
KETOGENIC NUTRITION

RECIPES

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Keto: Breakfast

Cauliflower Hash Browns

Servings: 6 Hash browns

Ingredients:

- 1 small head grated cauliflower (about 3 cups)
- 1 large Egg
- 3/4 cup Shredded Cheddar Cheese
- 1/4 tsp Cayenne Pepper (optional)
- 1/4 tsp garlic powder
- 1/2 tsp salt
- 1/8 tsp black pepper

Instructions:

1. Grate entire head of cauliflower.
2. Microwave for 3 minutes and let cool. Place in paper towels or cheese cloth and ring out all the excess water.
3. Place rung out cauliflower in a bowl, add rest of ingredients and combine well.
4. Form into six square shaped hash browns on a greased baking tray.
5. Place in a 400 degree oven for 15-20 minutes.
6. Let cool for 10 minutes and hash browns will firm up. Serve warm Enjoy!

Avocado Bacon and Eggs

Servings: 2 (1/2 avocado each)

Ingredients:

- 1 medium Avocado
- 2 eggs
- 1 piece of cooked bacon, crumbled
- 1 TB of low-fat cheese
- pinch of salt

Instructions:

1. Preheat oven to 425.
2. Begin by cutting the avocado in half and removing the pit.
3. With a spoon, scoop out some of the avocado so it's a tad bigger than your egg and yolk.
Place in a muffin pan to keep the avocado stable while cooking.
4. Crack your egg and add it to the inside of your avocado. Sprinkle a little cheese on top with a pinch of salt. Top with cooked bacon.
5. Cook for 14-16 minutes. Serve warm.

Cream Cheese Pancakes

Servings: 4 pancakes

Ingredients:

- 2 oz cream cheese
- 2 eggs
- 1 tsp granulated sugar substitute
- ½ tsp cinnamon

Instructions:

1. Put all ingredients in a blender or magic bullet. Blend until smooth. Let rest for 2 minutes so the bubbles can settle.
2. Pour ¼ of the batter into a hot pan greased with butter or pam spray. Cook for 2 minutes until golden, flip and cook 1 minute on the other side. Repeat with the rest of the batter.
3. Serve with sugar free syrup (or any syrup of your choice) and fresh berries

Broccoli Ham and Cheese Muffin Cups

Servings: 12

Ingredients:

- 1 1/2 cups chopped cooked broccoli
- 1 cup diced ham
- 1 cup (about 4 oz.) shredded cheddar cheese
- 12 eggs
- 1 teaspoon dry mustard
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

Instructions:

1. Preheat your oven to 350°F and coat a muffin tin with nonstick cooking spray.
2. Divide the broccoli and ham between the cups in the muffin tin. Top each with a slightly heaping tablespoon of cheddar cheese.
3. Crack the eggs into a large bowl, add the dry mustard, kosher salt, and pepper, and lightly beat.
4. Divide the egg mixture evenly between the muffin cups. You'll need about ¼ cup of the egg mixture for each one, but it is easier to add about half of that at a time and let it soak down into the cups.
5. Bake for 20-25 minutes, or until eggs are set and top is lightly golden brown.

Snickerdoodle Crepes

Servings: 4

Ingredients:

For the crepes:

- 6 eggs
- 5 oz cream cheese, softened
- 1 tsp cinnamon
- 1 Tbsp granulated sugar substitute
- Butter for frying

For the filling:

- 8 Tbsp. butter, softened
- 1/3 cup granulated sugar
- 1 Tbsp (or more) cinnamon

Instructions:

1. Blend all of the crepe ingredients (except the butter) together in a blender or magic bullet until smooth. Let the batter rest for 5 minutes. Heat butter in a nonstick pan on medium heat until sizzling. Pour enough batter into the pan to form a 6 inch crepe. Cook for about 2 minutes, then flip and cook for an additional minute. Remove and stack on a warm plate. You should end up with about 8 crepes.
2. Meanwhile, mix your sweetener and cinnamon in a small bowl or baggie until combined. Stir half of the mixture into your softened butter until smooth.
3. To serve, spread 1 Tbsp of the butter mixture onto the center of your crepe. Roll up and sprinkle with about 1 tsp of additional sweetener/cinnamon mixture.

Keto Muffins

Servings: 12 muffins

Ingredients:

- 8 oz cream cheese
- 8 large eggs
- 4 Tbsp. butter
- 2 scoops (62g) Whey Protein

Instructions:

1. In a mixing bowl melt butter and cream cheese.
2. Add whey protein and eggs, careful not to cook the eggs from the heat of the butter.
3. Combine with a hand mixer until completely mixed.
4. Pour into muffin baking tray and bake at 350 degrees for 26 minutes. Enjoy!

Coconut Pancakes

Servings: 16 pancakes

Ingredients:

- 1/4 Cup Heavy Whipping Cream
- 4 large eggs
- 1/2 Cup Coconut Milk
- 20 Drops Liquid Stevia Optional (20 drops makes these lightly sweet)
- 1/2 Cup Coconut flour
- 1/2 Cup Shredded Coconut
- 2 tsp Baking powder
- 1/4 Cup Whey Protein
- 1/4 Cup coconut oil
- 1 tsp Vanilla Extract

Instructions:

1. Using a food processor or a mixer combine all of the wet ingredients and thoroughly mix. This includes cream, eggs, coconut milk, stevia, vanilla, and coconut oil (melted).
2. Combine all of the dry ingredients separately and mix together.
3. Slowly and gently mix the dry ingredients into the wet mixture being careful not to over mix. You want a homogeneous mixture but some lumps is fine.
4. Heat a nonstick skillet over low-medium heat. This batter is thick so have the burner lower than you would for normal pancakes.
5. Spoon the mixture into the pan and form into pancakes with a spatula. You will need to form these manually as the batter is thick to the point that it won't spread out by itself in the pan. This is a good thing!
6. Cook for 5 minutes on each side, or until you notice bubbles on the top side of the pancake. That is a telltale sign that it is ready to be flipped.
7. Top with butter, syrup and additional coconut flakes and enjoy!

Keto: Meat Entrees

Cheesy Bacon Chicken

Servings: 6-8

Ingredients:

- 5-6 chicken thighs, cut in half width wise (about 2.5-3 lbs.)
- 2 Tbsp. seasoning rub (I use my smoked paprika rub, but you can use a seasoning salt or BBQ rub - basically any rub with salt, garlic powder, onion powder, paprika - not an herb rub)
- 1/2 pound bacon, cut strips in half
- 4 oz. shredded cheddar
- sugar free barbecue use, optional, to serve

Instructions:

1. Preheat oven to 400. Spray a large rimmed baking sheet with cooking spray.
2. Rub both sides of chicken thighs with seasoning rub. Top each with a piece of bacon. Bake for 30 min on the top rack until the chicken is 160 degrees and the bacon looks crispy.
3. Remove tray from the oven and sprinkle the cheese over the bacon. Put back in the oven for about 10 min until the cheese is bubbly and golden. Serve with barbecue sauce.

