

EASY RECIPES FOR EXCEPTIONAL RESULTS

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BREAKFAST

EASY KETO SCRAMBLED EGGS

INGREDIENTS

- *4 eggs*
- *1 tablespoon real butter*
- *1 teaspoon minced garlic*
- *2 tablespoons heavy whipping cream*
- *Sea Salt*

DIRECTIONS

- Melt 1 tablespoon butter in skillet on low - medium heat
- Once melted, add 1 teaspoon minced garlic
- Whisk 4 eggs with 2 tablespoons heavy whipping cream in bowl
- Add egg mixture to skillet. Cook on medium heat, scrambling occasionally. Cook until set (5-10 minutes)
- Remove from pan, plate and garnish with salt & extra butter

****Recipe serves 2***

GARLIC & HERB SCRAMBLED EGGS

INGREDIENTS

- *4 eggs*
- *2 tablespoons KerryGold Garlic & Herb butter*
- *2 tablespoons heavy whipping cream*
- *Sea salt*

DIRECTIONS

- Melt 1 tablespoon KerryGold Garlic & Herb butter in skillet on low - medium heat
- Whisk 4 eggs with 2 tablespoons heavy whipping cream in bowl
- Once butter melts, add egg mixture to skillet. Cook on medium heat, occasionally scrambling eggs. Cook 5-10 minutes
- Remove from pan, plate and garnish with salt & extra butter

****Recipe serves 2***

GUAC & PICO EGGS

INGREDIENTS

- 4 eggs
- 1 tablespoon real butter
- 1 teaspoon minced garlic
- 2 tablespoons heavy whipping cream
- 2 ounces guacamole
- 2 ounces pico de gallo
- Sea salt

DIRECTIONS

- Melt 1 tablespoon of real butter in skillet on low - medium heat
- Once butter melts, add minced garlic to pan
- Whisk 4 eggs with 2 tablespoons of heavy whipping cream in bowl
- Once garlic is golden brown, add egg mixture. Cook on medium heat, occasionally scrambling eggs. Cook 5-10 minutes
- Remove from pan, plate and garnish with salt, guacamole and pico de gallo

****TIP: You can use store bought guacamole & pico de gallo, or easily make your own!***

****Recipe serves 2***

PESTO SCRAMBLED EGGS

INGREDIENTS

- 4 eggs
- 1 tablespoon real butter
- 3 teaspoons minced garlic
- $\frac{2}{3}$ cup + 2 teaspoons heavy whipping cream
- $\frac{1}{3}$ cup pesto sauce
- Sea salt

DIRECTIONS

- Melt 1 tablespoon real butter in skillet on low - medium heat
- Once melted, add 1 teaspoon minced garlic
- Whisk 4 eggs with 2 tablespoons heavy whipping cream in bowl
- Once garlic browns, add egg mixture. Cook on medium heat, occasionally scrambling eggs. Cook 5-10 minutes

Creamy Garlic Pesto Sauce

- Add $\frac{1}{3}$ cup pesto, $\frac{2}{3}$ cup heavy whipping cream and 2 teaspoons minced garlic to pan
- Heat on medium, while whisking every few minutes
- Heat until sauce thickens to desired consistency (typically 10 minutes)

Combine

- Plate eggs and garnish with sea salt
- Pour creamy garlic pesto sauce generously on eggs

****Recipe serves 2. Leftover sauce can be stored in fridge to spice up other leftovers***

BBQ & BRUSCHETTA SCRAMBLED EGGS

INGREDIENTS

- 4 eggs
- 1 tablespoon real butter
- 1 teaspoon minced garlic
- 2 tablespoons heavy whipping cream
- 1 ounce low sugar BBQ sauce
- 1 ounce bruschetta mix (chopped tomatoes, garlic, onions, olive oil and basil)
- ½ avocado, chopped
- Sea salt

