

CINNAMON-CRISPY PORK RINDS

Ingredients:

- 1 ounce pork rinds *
- 2 tablespoons butter, melted
- Cinnamon/granular Splenda mix *

Directions:

Spread the pork rinds out in a single layer on a dinner plate. Drizzle the butter all over them then sprinkle them liberally with the cinnamon/Splenda mixture. If you like, you can warm them for about 20-30 seconds in the microwave.

Makes 1 serving. Do not freeze.

* 1 ounce of pork rinds will pretty much cover a dinner plate in a single layer. I tried to select pork rinds that were somewhat flat but any shape will work. I didn't measure the cinnamon and Splenda because I already had some mixed in a shaker jar. I'd guess you may need about a teaspoon or two of Splenda and 1/8-1/4 teaspoon cinnamon. The counts are based on 2 teaspoons Splenda and 1/4 teaspoon cinnamon.

Per Serving: 289 Calories; 28g Fat; 13g Protein; 1g Carbohydrate; trace Dietary Fiber; 1g Net Carb