Chicken with Lemon Garlic Cream Sauce

Servings: 4

Ingredients:

- 4 chicken thighs
- salt and pepper
- 1 cup chicken broth
- 2 tablespoons lemon juice
- 1 tablespoon minced garlic
- ½ teaspoon red pepper flakes (or more to taste)
- 1 tablespoon olive oil
- ⅓ cup finely diced shallots (or red onions)
- 2 tablespoons salted butter
- ¼ cup heavy cream
- 2 tablespoons chopped parsley or basil

Instructions:

1. Using a mallet, pound down the chicken thighs into ½ inch thickness. Sprinkle a pinch of salt and pepper on both sides of the chicken.
2. In a 2 cup measuring cup or a small bowl, combine the chicken broth, lemon juice, garlic, and red pepper flakes.
3. Position a rack in the lower third of the oven and preheat the oven to 375°F.
4. Heat the olive oil in a large oven-safe skillet over medium high heat. Add the chicken and allow to brown on both sides for 2-3 minutes per side. Don't worry if the chicken isn't cooked completely, we'll finish it in the oven. Remove the chicken to a plate.
5. Reduce the flame to medium, add the shallots to the skillet along with the chicken broth mixture. Using a whisk, scrape the bottom of the pan so all the brown bits are loosened. Kick the heat back up to medium high and let sauce come to a simmer. Continue to cook the sauce for 10-15 minutes or until about 1/3 cup of the sauce remains.
6. When the sauce has thickened, remove from the flame, add the butter and whisk until it melts completely. With the skillet off the flame, add the heavy cream, whisk to combine. Place the skillet back over the flame for just 30 seconds, DO NOT allow the sauce to boil. Remove from heat, add the chicken back into the pan and drizzle the sauce over the chicken. Place the skillet in the oven for 5-8 minutes or until the chicken is completely cooked through.

Baked Chicken Tenders

Ingredients:

- 2 lbs. chicken tenders
- 1 cup grated parmesan cheese
- 2 tablespoons parsley, minced
- 1 tablespoon dried oregano
- 1 tablespoon paprika
- 1 tsp garlic powder
- Pinch of cayenne pepper
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup butter

Instructions:

1. Preheat oven to 350 degrees F.
2. Combine all dry ingredients in a mixing bowl and set aside.
3. Line rimmed baking sheet with foil.
4. Melt butter in a shallow dish.
5. Dip each chicken tender in butter then roll in seasoning mixture and place on prepared baking sheet.
6. Bake for 20-30 minutes or until chicken is cooked through.

Loaded Chicken Salad

Servings: 6

Ingredients:

- 2 Cups chicken breast, shredded or cubed
- ¼ Cup mayonnaise
- ½ Cup sour cream
- 1 Cup celery, finely chopped
- 1 Cup sharp cheddar cheese, shredded
- ¼ Cup yellow onion, finely chopped
- 3 Green onions, sliced
- ½ Cup bacon crumbles
- Salt & Pepper

Instructions:

1. Place the chicken, celery, onions, bacon, and cheese in a large bowl and top with the mayonnaise and sour cream.
2. Mix well until everything is evenly coated and distributed throughout.
3. Season with salt and pepper to taste. I usually use between ½-1 tsp of each.
4. Serve on toast, in an avocado, tomato, in a lettuce wrap, with crackers or your favorite way to eat chicken salad.
5. ENJOY!

Keto Cheese Meatballs

Servings: 3 (~9 balls)

Ingredients:

- 1 lb. Ground Beef
- 3.5 oz. Mozzarella Cheese
- 3 Tbsp. Parmesan cheese
- 1 tsp Garlic Powder
- ½ tsp salt
- ½ tsp pepper

Instructions:

1. Cut the cheese into cubes (1 cm x 1 cm)
2. Mix the dry ingredients with the ground beef
3. Wrap the cubes of cheese in ground beef (500g of beef should make about 9 balls)
4. Pan fry the meatballs. (Cover with a lid to capture the heat all around).

Low Carb Hot Wings

Servings: 24 wings

Ingredients:

- 2 Dozen Frozen Wing Pieces

For the Buffalo Sauce

- 1 Cup Franks Hot Sauce
- 2 Tablespoons Butter, Melted
- 1 Teaspoon Garlic Salt

Instructions:

1. Preheat oven to Broil.

On the stovetop

2. In a large stockpot, cover wings with water and bring to a boil.
3. Boil for 10 minutes.

To crisp the wings

4. Place on a broiler pan and broil for 5-10 minutes on each side, until desired crisp is reached.

To make sauce

5. Combine hot sauce, melted butter and garlic salt in a large bowl with a lid.
6. Place crisp wings in the bowl, cover with the lid, and shake well to coat.
7. Enjoy with your favorite dipping sauce!

Buffalo Chicken Meatballs

Servings: 6 (18 meatballs)

Ingredients:

- 1 lb. ground chicken
- 1 egg, beaten
- 2 springs of green onion, finely chopped
- 1 celery stalk, trimmed and finely diced
- 1 Tbsp. parmesan cheese
- 1 Tbsp. mayo
- 1 tsp onion powder
- 1 garlic powder
- 1 tsp pink sea salt
- 1 tsp ground black pepper
- 1 cup buffalo wing sauce

Instructions:

1. Preheat the oven to 400. Spray a sheet pan with non-stick cooking spray or grease with Olive oil, coconut oil or butter. (I use Olive oil)
2. In a large bowl, combine all ingredients, minus the buffalo sauce. Mix well.
3. Use your hands to form 2" balls, mixture will be sticky. If desired set out a small amount of almond or coconut flour to dust your palms with. I personally just pushed through it and made a mess all over my hands!
4. Place meatballs on a sheet pan. Bake for 15 minutes or until center has reached 160°.
5. Remove meatballs from the oven. Place in a skillet or pot over medium low heat. Coat with buffalo sauce. Continue to cook just until sauce is warmed.
6. Serve over pureed celery root or cauliflower that has been mixed with a ranch seasoning packet! Or eat as is

Jalapeno Burger

Servings: 4 burger

Ingredients:

