



Sausage Puffs

Ingredients

- 1 tablespoon [Fustini's Tuscan Herb olive oil](#)
- 1 lb Italian sausage
- 1 cup shredded cheddar cheese
- 2 oz cream cheese
- 2 tablespoons grated parmesan
- 1 large egg
- 1 cup almond flour
- 1 teaspoon baking powder
- 1 tablespoon [Fustini's Tuscan Spice Blend](#)
- 1/2 teaspoon Kosher salt

Sharon's Hint

A great appetizer with your favorite sauce or use as your bread in a soup.
Adapted from delish.com

Directions

Step 1.

Preheat oven to 400 degrees F. Line a baking sheet with parchment paper. In a large skillet over medium-high heat, heat olive oil. Add sausage and cook, breaking up meat until golden, about 7 minutes. Remove from heat.

Step 2.

In a medium microwave-safe bowl, melt together 1/4 cup cheddar with the cream cheese and parmesan cheese. Add cooked sausage, egg, almond flour, baking powder, seasonings and salt. Stir to combine. Add in the remaining 3/4 cup cheddar.

Step 3.

Form mixture into 1" balls and place on prepared baking sheet. Bake until sausage is cooked through and balls are golden 20-22 minutes.