

Keto Tuna Melts

INGREDIENTS

- 2 cans of tuna fish
- 1/2 cup mayo
- 4 large eggs
- 2 cups of Mozzarella cheese (I shred my own)
- 1/2 cup sour cream
- 1 tsp sea salt
- 2 tsp parsley
- 1 tsp pepper

DIRECTIONS

1. Pre-heat oven at 350
2. In a bowl combine all the ingredients
3. Grease cupcake tin (molds)
4. Divide tuna mixture evenly in the cupcake mold
5. Bake at 350 for 25 minutes
6. Enjoy