- 2 medium portabella mushrooms
- 2 4 oz ground beef patties
- 2 slices bacon
- 1 medium Jalapeno
- 1/4 cup Shredded mozzarella cheese
- 2 tbsp Guacamole
- 1 large Egg
- Salt + Pepper
- 1/4 tsp garlic powder
- 1/4 tsp Onion powder

Instructions:

1. Start by forming the ground beef into 4 oz patties. Season with salt, pepper, garlic powder and onion powder. Set aside.
2. Roughly chop bacon, cut jalapeno into 1/8th inch slices.
3. Render bacon in a large pan on medium heat. When bacon is nearly done add in the jalapeno. Allow both to cook for 2 minutes and set aside.
4. Place hamburgers in the pan on medium heat with the remaining bacon grease. Cook to the temperature you like. Set aside and allow to rest.
5. In the same pan cook the portabella mushrooms. The mushrooms take 3-4 minutes per side. If your mushrooms are not very flat you can place a weight on top to flatten them out and make them more bun-like.
6. When the mushrooms are done, set them aside and begin assembling your burger while cooking the egg.
7. Cook egg on medium heat for 2 minutes for sunny side up.
8. Assemble the burger!

Crispy Chicken with Rosemary Butter

Servings: 4 Chicken Thighs

Ingredients:

- 4 raw chicken thighs bone-in, skin on
- 1 tbsp rosemary
- 1 tsp garlic powder
- 1/2 tsp Onion powder
- 1/2 tsp cayenne
- 1/2 tsp salt
- 1 tsp black pepper
- 2 tbsp Butter
- 2 tbsp coconut oil/ghee

Instructions:

1. Mix all the dry ingredients in a bowl and set aside.
2. Remove the bone from the chicken thighs.
3. Place chicken things on a cutting board and pat dry.
4. Thoroughly coat the top of the skin and under the skin with the seasoning mix. Also put 1/2 tablespoon of butter under the skin of each thigh.
5. Use remaining seasoning mix to rub on the back of the thighs.
6. Add coconut oil/ ghee to a pan on medium-high heat and place thighs on skillet with the skin facing down.
7. Cook for about 10 minutes or until skin is crispy and flip over and cook for another 10-15 minutes or until chicken is fully cooked through.
8. Serve warm and enjoy!

Philly Cheesesteak

Servings: 3

Ingredients:

- 10 oz thinly sliced steak
- 2 tsp Worcestershire sauce
- 1/8 tsp onion powder
- 1/8 tsp garlic powder
- 1 dash ground pepper
- 2 tsp olive oil, divided
- 1/2 cup diced onion fresh or frozen
- 1/2 cup diced bell pepper fresh or frozen
- 1/2 tsp minced garlic
- 3 slices provolone cheese

Instructions:

1. Add steak to a medium sized bowl and top with the next 4 ingredients (Worcestershire through ground pepper) and stir to coat steak.
2. Heat 1 teaspoon olive oil in a large (9") oven proof skillet. Add steak pieces and cook until browned -about 5 minutes. Turn pieces over and cook about 2-3 minutes more or until brown. Remove from skillet.
3. Add remaining 1 teaspoon olive oil to warm skillet. Then add onions, bell pepper and garlic. Cook and stir to heated and tender- 2-3 minutes.
4. Turn heat off and add steak back to skillet and stir with veggies to combine. Place sliced cheese over all and cover 2-3 minutes to melt.

Green Chili Chicken Bake

Servings: 3

Ingredients:

- 3-4 chicken thighs, trimmed
- 1 8 oz package cream cheese, softened
- 1 4 oz can chopped green chilis
- 1 cup Monterey jack cheese, shredded
- ½ tsp garlic powder
- ¼ tsp cumin
- ¼ tsp salt
- ¼ tsp pepper

Instructions:

1. Heat the oven to 375F.
2. In a medium bowl, mix the cream cheese, garlic powder, cumin, salt and pepper until combined. Then stir in the green chilis and stir until evenly mixed.
3. Lay the chicken breasts flat in a baking dish. Cover the chicken thighs with the green chili mixture. Then top with the Monterey jack cheese.
4. Bake on the middle rack for 35-45 minutes or until chicken is cooked through and the juices run clear.
5. Serve hot mashed cauliflower. Enjoy!

Creamy Bacon Mushroom Thyme Chicken

Servings: 4

Ingredients:

- 4 bone in chicken thighs
- 1 tablespoon olive oil
- 2 teaspoons Italian seasoning
- salt and pepper
- Creamy Bacon Mushroom Thyme Sauce:
 - 1 tablespoon olive oil
 - 8 ounces white mushrooms, sliced
 - 6 slices bacon, cooked and crumbled
 - 1 cup heavy cream
 - ½ teaspoon salt
 - ¼ teaspoon pepper
 - 1 teaspoon garlic powder
 - 1 tablespoon fresh thyme, stems removed

Instructions:

1. Preheat oven to 350 degree. Heat a large skillet to medium high heat. Add the chicken thighs and season with Italian seasoning and salt and pepper. Pan Sear each side of the chicken for 1-2 minutes until brown and place skillet in oven. Bake for 20 minutes or until chicken is cooked throughout. Set chicken aside on a plate.
2. Add olive oil to the skillet and sauté the mushrooms until soft. Add the bacon, heavy cream, salt, pepper, garlic powder and thyme. Bring to a simmer until the sauce starts to thicken. Add the chicken back to the skillet and heat for another minute. Serve immediately.

Mini Meatloaf Pepper Rings

Servings: 8

Ingredients:

- 4 large bell peppers
- 2 lbs. lean ground beef
- 1 ½ tsp creole seasoning
- 1 egg
- ¼ cup shredded parmesan
- 1 pinch of crushed red pepper flakes
- 3 cloves of garlic, finely chopped
- 1 Tbsp. olive oil
- 1 Tbsp. fresh chopped parsley
- 1 cup shredded Italian cheese blend
- 1 28 oz. can crushed tomatoes

Instructions:

1. Prepare peppers by slicing off a little of the top and bottom of each pepper. Do not discard these. Cut out ribs and seeds, slice into 3 thick rings and place on a sheet pan lined with parchment for easy clean up. Dice up remaining parts of peppers to use in meat mixture.
2. Prepare meatloaf mix. Mix ground beef with seasoning, egg, Parmesan, red pepper flakes, garlic and remaining diced peppers until combined.
3. Stuff each pepper with meat mixture leaving a dome of the mixture on top of each pepper
4. Heat olive oil in a large oven-safe pot over medium-high heat
5. Brown each stuffed pepper ring for about 4-5 minutes on each side.
6. Once browned on each side, pour crushed tomatoes over the stuffed pepper rings
7. Bake at 350 degrees for 35-45 minutes. Top with cheese and bake for 5 more minutes. Top with fresh parsley and serve.

