

4 large eggs

4 oz cream cheese (softened)

½ cup shredded mozzarella cheese

2 tbsp coconut flour (or almond flour)

Pinch of salt

## Instructions:

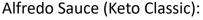
Preheat oven to 350°F (175°C). Line a baking sheet with parchment.

Blend eggs, cream cheese, mozzarella, flour, and salt until smooth.

Spread thinly onto the parchment in a rectangle.

Bake for 5–7 minutes until set but not browned.

Cool, then cut into strips to resemble fettuccine.



1 cup heavy cream, ½ cup parmesan, 2 tbsp butter, pinch garlic powder. Simmer until thick.

## Garlic Olive Oil:

2 tbsp olive oil, 2 garlic cloves (sautéed), red pepper flakes, parsley. Toss noodles.

# Pesto Cream:

2 tbsp pesto, ¼ cup heavy cream, parmesan. Warm and toss with noodles.

Nutrition (per serving, egg noodles + Alfredo sauce)

Calories: ~420 Net Carbs: ~4g Protein: ~19g Fat: ~36g