DIRECTIONS

- Melt 1 tablespoon real butter in skillet on low - medium heat
- Once butter melts, add 1 teaspoon minced garlic to pan
- Whisk 4 eggs with 2 tablespoons heavy whipping cream in bowl
- Once garlic browns, add egg mixture. Cook on medium heat, occasionally scrambling eggs. Cook 5-10 minutes
- Remove, plate and garnish with salt, BBQ sauce, bruschetta mix and chopped avocado

****TIP: I use homemade BBQ sauce from The Keto Crockpot Cookbook. A large batch can be stored in the fridge for up to 1 month***

****Recipe serves 2***

PEPPERONI EGG MUFFINS

INGREDIENTS

- 10 eggs
- ½ cup coconut milk
- 1 teaspoon Italian seasoning
- 2 teaspoons tomato paste
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ¼ teaspoon pepper
- 1 cup shredded mozzarella
- 2 ounces mini pepperoni slices

DIRECTIONS

- Preheat oven to 350 degrees F
- Whisk eggs in bowl
- Whisk in milk, Italian seasoning, tomato paste, salt and pepper
- Pour the mixture evenly into a greased 12 capacity muffin pan
- Top evenly with shredded cheese and pepperoni
- Bake for 20 minutes
- Enjoy immediately
- Refrigerate leftovers and reheat in toaster oven

**Recipe adapted from sugarfreemom.com*

LUNCH / DINNER

AVOCADO CHICKEN SALAD

INGREDIENTS

- 2 cups chicken, shredded or cubed
- 1 avocado
- 1 medium red onion, chopped
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 teaspoons lime juice
- 1 teaspoon fresh cilantro
- ½ - 1 cup mayonnaise

DIRECTIONS

- Mix all ingredients in large bowl
- Cover and refrigerate for 30 minutes

****TIP: Prepare your own homemade mayo using avocado oil as a base. Much healthier and yummiier!***

****Recipe adapted from familyfreshmeals.com***

CHICKEN BACON ALFREDO

INGREDIENTS

- 2 chicken breasts or thighs
- 2 tablespoons real butter
- 1 teaspoon minced garlic
- 2 cups heavy whipping cream
- Real bacon bits
- Chopped green onions
- Sea salt
- Black pepper
- Garlic powder

DIRECTIONS

Alfredo Sauce:

- Melt 2 tablespoons butter in saucepan over low - medium heat
- Once melted, stir in 2 teaspoons minced garlic. Leave until garlic is golden brown
- Begin to add heavy cream to saucepan. Add ½ cup heavy cream to pan, stirring frequently. Once sauce thickens, repeat until 2 full cups of heavy cream have been added. Remove from heat once sauce thickens (typically 10-20 minutes)

Chicken Breasts or Thighs in Air Fryer

- Preheat air fryer to 360 degrees for 10 minutes
- Season chicken generously with garlic powder, sea salt and pepper on both sides
- Place chicken in airfryer for 10 minutes. Flip and cook for another 5-10 minutes until chicken is golden brown outside and white on the inside
- Alternatively, chicken can be baked or fried on stove in coconut oil

Combine

- Slice chicken, top with a generous portion of sauce, add crispy bacon bits and green onions

***TIP: Please use real bacon bits. These can be premade and stored in a container in your fridge**

CREAMY GARLIC PESTO CHICKEN

INGREDIENTS

- 2 chicken breasts or thighs
- 2 tablespoons real butter
- 2 teaspoons minced garlic
- $\frac{2}{3}$ cup heavy whipping cream
- $\frac{1}{2}$ cup pesto sauce
- Sea salt
- Black pepper
- Garlic powder

DIRECTIONS

Chicken Breasts or Thighs in Airfryer

- Preheat air fryer to 360 degrees for 10 minutes
- Season chicken generously with garlic powder, sea salt and pepper on both sides
- Place chicken in airfryer for 10 minutes. Flip and cook for another 5-10 minutes until chicken is golden brown outside and white on the inside
- Alternatively, chicken can be baked or fried on stove in coconut oil