Keto: Vegetarian

Mexican Cauliflower Rice Skillet

Servings: 6

Ingredients:

- 1 lb. ground beef
- 1/4 medium onion, diced
- 1/2 red pepper, diced
- 3 tbsp taco seasoning
- 1 cup diced tomatoes
- 12 ounces cauliflower rice (fresh or frozen)
- 1/2 cup chicken broth
- 1 1/2 cups shredded Cheddar cheese or Mexican Blend

Instructions:

1. In a large skillet over medium heat, brown the ground beef until almost cooked through (just a little pink). Add the onion and pepper and continue to cook until no longer pink. Stir in the taco seasoning.
2. Add the tomatoes and cauliflower rice and stir to combine. Stir in the broth and bring to a simmer. Reduce the heat to medium low and cook until the cauliflower rice begins to soften (8 to 10 minutes for frozen).
3. Sprinkle the skillet with the cheese and cover. Let cook until the cheese is melted, 3 or 4 minutes. Remove from heat and top with your favorite toppings like sour cream, avocado, and chopped cilantro.

Roasted Mushroom, Zucchini and Eggplant with Rosemary

Servings: 6

Ingredients:

- 1 Medium Eggplant - Cubed
- 2 Medium Zucchini – Halved Lengthwise and Sliced
- 8 oz. Cremini Mushrooms - Quartered
- 6 Cloves Garlic - Minced
- 3 Sprigs Fresh Rosemary - Chopped
- ¼ Cup Olive Oil
- 2 Tbs. Balsamic Vinegar
- 2 Tbs. Dried Onion Flakes
- 2 tsp. Sea Salt
- 1 tsp. Black Pepper.
- (2 Tbs. Peace and Love)

Instructions:

1. Preheat oven to 400° Line a rimmed baking sheet with aluminum foil or parchment paper.
2. In a large mixing bowl, combine eggplant, zucchini, mushrooms, garlic, rosemary, olive oil, Balsamic Vinegar, onion flakes, sea salt, and black pepper. Toss until vegetables are coated and ingredients are well mixed.
3. Pour mixture onto baking sheet and spread in a single layer. Bake for 40 minutes, tossing every 10 minutes.

Twice Baked Spaghetti Squash

Servings: 4

Ingredients:

- 2 small spaghetti squash or one large
- 2 Tbsp. butter
- 1/2 cup grated Parmesan cheese
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1/4 tsp salt
- 1/4 tsp pepper
- 4 slices Provolone cheese

Instructions:

1. Preheat oven to 350F and line a large baking sheet with foil.
2. Using a very sharp large knife, cut squash in half lengthwise and scoop out and discard seeds. Bake 60 to 90 minutes, depending on size of squash. They should be quite tender and squeeze easily.
3. Scoop flesh into a large bowl and reserve squash skins. Add butter and let melt, then add Parmesan, garlic, oregano, salt and pepper. Toss until well combined.
4. Divide mixture among reserved skins and top with sliced Provolone. Return to oven and bake another 8 to 10 minutes, or until cheese is melted and bubbly.

Kale Feta Stuffed Portobello Mushroom Caps

Servings: 6

Ingredients:

- 4 cups chopped fresh kale
- 2 teaspoons oil
- 1 teaspoon minced garlic
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 4 ounces lite feta cheese, crumbled
- 6 medium Portobello mushroom caps or 4 large
- 2 tablespoons extra virgin olive oil
- 2 teaspoons minced garlic

Instructions:

1. Prepare your kale and feta stuffing first by heating oil and minced garlic in a sauté pan.
2. Once you can smell the garlic and before it burns add your kale.
3. Sauté the kale for about 5-8 minutes until almost wilted then add garlic powder, salt and feta cheese. Stir to combine.
4. Continue to cook until feta is warmed through and kale is tender and wilted.
5. Turn off heat and set aside.
6. Preheat your grill to medium high heat.
7. In a small bowl mix olive oil and garlic.
8. Brush grates on grill with a little of the oil.
9. Place your mushrooms on the grill and brush them lightly on top with the oil.
10. Cook for about 5-8 minutes on this side then flip them over and brush them with the oil on the other side.
11. Cook for another 5-8 minutes or until tender.
12. Evenly divide your stuffing mixture on top of each mushroom.

Keto Creamy Mushroom Risotto

Servings: 6

Ingredients:

- ½ cup dried porcini mushrooms
- ¾ cup chicken stock
- 1 small white onion
- 4 cups fresh wild mushrooms
- ½ cup + 2 tablespoons ghee or butter (divided)
- 2 garlic cloves, crushed
- 6 cups cauli-rice
- ½ cup heavy whipping cream
- 1 tablespoon lemon juice
- ¼ cup chopped fresh parsley
- ⅔ cup grated parmesan cheese

Instructions:

1. Soaked the dried Porcinis in the chicken stock for at least 15 minutes. One soaked, chopped mushrooms into smaller pieces if needed. Peel and finally dice the onion. Wash and slice the fresh mushrooms.
2. Grease a large pan or heavy soup pot with half cup of ghee and add the onion and the crushed garlic. Cook over medium high Heat for 5 to 8 minutes until lightly browned.
3. Add the cauli rice and sliced mushrooms and mix well. Pour in the soaked mushrooms with their liquid and season with salt. You can substitute quarter cup of the stock with quarter cup of dry white wine if you like.
4. Pour in the cream and cook for 8 to 10 minutes or until the Cauliflower is tender but not overcooked. Remove from the heat. Just squeeze of lemon juice parsley, grated Parmesan cheese, and remaining ghee or butter, and mix well until combined.
5. Garnish with more parsley and serve immediately.

