



Long Livo

# Crispy Keto Cinnamon Cream Cheese Roll Ups

**15 min**  
Prep time

**8**  
Servings

**15 min**  
Cook time

**Easy**  
Difficulty

**30 min**  
Total time  
**American**  
Cuisine

## Ingredients

### Roll Up Base

- ☐ 1 1/2 cups almond flour
- ☐ 1/4 cup erythritol
- ☐ 1 tsp ground cinnamon
- ☐ 1/2 tsp baking powder
- ☐ 1/4 tsp salt

- ☐ 1/4 cup melted butter

- ☐ 1 large egg

### Cream Cheese Filling

- ☐ 8 oz cream cheese, softened
- ☐ 2 tbsp powdered erythritol
- ☐ 1 tsp vanilla extract
- ☐ 1 tsp ground cinnamon

## Instructions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment.
- 2 In a bowl, whisk almond flour, erythritol, cinnamon, baking powder, and salt together.
- 3 Add melted butter and egg; stir until a sticky dough forms.
- 4 Press the dough onto the prepared sheet into a 1/4-inch rectangle.
- 5 Blend cream cheese, powdered erythritol, vanilla, and cinnamon until smooth; spread evenly over the dough.
- 6 Roll the dough tightly, slice into 1-inch rounds, and place back on the sheet.
- 7 Brush tops with a little melted butter and bake 12-15 minutes until golden.
- 8 Cool briefly, then serve warm.

## Nutrition per serving

**140 kcal**  
Calories

**4 g**  
Protein

**4 g**  
Carbs

**12 g**  
Fat

### **Tips & notes**

- If the dough feels too wet, add a tablespoon more almond flour.
- For extra cinnamon flavor, sprinkle a pinch on top before baking.
- Use a serrated knife for clean slicing.