Creamy Garlic Pesto Sauce

- Add pesto, heavy whipping cream and minced garlic to pan
- Heat on medium, while whisking every few minutes
- Heat until sauce thickens to desired consistency (typically 10 minutes)

Combine

- Slice chicken and top generously with creamy garlic pesto sauce

ZESTY BBQ CHICKEN

INGREDIENTS

- 1 pound chicken breasts or thighs
- 12 ounces keto BBQ sauce
- ½ cup Italian salad dressing
- 2 tablespoons worcesterchire sauce

DIRECTIONS

- Place chicken in crockpot
- In a bowl, mix BBQ sauce, Italian salad dressing, and worcesterchire sauce
- Pour over chicken
- Cover. Cook 3-4 hours on high or 6-8 hours on low
- Shred with two forks and serve

****TIP: Alternatively, you can find a low sugar BBQ sauce at the store. Keto BBQ sauce is just. so. Good.***

****Recipe adapted from [allrecipes.com](https://www.allrecipes.com)***

BRUSCHETTA CHICKEN

INGREDIENTS

- *1 pound chicken breasts*
- *3 teaspoons Italian seasoning*
- *2 teaspoons minced garlic*
- *3 tablespoons olive oil*
- *4 roma tomatoes, finely chopped*
- *¼ red onion, finely chopped*
- *4 tablespoons shredded fresh basil*
- *½ cup balsamic vinegar*
- *2 teaspoons Swerve*

DIRECTIONS

- Season chicken with Italian seasoning, garlic powder and salt
- Heat oil in a skillet and sear chicken breasts over medium - high heat until browned on both sides and cooked through (about 6 minutes each side). Remove from pan, set aside
- Combine tomatoes, red onion, basil and olive oil in a bowl. Season with salt. Top each chicken breast with tomato mixture and parmesan cheese
- Serve immediately with balsamic glaze

Balsamic Glaze

- Prepare while chicken is cooking
- Combine Swerve and balsamic vinegar in a small saucepan over high heat. Bring to a boil
- Reduce heat to low. Allow to simmer for 5-8 minutes, until mixture has thickened to a glaze

**Recipe adapted from cafedelites.com*

GARLIC BUTTER CHICKEN

INGREDIENTS

- *1 pound chicken breasts*
- *Sea Salt*
- *Black pepper*
- *8 tablespoons real butter*
- *3 teaspoons minced garlic*
- *1 tablespoon rosemary or thyme*
- *½ cup shredded mozzarella*

DIRECTIONS

- Preheat oven to 375 degrees F
- Grease baking dish with butter
- Season chicken breasts with salt and pepper. Arrange in a single layer on prepared dish. Set aside
- Add butter to a skillet and melt over medium heat
- Stir in garlic and cook over medium heat for 4-5 minutes, or until lightly browned. Stir frequently
- Stir in rosemary or thyme. Remove from heat
- Pour the prepared garlic butter generously over chicken breasts
- Bake 25 - 30 minutes

**Recipe adapted from diethood.com*

KETO BUFFALO WINGS

INGREDIENTS

- *12 chicken wings*
- *4 tablespoons real butter*
- *¼ cup hot sauce*
- *1 teaspoon minced garlic*
- *¼ teaspoon paprika*
- *¼ teaspoon cayenne pepper*
- *¼ teaspoon salt*
- *Pinch black pepper*

DIRECTIONS

- Place wings in airfryer at 360 for 10-15 minutes (you can also bake or fry on stove in coconut oil)
- Heat butter and garlic together in small saucepan
- Once melted, add remaining ingredients and stir
- Add sauce and wings together in bowl and toss until coated