Thin Crust White Pizza

Servings: 4 (1 pizza)

Ingredients:

Crust:

- ½ cup almond flour (50g / 1.8 oz)
- ¼ cup (1 scoop) unflavoured whey protein powder or egg white protein powder (25g / 0.9 oz)
- ½ cup parmesan cheese, grated (30g / 1.1 oz)
- 1 large egg
- sea salt

Topping:

- 2 tbsp cream cheese (64g / 2.3 oz)
- 1 tbsp cream, heavy whipping
- 1 tsp onion powder (or garlic powder)
- ⅓ cup feta cheese, crumbled (50g / 1.8 oz)
- ½ cup hard goat cheese or any other hard type cheese, grated (60g / 2.1 oz)
- 1 small red onion (60g / 2.1 oz)
- ¼ cup kalamata olives, seedless (25g / 0.9 oz)
- 1 tbsp extra virgin olive oil

Instructions:

1. Preheat the oven to 400 F. Place all the dry ingredients for the crust into a bowl and mix well.
2. Add the egg and process well using your hand.
3. Line a baking sheet or a medium skillet with a parchment paper. Spread the batter evenly using a hand roll or your fingers until very thin. Place in the oven and bake for 10-15 minutes until lightly golden.
4. Meanwhile, prepare the white sauce. Mix the cream cheese, cream and onion powder until well combined.
5. Peel and slice the onion, crumble the feta and grate the hard cheese. Chop the olives if needed.
6. When the crust is done, remove from the oven. Spread the white sauce on top.

7. Add the crumbled feta, hard cheese, onion and olives. Place back in the oven and bake for about 10 minutes.
8. When done, remove from the oven and cut into quarters using a pizza cutter or sharp knife. Top with fresh rocket leaves and drizzle with olive oil.
9. Place on a serving plate and enjoy!

Broccoli Cheddar Soup

Servings: 6

Ingredients:

- 1 Tbsp. (14g) butter, melted
- 1 small (110g) onion, diced
- 4 each (12g) garlic cloves, minced
- 2 tsp (2g) fresh thyme, chopped and divided
- 2 cups (470g) vegetable stock
- ½ large (420g) bunch broccoli, including stalks, cut into florets
- 8 ounces (227g) regular cream cheese, warmed and softened
- ½ lb (227g) cheddar cheese, grated
- salt and fresh pepper, to taste

Instructions:

1. Place a medium sized soup pot on the stove over medium-low heat.
2. Add your butter to the pan and melt it.
3. Add your onions, garlic, thyme and a little salt and pepper. Sweat the onions for about 3 minutes, or until translucent.
4. Add your vegetable stock and bring to a simmer.
5. Once your stock comes to a simmer, add your broccoli and a little salt and pepper.
6. After about 2 to 3 minutes, the stock should begin simmering again. Whisk in your cream cheese and cheddar cheese.
7. Allow to simmer for about 5 more minutes, or until the broccoli is soft and tasty.
8. Taste, adjust seasoning and then serve!

Authentic Greek Salad

Servings: 4

Ingredients:

- 4-5 medium tomatoes (400 g/ 14.1 oz)
- 1 large cucumber (300 g/ 10.6 oz)
- 1 medium green pepper (120 g/ 4.2 oz)
- 1 small red onion (60 g/ 2.1 oz)
- 16 olives, ideally kalamata (48 g/ 1.7 oz)
- 4 tbsp capers or more olives (35 g/ 1.2 oz)
- 1 package feta cheese (200 g/ 7.1 oz)
- 1 tsp oregano, dried
- 4 tbsp extra virgin olive oil (¼ cup/ 54 g/ 1.9 oz)
- Optionally: salt, pepper, fresh oregano for garnish

Instructions:

1. Wash and slice the tomatoes.
2. Peel and slice the cucumber.
3. Halve, deseed and slice the green pepper. Peel and slice the red onion.
4. Place everything into a bowl and add the capers, olives, oregano
5. Feta and drizzle with extra virgin olive oil. Serve immediately and enjoy!

Zesty Lime Shrimp Avocado Salad

Servings: 4

Ingredients:

- 1/4 cup chopped red onion
- 2 limes, juice of
- 1 tsp olive oil
- 1/4 tsp kosher salt, black pepper to taste
- 1 lb. jumbo cooked, peeled shrimp, chopped*
- 1 medium tomato, diced
- 1 medium hass avocado, diced (about 5 oz)
- 1 jalapeno, seeds removed, diced fine
- 1 tbsp chopped cilantro

Instructions:

1. In a small bowl combine red onion, lime juice, olive oil, salt and pepper. Let them marinate at least 5 minutes to mellow the flavor of the onion.
2. In a large bowl combine chopped shrimp, avocado, tomato, jalapeño.
3. Combine all the ingredients together, add cilantro and gently toss. Adjust salt and pepper to taste.

Spinach and Cheese Lasagna Stuffed Zucchini

Servings: 4

Ingredients:

- 5 ounces frozen chopped spinach
- 4 large zucchini
- 1 cup ricotta cheese
- 1 cup cottage cheese*
- 1 ½ cups (6 ounces) grated mozzarella cheese, divided
- ½ cup grated Parmesan cheese
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 2 cups of your favorite marinara sauce

Instructions:

1. Preheat oven to 400 degrees F.
2. Defrost the spinach in the microwave. Squeeze out the excess liquid using a clean kitchen towel. Set aside.
3. Slice each zucchini in half lengthwise. Use a spoon to scrape out the insides of the zucchini, forming a well for the filling. Place zucchini in a baking dish.
4. Place ricotta cheese, cottage cheese, 1 cup of the mozzarella, the Parmesan, salt, and pepper in a large bowl and stir to combine. Stir in the defrosted spinach.
5. Spoon the filling into the zucchini. Top with marinara sauce and the remaining ½ cup mozzarella cheese.
6. Cover the baking dish with foil and bake for 30 minutes. Uncover and bake 5 minutes more, until cheese is melted and zucchini are tender. Serve.

Roasted Broccoli with Sliced Almonds

Servings: 3-4

Ingredients:

- 1 and ½ pounds broccoli crowns (roughly 2 heads)
- ¼ cup extra virgin olive oil
- 4 garlic cloves, pressed
- large pinch of dried red pepper flakes
- ½ teaspoon kosher salt
- 3 tablespoons raw, sliced almonds (with or without skin)
- 2 teaspoons freshly squeezed lemon juice
- 2 – 3 tablespoons freshly grated aged pecorino cheese
- zest of half a lemon

Instructions:

1. Preheat the oven to 475 degrees Fahrenheit. Line a sheet pan with aluminum foil. Trim any dry, tough ends of the broccoli crowns, leaving roughly 2-inches of stalk attached. Slice the broccoli into ½-inch-thick steaks, starting in the center of each broccoli crown and working out to the edges, reserving any small or medium florets that fall off for roasting. Slice any large remaining florets in half lengthwise.
2. In a large bowl, whisk together the olive oil, pressed garlic, and red pepper flakes. Add the broccoli steaks and toss gently until evenly coated. Arrange the broccoli, cut-side down, on the lined sheet pan, setting them apart slightly. Sprinkle with salt.
3. Roast the broccoli for 10 to 12 minutes. Remove the pan from the oven, flip the broccoli, and sprinkle the almond slices evenly across the sheet pan. Roast for an additional 8 to 10 minutes, or until the broccoli is caramelized and tender, and the almond slices are toasted and golden.
4. Transfer the broccoli to a platter, toss gently with the lemon juice and top with the grated cheese. Garnish with fresh lemon zest. Serve hot or at room temperature.

