

## Nutrition Facts

Servings Size: 1 Pocket  
Recipe Makes: 10 Serving

Amount Per Serving

**Calories** **121**

**Total Fat** 3.5g

**Total Carbohydrate** 10g

**Protein** 12.5g



# Crispy Taco Pockets

### INGREDIENTS FOR FILLING:

- 16oz 96/4 Lean Ground Beef
- 1 Packet Taco Seasoning
- 56g 2% Mexican Cheese
- 2 Light Laughing Cow Cheese Wedges
- 60g Reduced Sodium Chicken Broth

### REST OF INGREDIENTS:

- 5 Low Carb Tortillas
- 10g All Purpose Flour

### LOW CAL AVOCADO LIME DIPPING STATION:

- 1 Medium Avocado (about 4.5 oz)
- Juice from 1 Lime
- ½ Cup Water (add more if still too thick)
- Sea Salt
- Cumin
- 15g Cilantro

1. Brown your 96/4 Lean Ground Beef in a pan on a 7/10 heat. Then add your taco seasoning and mix. Add 60g of chicken broth to keep it nice and juicy.
2. Then lower the heat of the pan and add your mexican cheese, cheese wedges and nutritional yeast. Mix all together.
3. Highly recommend watching the video for this part on how I make these pockets. Hard to explain without seeing it visually.
4. Once pockets are done (makes 10), add to air fryer and spray with non stick cooking spray. Air fry on 400 degrees F for 4-5 minutes. Then it's time to enjoy!

- P.S. The Low Cal Avocado Lime Dipping Station is just adding all those ingredients to a small blender and blending till smooth!