****TIP: Dip wings in homemade ranch dip***

CRISPY KETO NUGGETS

INGREDIENTS

- 1 pound chicken breast, cut into chunks
- ½ cup dill pickle juice
- 1 egg, beaten
- 1 tablespoon coconut milk or heavy whipping cream
- 1 tablespoon coconut flour
- 1 tablespoon baking powder
- ½ tablespoon paprika
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- ½ teaspoon onion powder
- 1 teaspoon garlic powder
- Coconut oil for frying

DIRECTIONS

- Marinate chicken chunks in pickle juice in fridge for 2 hours
- Beat egg and coconut milk or heavy cream in bowl
- Pour out pickle juice. Combine egg mixture with chicken. Let sit for 10 minutes
- Mix dry ingredients
- Drain egg mixture. Add spice mixture to chicken. Mix until chicken chunks are evenly coated
- Add a few tablespoons of coconut oil to a large frying pan. (enough to cover bottom of pan once melted) Add single layer of chicken when oil is hot
- Fry approximately 3 minutes on each side, or until chicken is thoroughly cooked

***TIP: Cooking 1 pound of chicken may take 2-3 batches**

***Recipe adapted from onecountry.com**

BUFFALO MEATBALLS

INGREDIENTS

- 1 bag pre-made meatballs
- 4 tablespoons real butter
- ¼ cup hot sauce
- 1 teaspoon minced garlic
- ¼ teaspoon paprika
- ¼ teaspoon cayenne pepper
- ¼ teaspoon salt
- Pinch of black pepper

DIRECTIONS

- Place meatballs in airfryer at 360 degrees for 10-15 minutes (alternatively, you can bake or fry on stove in coconut oil)
- Heat butter and garlic together in small saucepan
- Once melted, add remaining ingredients and stir
- Add sauce and meatballs together in bowl and toss until coated

****TIP: Dip meatballs in ranch sauce. Also, this is great to bring to a party.***

COWBOY BURGERS

INGREDIENTS

- *1 pound 80% lean beef*
- *8 slices bacon*
- *¼ cup shredded cheddar cheese*
- *¼ cup red onion, finely chopped*
- *¼ cup fresh cilantro, finely chopped*
- *¼ cup pickled jalapeno, chopped*
- *1 teaspoon minced garlic*
- *½ teaspoon red chili pepper flakes*
- *½ teaspoon black pepper*
- *½ teaspoon salt*
- *1 yellow onion, peeled and sliced*
- *1 avocado, sliced*
- *4 slices cheddar cheese*
- *4 fried eggs (optional)*

DIRECTIONS

- Heat skillet over medium - low and add bacon. Cook until browned. Reserve bacon fat in pan. Set aside
- Combine all burger ingredients in a bowl. Use hands to mix and form patties (shredded cheese, red onion, cilantro, jalapeno, garlic, red chili pepper flakes, black pepper, salt)
- Add yellow onion slices to bacon fat skillet. Saute until translucent. Set aside
- Add burger patties to skillet. Cook 4-5 minutes per side, flip. Add a slice of cheese to each burger and cook 4-5 more minutes
- Plate burgers. Top with bacon, sauteed onions, sliced avocado, salt and pepper. Add a fried egg as a topping as well

**Recipe adapted from fatburningman.com*

SLIDERS

INGREDIENTS

- *1 ½ pounds 80% lean ground beef*
- *1 package onion soup mix*
- *1 tablespoon peanut butter*
- *½ cup coconut milk*
- *1 white onion, finely chopped*
- *8 ounces cheddar cheese, sliced*

DIRECTIONS

- Mix ground beef, onion soup mix, peanut butter and coconut milk in bowl
- Spread meat mixture onto a cookie sheet. Using a rolling pin or hands, flatten and smooth meat
- Bake at 350 degrees F for 10 minutes. The meat will shrink
- Remove from oven. Place diced onions around edges to flavor meat. Put back in oven for 15 minutes
- Remove from oven. Spoon onions from edges to cover meat and layer cheese slices on top. Put back in oven until cheese melts (7-10 minutes)
- Remove from oven. Slice with pizza cutter
- Serve immediately with favorite condiments

