

Ketogenic Bacon & Halloumi Skewers



The yummy low-carb halloumi cheese skewers with a hint of lemony punch & fragrant thyme, wrapped with salty bacon make for a fun appetizer!

Ingredients for 2 serving (US/Metric)

- 13.5 *pieces* **Bacon**
- 309g / 10.9oz **Halloumi**
- 2.5 *pieces* **Garlic Cloves**
- **Lemon juice**
- **Thyme**
- **Ground black pepper**

Nutrition (US/Metric)

- **Protein:** 28%
- **Fat:** 70%
- **Net carbs:** 2%

Instructions

1. Soak a couple of skewers (wooden ones work well) for 20 minutes in a tray filled with water.
2. Take a large bowl. Add the halloumi cheese after dicing it evenly into 6 pieces. Also, add the minced garlic, thyme, lemon juice, & crushed black pepper. Coat the cheese with the rest of the ingredients. Cover the bowl and keep it in the fridge for a few minutes (till the skewer-soaking time is up).
3. Set the oven for preheating at 400F.
4. Place a seasoned cheese on one end of a bacon strip and roll firmly to seal the cheese inside. Repeat with the rest of the 5 cheese pieces.
5. Insert 3 cheese & bacon rolls in each water-soaked skewer. Position the skewers on a shallow baking dish.
6. Transfer the dish into the preheated oven. Bake for 15-18 minutes. You'll know they are done when the bacon crisps up & caramelize with the cheese ends turning golden!