Cheesy Zucchini Pizza

Servings: 1

Ingredients:

- 1 zucchini squash
- 3 deli slices of mozzarella cheese (see note below)
- 12-14 slices of pepperoni
- 1/8-1/4 tsp red pepper flakes
- parsley to garnish (optional)

Instructions:

1. Preheat oven to 425 degrees F.
2. Wash and dry your zucchini, then slice off the ends.
3. Line up a chopstick on both sides of the squash and slice until you hit the stick.
4. Start at one end and keep slicing into discs (without cutting all the way through the squash) until you've reached the other end. Repeat for remaining squash. If you're making extra.
5. Slice each zucchini in half for easy-to-stuff portions.
6. Line a baking sheet with foil, then arrange your squash on top.
7. Next, stuff cheese and pepperoni between each tasty little zucchini disc, alternating each for cheesy pepperoni pizza deliciousness in every bite!
8. Season with red pepper flakes and top with another sheet of foil.
9. Pinch + fold along the sides to make a foil pouch.
10. The foil pouch will not only help the zucchini cook quicker by steaming the squash, but will also keep the cheese melty and prevent it from browning.
11. Bake at 425 degrees F for 15 minutes.
12. NOTE: Bake a little bit longer for softer zucchini, I like mine al-dente.
13. Allow to rest/steam covered in foil for an additional 5 minutes ---> this was my perfect idea of al-dente. They were tender yet still firm - no soggy zucchini here! If you find you'd like yours softer, pop it back in the oven for 10 minutes to soften further.

Keto Tuna Salad

Servings: 1

Ingredients:

- 1 Can Tuna
- 1 Large Boiled Egg (chopped)
- 2 Slices Bacon
- 1 Tbsp Chopped Onion
- 1 Tbsp Mayo
- 1 Tbsp Sour cream
- 2 tsp Dijon Mustard
- 1/4 tsp Dill

Instructions:

1. Prep: Cook bacon, chop onion, and boil egg
2. Open tuna and drain and place in a small bowl
3. Add chopped onion and egg
4. Add all other ingredients and mix well
5. Top with crumbled bacon
6. Serve and enjoy!

Keto Crab Cakes

Servings: 3

Ingredients:

- 1 lb Lump Crab Meat
- 1 large Egg
- 6 tbsp parmesan cheese
- 3 tbsp mayonnaise
- 1 tsp spicy brown mustard Can be subbed for yellow mustard
- 1/4 tsp green chili tabasco sauce. Can be subbed for regular Tabasco
- 1 tsp salt
- 1/2 tsp pepper
- 1 1/2 tbsp parsley (fresh, optional)
- 4 tbsp Butter

Ingredients:

1. Put crab meat in a colander to let out any excess water (we patted ours dry) and set aside.
2. Combine mayo, mustard, Tabasco sauce, egg, salt and pepper. Fold in the crab meat until fully coated.
3. Slowly add in cheese while mixing by hand. Once fully incorporated fold in the fresh parsley.
4. Form six uniform patties from the mixture.
5. Heat a skillet to medium-low and add 2 tbsp of butter (we used 2 tbsp for three patties - feel free to use less if desired).Place as many patties as can comfortably fit in the pan (remember you want to be able to flip them!)
6. Flip after about 10-12 minutes (the side facing down should be browned).
7. Repeat until all patties are fully cooked. We topped ours with more Tabasco sauce before enjoying!

Baked Butter Garlic Shrimp

Servings: 5-6

Ingredients:

- 1 lb raw shrimp, peeled and cleaned
- 5 Tbsp. softened butter
- 3-4 large cloves garlic, crushed
- salt and fresh ground pepper
- fresh or dried parsley for garnish
- Lemon wedges, for serving if desired

Instructions:

1. Preheat oven to 425 degrees
2. Smear butter evenly over the bottom of the baking dish
3. Sprinkle the crushed garlic over the butter
4. Add the shrimp, try not to overlap if possible
5. Sprinkle everything with salt and pepper
6. Bake for 7 minutes and then stir/turn the shrimp and bake for 7-10 more minutes or until shrimp is done
7. Garnish with parsley if desired and squeeze a lemon wedge over if desired
8. Serve as a side with steak or toss the cooked shrimp and butter sauce with pasta. If you do this cook the pasta while the shrimp is cooking for a quick meal.

Keto: Side Dishes and Snacks

Bacon Broccoli Salad

Servings: 8

Ingredients:

- 1 pound broccoli florets about two big heads and stalks cut and trimmed
- 1/4 pound bacon
- 1/2 bunch green onion
- 1 cup mayonnaise
- 2 tablespoons white vinegar
- 3 tablespoons Swerve or powdered erythritol or stevia glycerite to taste
- 1 teaspoon sesame oil

Instructions:

1. Cook and crumble the bacon.
2. Trim and cut broccoli into bit sized pieces.
3. Slice the scallions.
4. Mix the ingredients for the dressing.
5. Assemble before serving and garnish with your favorite topping. Makes 8 cups with 1 cup per serving.

Cauliflower Creamed Spinach

Servings: 4

Ingredients:

- 5oz baby spinach
- 1 small cauliflower head [cut into florets]
- 1 small onion [diced]
- 1/2 cup shredded mozzarella [plus a little more for on top]
- 2 tbsp cream
- 1 tbsp butter [plus a little more for sauteing the onion]
- 1/2 tsp nutmeg
- pinch of ground cloves
- salt and pepper

Instructions:

1. Turn on broiler.
2. Bring a medium pot of water to the boil. Once it boils rapidly, add the cauliflower florets and boil for 10 minutes.
3. When the cauliflower is cooked, use a slotted spoon to scoop the florets into a food processor. Blitz the cauliflower until smooth with the cream and butter. Season with salt and pepper.
4. While the cauliflower boils, saute the onion in a little bit of butter until soft and then add the spinach, nutmeg and cloves and cook until wilted.
5. Now mix the cauliflower, spinach/onion and cheese together, adjust seasoning if needed, and scoop into a cast iron pan or small baking dish.
6. Slide under the broiler until the cheese is golden brown.

