

Delicious & Calcium-Packed: Almond Flour Cheese Bites

Our Delicious & Calcium-Packed recipe series continues, with inspiration generated from you, the participants of the WHAD 2020 social media campaign. Thank you, for sharing this tasty calcium-rich recipe on Twitter. This quick, easy and diverse recipe is great as an on-the-go snack, light lunch or side dish and full of delicious calcium!

Almond Flour Cheese Bites

Creates 10 bites

Cooking time: 15 minutes

Ingredients

- 2 eggs
- 85g almond flour
- 160g of grated cheese of your choice
- Teaspoon of baking powder
- Black pepper

This recipe can be easily adapted to include a range of flavours from dried herbs, sun dried tomatoes and chillies. Get creative but remember to chop up the ingredients finely before adding to the mixture.

Method

1. Preheat the oven to 200°C
2. Add the eggs to a large bowl and whisk until lightly beaten
3. Add the remaining ingredients and mix well
4. Divide the mixture into 10 sections and roll into balls
5. Place the balls onto a baking tray lined with baking parchment
6. Bake for 12-15 minutes until golden

