

# Sausage Ballz

These sausage balls are a quick and easy snack to prepare with minimal ingredients. They store and reheat wonderfully and are just as good cold straight from the cooler. Additionally, this recipe is easily tweaked to your specific taste by supplementing the sausage and cheeses for more spicy or flavorful versions of each. Play around with the recipe and see what works best for you.

Bonus tip: Hand Grate a little parmesan cheese on top of each ball right after removing them from the oven for a little dramatic flare.

Prep Time : 10 Minutes

Cook Time : 20 Minutes

## Ingredients:

1 lb - Of your favorite Breakfast Sausage	4 oz - Cream Cheese
1 - 8oz Block of Sharp Cheddar Cheese	½ cup - Almond Flour
1 - Jalapeno Diced	½ tsp - Baking Powder
½ tsp - Pink Himalayan Salt	½ tsp - Black Pepper
1 tsp - Ground Cumin	1 egg (optional)
Parmesan Cheese Topping (optional)	

## Instructions:

Preheat the oven to 375 degrees.

Soften the cream cheese in the microwave to ensure a more even blending experience.

Grate the cheddar cheese. (Don't buy the already shredded kind. It has a powdered cellulose coating.)

Combine all the ingredients into one large bowl and mix thoroughly. A hand or stand mixer will greatly help in this step but is not absolutely necessary.

Place an appropriate size piece of parchment paper on a clean cookie baking sheet.

Roll the sausage into balls a little smaller than a golf ball and distribute evenly around the prepared cookie sheet.

Bake on 375 for 22 to 25 minutes.