Broccoli Tots

Servings: 22-24 mini tots

Ingredients:

- 1 bunch of broccoli, cut into equal sized florets (around 3-4 cups)
- 1 cup sharp cheddar cheese, shredded
- 1/3 cup onion, finely chopped
- 1/2 cup parmesan cheese
- 2 eggs
- salt and pepper

Instructions:

1. Preheat your oven to 400 degrees.
2. Pour 1 inch of water into a saucepan; bring to a boil. Place the broccoli into the boiling water, cover, and reduce the heat to medium. Cook the broccoli for 5-6 minutes, or until it can easily be pierced by a fork. Drain the broccoli and set aside to cool slightly.
3. Lay the broccoli out onto paper towels and cover with more paper towels. Press down firmly on the broccoli to absorb as much moisture as you can. Another method is to put the broccoli in the center of a dish towel and ring out the water as seen here. Finely chop the broccoli.
4. In a large bowl, combine all of the ingredients and season with salt and pepper. Stir everything together until well mixed. Fill each muffin cup in a mini muffin tin to the top, pushing down on the filling with your spoon so it's nice and compacted.
5. Bake for 18-20 minutes in preheated oven. The top will be starting to golden. To easily remove from the pan (without scratching it to death), run a plastic knife around the edges of each tot and they should come out easier.

Crispy Parmesan Zucchini Fries

Servings: 4

Ingredients:

- 2 medium zucchini
- $\frac{3}{4}$ cup grated parmesan cheese
- 1 large egg
- $\frac{1}{4}$ tsp garlic powder
- $\frac{1}{4}$ tsp black pepper

Instructions:

1. Preheat the oven to 425 degrees F. Line and lightly grease a baking sheet
2. Cut each zucchini in half lengthwise 4 times (to make eight long sticks from each squash). Then cut the sticks once crosswise, making 16 sticks from each squash, approximately 4 inches long and $\frac{1}{2}$ inch thick.
3. Prepare two shallow bowls- one with eggs and one with a mixture of grated parmesan cheese, garlic powder, and black pepper. Dip each squash stick in the egg, shake off the excess then press into the parmesan mixture, coating all sides.
4. Bake for about 15-20 minutes, flipping the fries and rotating the pan halfway through, until golden and crispy.

Cauliflower Breadsticks

Servings: 5

Ingredients:

- 1 head raw cauliflower, riced
- ½ cup shredded Mozzarella Cheese
- ½ cup shaved Parmesan Cheese
- 1 large egg
- ½ tablespoon freshly minced garlic
- ½ tablespoon freshly chopped basil
- ½ tablespoon freshly chopped Italian flat-leaf parsley
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ¾ cup shredded Mozzarella Cheese

Instructions:

1. Preheat oven to 425°F and line a baking sheet with parchment paper or a silicone baking mat.
2. To rice the cauliflower I cored it and broke it into florets. Then I placed it in the bowl of my food processor and pulsed until it was the texture of rice.
3. In a large bowl, mix the riced cauliflower, 1/2 cup shredded Mozzarella cheese, 1/2 cup Parmesan cheese, 1 egg, 1/2 tablespoon fresh garlic, 1/2 tablespoon fresh basil, 1/2 tablespoon fresh parsley, 1 teaspoon salt, and 1/2 teaspoon black pepper until combined and holds together. Place the mixture onto the lined baking sheet and spread out into a rectangle about 9x7" and 1/4" thick.
4. Bake in the preheated oven for 10-12 minutes. Remove from oven and top with 3/4 cup shredded Mozzarella cheese and return to oven to continue baking until the cheese is melted and starting to brown. Cool about 10 minutes and cut into 'breadsticks'. Garnish with fresh herbs and Parmesan cheese. Serve with your favorite Red Sauce and enjoy!

Bacon Wrapped Asparagus

Servings: 3

Ingredients:

- 24 small spears Asparagus
- 6 slices bacon

Instructions:

1. Cut all six slices of bacon in half lengthwise. Set aside.
2. Bunch off your small spears into fours (if they are big use two spears).
3. Using one piece of bacon (2 when cut in half) wrap it around your asparagus bunch in an even layer (you don't want overlap of the bacon).
4. Place on a baking sheet or baking rack (recommended).
5. Bake at 425 for 15 minutes, flip and bake for an additional ten minutes.
6. Broil for three minutes (if there is a lot of bacon grease on the bottom of the pan you may want to pour some out as it can be a hazard).
7. Serve warm and enjoy!

Salt and Vinegar Zucchini Chips

Servings: 8

Ingredients:

- 4 cups thinly sliced zucchini (about 2-3 medium)
- 2 tablespoons extra virgin olive oil
- 2 tablespoons white balsamic vinegar
- 2 teaspoons coarse sea salt

Instructions:

1. Use a mandolin or slice zucchini as thin as possible.
2. In a small bowl whisk olive oil and vinegar together.
3. Place zucchini in a large bowl and toss with oil and vinegar.
4. Add zucchini in even layers to dehydrator then sprinkle with coarse sea salt.
5. Depending on how thin you sliced the zucchini and on your dehydrator the drying time will vary, anywhere from 8-14 hours.
6. To make in the oven: Line a cookie sheet with parchment paper. Lay zucchini evenly. Bake at 200 degrees F for 2-3 hours. Rotate half way during cooking time.
7. Store chips in an airtight container.

Pinwheels with Bacon and Cream Cheese

Ingredients:

- 8 slices of ham or salami lunchmeat, thick sliced
- 5-8 slices bacon (cooked)
- 1 package cream cheese, softened
- 3 teaspoons homemade ranch seasoning
- ½ cup black olives, chopped

Instructions:

1. Place the salami or ham down on a cutting board in overlapping rows 4x2
2. Spread ½ package of cream cheese over the salami. If your cream cheese is too hard to spread with a knife, you can try placing it between two sheets of wax paper and rolling it flat with a rolling pin and then placing it onto the salami or ham.
3. Sprinkle 1 ½ teaspoons of the ranch seasoning on the cream cheese and sprinkle with ¼ cup black olives
4. Lay the strips of bacon across the cream cheese in the short direction
5. Carefully roll the pinwheels- long side to long side, rolling as tightly as possible
6. Hold the roll securely and cut into 1-2" pieces
7. Serve as an appetizer or wrap each piece individually with plastic wrap for single-servings

Keto Bread

Servings: 20 slices

Ingredients:

- 1 1/2 Cup Almond Flour
- 6 Large eggs Separated
- 4 tbsp Butter melted
- 3 tsp Baking powder
- 1/4 tsp Cream of Tartar It's ok if you don't have this
- 1 pinch salt

Instructions:

1. Preheat oven to 375.
2. Separate the egg whites from the yolks. Add Cream of Tartar to the whites and beat until soft peaks are achieved.
3. In a food processor combine the egg yolks, butter, almond flour, baking powder and salt. Mix until combined. This will be a lumpy thick dough until the whites are added. Combine in two parts to ensure thorough mixing.
4. Add 1/3 of the beaten egg whites to the almond flour mixture and process until mixed.
5. Add the remaining 2/3 of the egg whites and gently process until fully incorporated. Be careful not to overmix as this is what gives the bread it's volume!
6. Pour mixture into a buttered 8x4 loaf pan. Bake for 30 minutes. Check with a toothpick to ensure the bread is cooked through. Enjoy! 1 loaf makes 20 slices.

