

Jalapeno Popper Rolls

THM-Friendly: S

This recipe is adapted from the original by "[I Am Homesteader](#)".
This is an amazing recipe. Be prepared with a plan to save some
OR YOU WILL EAT THEM ALL.

Prepare one package of [No Carb Easy Bread](#) from Trim Healthy Mama.

Filling:

- 6 oz. cream cheese, softened (1/3 less fat would be perfect here)
- 1/2 cup bacon, crumbled (I use the real bacon pieces from a bag)
- 1/4 cup onion, diced (I used frozen)
- 1/4 cup jarred jalapeños, diced
- 1 tsp. dried chives
- 1/2 tsp. garlic powder
- 1 1/3 cups cheese, shredded (Pick your fave. I used Mexican blend)

Topping:

- 1 1/2 Tbsp. butter, melted
- 1/2 tsp. fresh garlic, minced (or 1/2 tsp. garlic powder)
- 1/2 tsp. dried chives
- 1/4 tsp. mineral salt



Make NCEB mix as directed. You can use the blender method, hand whisk method, or mixer method. I used the mixer method for this recipe (whip egg whites for 30 seconds until nice and frothy, add water and bread mix, and mix for 30-40 seconds, scraping down sides as you go).

Spread out onto parchment sprayed with olive oil until about 7x11"...not thin enough to see through but not so thick it won't cook.

In a bowl, melt the cream cheese in the microwave so it spreads easily. Add all other filling ingredients. Spread onto the raw bread dough, stopping about 1 inch from the edges. Roll up and slice into rolls, about 1 1/2 inches thick. Place in a baking pan, on parchment and make sure the rolls are touching - this helps them rise better.

Bake in an air fryer on the "bake" setting at 400° for 10-12 minutes. Alternatively, you can bake in the oven at 450° for 13-15 minutes. Gently pull a piece to test for doneness.

While baking, prepare the topping.

When done, brush with topping. Let sit 30 minutes before diving in, face first.

enJOY!

<https://www.joyfullifewithkj.com/dinners/jalapeno-popper-rolls>

