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Description

Bake your way to handheld perfection with these golden, flaky, and savory Puff Pastry Sausage Rolls that bring bakery-style comfort straight to your kitchen. Wrapped in a buttery, low-carb keto pastry crust and packed with spiced, lean pork and herb filling, every bite delivers incredible texture and satisfying flavor. Naturally optimized with high-protein and low-carb SEO keywords, this recipe makes healthy, macros-conscious snacking feel like an absolute treat.

Can This Low-Carb Keto Puff Pastry Sausage Roll Support Weight Loss Goals?

Yes, this recipe supports weight loss goals by replacing traditional high-carb wheat pastry with a keto-friendly, high-protein alternative that curbs hunger. High-protein fillings stimulate satiety hormones and prevent energy crashes, making it much easier to stay in a caloric deficit. Because the ingredients are nutrient-dense and low in glycemic impact, you stay fuller longer without sacrificing classic comfort food flavors.

Does Low-Carb Keto Puff Pastry Sausage Roll Fit a High Protein Lifestyle?

These sausage rolls fit a high-protein lifestyle seamlessly, delivering over 15 grams of pure muscle-building protein per serving while keeping net carbs remarkably low. Crafted using lean ground pork, psyllium husk or almond-based pastry options, and pasture-raised eggs, they supply balanced macronutrients to fuel active days. They serve as an exceptional meal-prep option that effortlessly bridges the gap between clean eating and delicious savory snacking.

My Personal Experience

- Flaky Texture Without the Guilt:

Recreates the classic buttery layers of traditional pastry rolls using low-carb flours so you never feel deprived.

- Ultimate Grab-and-Go Convenience:

Bakes into portable, sturdy individual logs that make mid-day protein snacking or quick breakfast prep effortless.

Perfect For:

- High-protein snacks and grab-and-go meal prep
- Keto diet plans and low-carb lunchboxes
- Game-day gatherings and weekend party appetizers
- High-protein breakfast alternatives on busy mornings

Why You'll Love This Recipe:

- Restaurant-Quality Flakiness:

Achieves a deeply golden, flaky pastry exterior that encases a juicy, heavily spiced sausage filling.

- **Massive Protein Punch:**

Loaded with lean meat and binding eggs to give you the protein boost your body craves.

- **Blood-Sugar Stability:**

Avoids refined grains and sugars entirely, ensuring steady, crash-free energy throughout your afternoon.

Common Mistakes to Avoid:

1. Working with warm dough: Low-carb keto dough gets sticky and hard to handle if the butter or cream cheese melts; chill it before rolling.
2. Over-mixing the sausage filling: Overworking ground meat makes the texture tough and rubbery rather than tender and juicy.
3. Skipping the egg wash: Forgetting to brush the pastry with egg wash results in a pale, matte finish instead of a glossy golden crunch.
4. Cutting rolls while piping hot: Slicing the logs immediately out of the oven causes the pastry to tear; let them rest for 5 minutes.

Required Equipment:

- **Baking Sheet:** Provides an even, flat surface for uniform baking and crisp pastry bottoms.
- **Parchment Paper:** Prevents the delicate low-carb pastry dough from sticking to the metal sheet.
- **Rolling Pin:** Ensures the dough is rolled out into an even, thin sheet for wrapping.

- Sharp Chef's Knife: Allows clean, precise cuts through the rolled logs without crushing the delicate layers.

Storage Instructions:

Store leftover sausage rolls in an airtight glass container in the refrigerator for up to 4 days, or freeze them individually wrapped in parchment and foil for up to 2 months. Reheat in an oven or air fryer at 350°F (175°C) for 5–7 minutes to restore the crispy, flaky texture of the low-carb pastry.

Recipe Details

- Preparation Time: 25 minutes
- Cooking Time: 25 minutes
- Total Time: 50 minutes
- Servings: 8 rolls
- Best Season for This Recipe: All-season (Great for autumn baking and spring picnics)
- Total Calories (Per Serving): ~280 kcal (Approximate estimate)

Description

Savory, protein-packed sausage wrapped in a flaky low-carb keto puff pastry shell. Baked until golden brown and crispy on the outside. Ideal for quick meal prep, snacks, or healthy finger food.

□ Ingredients:

- Shredded Mozzarella Cheese: 1.5 cups (120g)

- Cream Cheese: 2 oz (60g), softened
- Blanched Almond Flour: 1 cup (112g)
- Coconut Flour: 2 tbsp (14g)
- Egg (for dough): 1 large
- Lean Ground Pork Sausage: 1 lb (454g) (*Note: Choose low-sodium or sage-seasoned variants*)
- Dried Sage: 1/2 tsp
- Garlic Powder: 1/2 tsp
- Black Pepper: 1/4 tsp
- Egg (for wash): 1 large, beaten with 1 tsp water
- Sesame Seeds (optional): 1 tsp, for topping

Directions:

1. **Preheat & Prep:** Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. **Make the Keto Pastry:** Melt mozzarella and cream cheese in a microwave-safe bowl in 30-second intervals until fully combined; stir in almond flour, coconut flour, and 1 egg until a pliable dough forms.
3. **Roll the Pastry:** Place the dough between two sheets of parchment paper and roll it out into a large rectangle roughly 1/8-inch thick; cut the rectangle in half lengthwise to make two long strips.
4. **Prepare Meat Filling:** In a bowl, mix ground pork sausage, sage, garlic powder, and black

pepper; divide the meat mixture into two equal logs and place one log down the center of each pastry strip.

5. **Wrap & Seal:** Fold the pastry dough over the sausage filling, press the seams firmly to seal, and place seam-side down on the prepared baking sheet; slice each long roll into 4 equal individual pieces.
6. **Wash & Bake:** Brush the tops generously with the beaten egg wash and sprinkle with sesame seeds if desired; bake at 400°F (200°C) for 22–25 minutes until the pastry is deeply golden and internal meat temperature reaches 160°F.
7. **Rest & Serve:** Let the sausage rolls rest for 5 minutes on the pan to firm up before serving warm with your favorite low-carb dipping sauce.

Nutrition Facts (Per Serving – Approximate):

- Calories: 280 kcal
- Fats: 22 g
- Cholesterol: 85 mg
- Sodium: 510 mg
- Potassium: 210 mg
- Total Carbohydrates: 5.5 g
- Fiber: 2 g
- Net Carbs: 3.5 g
- Sugars: 1 g
- Protein: 16 g

- Calcium: 140 mg

Notes:

- Storage Tips: Keep refrigerated in a sealed glass container to maintain pastry crispness and prevent moisture accumulation.
- Reheating Instructions: Always use an oven or air fryer at 350°F for 5 minutes; microwaving will make the keto crust rubbery.
- Allergy Notes: Contains dairy, eggs, and tree nuts (almond flour). Use coconut-only or seed flour blends for nut-free modifications.
- Flavor Boosts: Mix a pinch of fennel seeds or red pepper flakes into the sausage meat for an Italian-style flavor twist.