

Low Carb Pork Rind Bread:

Serves: 1

Ingredients:

- 1/4 cup(32g) ground pork rinds (~18 pieces or 2 measuring cups whole, you can find already ground pork rinds [here](#))
- 1 tbsp(7g) [coconut flour](#)
- 2 tbsp(21g) [vital wheat gluten](#)
- 1/4 tsp baking powder
- pinch of baking soda
- 1 tsp parmesan and herb seasoning (or seasoning of your choice)
- 3 1/2 tbsp (52g) full fat sour cream
- 1 tsp water
- 1/16 tsp salt* (optional, pork rinds themselves are already quite salty so I wouldn't recommend adding much)

Directions:

1. Pre-heat oven to 450°F
2. In a food processor, grind your pork rinds until they become fine granule
3. In a bowl, add all of the dry ingredients including the pork rinds.
4. Stir with a fork to combine.
5. Mix in your sour cream and water until a soft dough begins to form.
6. Use your hands to knead the dough together until it forms a nice ball.
7. Place the ball of dough on a greased baking sheet and begin to flatten it using your hands.
8. Form the dough into a circular or square flat shape, pressing to the thinness that you desire (the dough will rise *just slightly*).
9. Bake for 6-7min or until bottom is lightly browned but top of dough is still soft.
10. Cool on the baking sheet before removing with a spatula and serving warm or you can store it in the freezer in a Ziplock and takeout about an hour before serving!

Enjoy you're AMAZING 10 Min Pork Rind Bread!

