Baked Keto Mac-N-Cheese

**Servings: 2 Prep Time: 10 mins Cook Time: 15-20 minutes**

2 1/2 tbsp (35g) Butter

3 tbsp (23g) Lupin Flour

1/8 cup (20g) Onions, minced

2 slices (18g) Bacon, chopped

3.5 oz (99g) 3 Blend Shredded Cheese (or whatever kind of cheese you like)

2/3 cup Non-Dairy Milk

2 tbsp Breadcrumbs (optional)

1 tbsp Parsley (optional)

Dash of Smoked Paprika

2 servings of My Lupin Semolina Macaroni Pasta

Special Equipment:

2-8 oz Mini Cast Iron Dutch Ovens or Mini Cocottes or Ramekins

Preheat oven at 375F.

Cook 2 strips of bacon and place them on a paper towel to drain the grease. Once cool, chop into bite-size pieces. Mince the onion and set aside, along with bacon. Get a pot of water boiling and cook the noodle for 10 minutes.

While the pasta is cooking, in a medium saucepot, melt 3 tbsp butter. Add the onions and sauté for 2-3 minutes. Next, sprinkle in the lupin flour, stirring continuously for 3 minutes. Slowly, pour in the non-dairy milk and stir until your roux is thick and creamy.

Now add 3 ounces of cheese. Stir continuously, the cheese is completely melted, and the sauce is smooth and creamy. Add the bacon and give it a good mix before adding in the cooked pasta. Pour in half a ladle of the pasta water and give everything a good stir.

Oil two 8 ounce mini Dutch ovens or cocottes or ramekins. Spoon in the macaroni and cheese. Top with the remaining 1/2 ounce of cheese, then sprinkle on breadcrumbs, parsley, and smoked paprika, if using. Bake at 375F for 5-7 minutes, until cheese is melted and bubbly.

**Nutritional Facts for 1 serving of Baked Keto Mac-N-Cheese:** 648.2 Calories, 7.9g Net Carbs, 43.8g Fat, 51.6g Protein.