



## Keto Sticky Buns

Active Time: 30 minutes | Total Time: 1 hour | Serves: 12

### Nutrition Information Per Serving

390.4 calories, 16.78 g carbohydrate, 6.71 g fiber, 4.82 g NET carbs, 9.43 g protein, 37.94 g fat

#### Ingredients

- 1 package Miracle Bread Mix
- 1 tsp SweetLeaf Stevia Extract
- 2 tsp(s) Bob's Red Mill Xanthan Gum
- 7 Tbsp(s) Keto Sweet
- 3 Tbsp(s) cinnamon
- 4 Tbsp(s) organic sour cream
- 3 large(s) pastured eggs
- 4 ounce(s) organic cream cheese
- 9 Tbsp(s) grass-fed butter
- 1 Tbsp organic apple cider vinegar
- 1 tsp organic vanilla extract
- 1/2 cup(s) organic heavy cream
- 1/4 cup(s) filtered water
- 6 ounce(s) pecans, roughly chopped

#### Preparation

1. Prepare two 8" pans or one 10" pan by greasing and lining with parchment. Preheat oven to 375 F. Powder the erythritol.
2. In a small bowl, combine the cinnamon and 3 Tbsp. Keto Sweet for the filling. Set aside.
3. Make the caramel. In a small saucepan, melt 4 Tbsp. butter over medium heat. Add 3 Tbsp. Keto Sweet and heavy cream and simmer for 10 minutes, whisking occasionally.
4. Scatter the pecans in the bottom of the lined pan. Pour the caramel over. Set aside.
5. Make the rolls. In a medium bowl, add the eggs, sour cream, cream cheese, apple cider vinegar, water and 2 Tbsp. melted butter. Using a hand-held mixer, mix to combine thoroughly.
6. Pour in the Miracle Bread Mix, konjac or xanthan and yeast. Mix to combine. Let stand 1 minute.
7. Grease a sheet of parchment paper. Divide dough into two balls. Place one dough ball on the parchment and using oiled or wet hands, pat out to a 10 x 8 rectangle with the short end facing you.
8. Pour 1.5 Tbsp. melted butter over the dough, then sprinkle with half the cinnamon-"sugar" mixture.
9. Using the parchment as a guide, roll the dough up and pinch the ends. Using a sharp knife, cut the dough roll into 6 equal cinnamon rolls. Place the rolls in the prepared pan. Repeat the process with the remaining dough and cinnamon filling.
10. Cover the pan with foil and transfer to the preheated oven. Bake 25 minutes. Remove the cover and allow to bake another 5 minutes.
11. Let cool in the pan for a few minutes. Then invert the rolls onto a plate, remove parchment and serve.

This free recipe cannot be redistributed without prior permission from MealGenius.com.  
If you have obtained this recipe from any source other than MealGenius.com please contact us.