Simple Deviled Eggs

Servings: 6

Ingredients:

- 6 large hard boiled eggs
- 3 tbsp mayo
- 1/2 tsp mustard
- 4 tsp chopped bacon
- 4 tsp chives
- 1/4 tsp salt
- 1/4 tsp pepper

Instructions:

1. Peel 6 hard boiled eggs and cut in half.
2. Pop out yolk from all halves into a separate bowl and mash.
3. Add mayo, mustard salt and pepper and combine well.
4. Fold in bacon and chives.
5. Scope some of yolk mixture into each hole of the egg white.
6. Garnish with piece of bacon and chives.
7. Eat immediately or store in fridge. Enjoy!

Bacon & Smoked Gouda Cauliflower Mash

Servings: 3 cups

Ingredients:

- 4 cups cauliflower florets
- 3 Tbsp heavy cream
- 2 Tbsp butter
- ½ tsp kosher salt
- ¼ tsp black pepper
- ¼ tsp garlic powder
- 4 slices of cooked bacon
- ⅓ cup shredded Smoked Gouda cheese
- salt and pepper to taste

Instructions:

1. Place the cauliflower, heavy cream, butter, salt, pepper, and garlic powder in a microwave safe dish. Microwave on high for 18 - 20 minutes, or until soft. Transfer the cauliflower and liquid to a magic bullet or food processor. Add the bacon and Smoked Gouda. Blend until smooth and creamy. Season with additional salt and pepper as desired.

Pickle Roll-Ups

Servings: 4

Ingredients:

- 8 slices corned beef lunch meat
- 4 ounces cream cheese
- 4 medium dill pickles

Instructions:

1. Lay corned beef in stacks of two on a hard surface.
2. Spread 1 ounce of cream cheese onto each stack. Place a pickle directly in the center of each. Roll corned beef around the pickles and cut each roll into four equal parts.

Keto: Desserts

Keto Chocolate Peanut Butter Tarts

Servings: 4

Ingredients:

Crust

- 1/4 cup Flaxseeds (or flaxseed meal)
- 2 tbsp. Almond Flour
- 1 tbsp. Erythritol
- 1 large Egg White

Top Layer

- 1 medium Avocado (about 130 grams)
- 4 tbsp. Cocoa Powder
- 1/4 cup Erythritol
- 1/2 tsp. Vanilla Extract
- 1/2 tsp. Cinnamon
- 2 tbsp. Heavy Cream

Middle Layer

- 4 tbsp. Peanut Butter
- 2 tbsp. Butter

Instructions:

1. Preheat your oven to 350F. To make your crust, grind ¼ cup of flaxseeds until they become mealy.
2. Add the rest of your crust ingredients to the flaxseeds and mix thoroughly.
3. Press crust mixture into tart pans and up the sides. Bake in the oven for about 8 minutes or until set. While the crust is baking, combine all the top layer ingredients in a small blender until smooth.
4. Once the crusts are out of the oven, let them cool. Melt peanut butter and butter in the microwave or a small pan over the stove until soft.
5. Pour the melted peanut butter layer onto your tart crusts and place in the fridge for about 30 minutes until the top is set.
6. Once the top of the peanut butter layer is set, add the chocolate avocado layer on top and smooth out. Place in the fridge for another 30 minutes and serve!

Dark Chocolate Keto Fudge

Servings: 28

Ingredients:

- 8 ounces cream cheese
- 1 cup butter
- 1 ounce unsweetened baking chocolate can add 2 ounces to up flavor
- 1 cup unsweetened almond butter or peanut butter or sunbutter (nut free)
- 1 teaspoon vanilla extract
- 1 cup Sukrin Melis or Swerve Confectioners
- 1 teaspoon stevia concentrated powder see note
- 1/3 cup unsweetened cocoa powder 41 grams

Instructions:

1. Line an 8x8 baking pan with parchment paper.
2. Melt together cream cheese, butter, and baking chocolate over medium heat.
3. Add almond butter (or peanut butter/sunbutter) and stir until blended in.
4. Remove from heat and stir in remaining ingredients. Blend with an electric mixer to combine as well as possible. There may be some oil separation, but it will be okay once mixture cools. You can try adding a tablespoon of heavy cream and see if that helps the mixture blend together better.
5. Spread mixture into prepared pan evenly. Chill in refrigerator until set.

Chocolate Avocado Pudding

Servings: 1 large bowl

Ingredients:

- 1/4 cup cocoa powder
- 1 medium avocado
- 10 drops Stevia
- 1/2 tsp Vanilla Extract
- 1 tsp Pink Salt

Instructions:

1. Remove the pit from the avocado and place in a mixing bowl.
2. Add cocoa powder, stevia, and vanilla extract and mix with a fork until a pudding is formed. You can gently use a hand mixer also, but a fork does the job.
3. Top with pink sea salt. Enjoy.

Almond Joy Cookies

Servings: 24

Ingredients:

- 1.5 Cups Unsweetened Shredded Coconut (you want the finely shredded, not the large flakes)
- 1/2 Cup Sliced Almonds
- 1 Cup Lily's Chocolate Chips
- 1 Recipe 3 Ingredient Sweetened Condensed Milk (linked above)

Instructions:

1. Preheat oven to 325.
2. Make Sweetened Condensed Milk and allow to cool.
3. Mix unsweetened coconut, almonds, and chocolate chips.
4. Add Sweetened Condensed Milk to coconut mixture and stir until combined.
5. Using a small cookie scoop, place on a cookie sheet.
6. With damp fingers, mound into cookie shapes and press down slightly.
7. Bake for 15 minutes, or until edges are turning golden brown.
8. Remove from oven and let cool.
9. Makes approximately 2 dozen cookies.
10. The cookies are very soft when they come out of the oven, but they firm up as they cool. I placed mine in the freezer for a bit. Store leftovers in the refrigerator or freezer.