**Recipe adapted from favfamilyrecipes.com*

CREAMY, SPICY SPAGHETTI SAUCE

INGREDIENTS

- 1 pound 80% lean ground beef
- 1 jar no sugar marinara sauce
- 2 tablespoons real butter
- 2 teaspoons minced garlic
- 1 cup heavy whipping cream
- 1 sweet onion, chopped
- 1 green pepper, chopped
- Oregano
- Crushed red pepper
- Garlic Powder
- Italian seasoning

DIRECTIONS

Sauce:

- Melt real butter in saucepan over low - medium heat.
- Once melted, stir in minced garlic
- Once garlic browns, begin adding heavy whipping cream. Add ½ cup heavy whipping cream. Stir frequently, until sauce thickens. Repeat with remaining ½ cup heavy whipping cream
- Add no sugar marinara sauce to saucepan. Stir

Ground beef:

- While heating sauce, brown ground beef in skillet. Season generously with oregano, crushed red pepper, garlic powder and Italian seasoning while browning
- Once meat is browned, add chopped green pepper and onion. Cook for approximately 3 minutes

Combine:

- Once sauce thickens, combine meat mixture and sauce. Serve immediately

SWEET & SPICY SPAGHETTI SAUCE

INGREDIENTS

- *1 pound 80% lean ground beef*
- *1 jar no sugar marinara sauce*
- *4 tablespoons real butter*
- *4 tablespoons olive oil*
- *1 yellow onion, chopped*
- *1 green pepper, chopped*
- *1 teaspoon cinnamon*
- *Oregano*
- *Crushed red pepper*
- *Garlic powder*

DIRECTIONS

- Brown ground beef in skillet. Season generously with garlic powder and oregano while browning. Add red crushed pepper to taste
- Once meat is browned, turn heat to low - medium. Add butter
- After butter is partially melted, add full jar of marinara sauce
- Sprinkle cinnamon over sauce
- Stir in chopped onion and green pepper. Cook for 3-5 minutes
- Remove from heat. Stir in olive oil

****TIP: I do not cook the veggies very long since I prefer the crispness. Cooking veggies less will also retain more nutrients when cooking.***

LAYERED TACO SALAD

INGREDIENTS

- 1 pound ground beef
- 1 ½ ounces taco seasoning
- ¾ cup water
- 4 ounces sour cream
- 4 ounces shredded cheddar cheese
- 2 roma tomatoes, chopped
- Shredded lettuce
- 1 small white onion, chopped

DIRECTIONS

- Brown ground beef in skillet
- Once browned, stir in 1 ounce taco seasoning and ¾ cup water. Bring to boil. Reduce to simmer
- Layer serving plate with sour cream. Stir remaining taco seasoning into sour cream
- Top sour cream with shredded lettuce, chopped onions, shredded cheese and chopped tomatoes.
- Allow ground beef to cool slightly. Add to top of salad

****TIP: You can make one large salad or separate into individual salads by layering ingredients on separate plates***

BUFFALO RANCH TACO SALAD

INGREDIENTS

- *1 pound 80% lean ground beef*
- *1 ounce taco seasoning*
- *4 ounces ranch dressing*
- *2 ounces buffalo sauce*
- *1 head romaine lettuce, chopped*
- *1 yellow onion, chopped*
- *1 tomato, chopped (optional)*
- *4 ounces Mexican cheese, shredded*

DIRECTIONS

- Brown ground beef in skillet
- Once browned, stir in taco seasoning and water. Bring to boil and then simmer for 5 minutes
- Let beef cool a little
- In large bowl, combine beef, lettuce, onion, tomato, cheese, buffalo sauce and ranch. Toss until evenly coated
- Serve immediately

SALAMI TACOS

INGREDIENTS

- *8 slices hard salami*
- *½ avocado, sliced*
- *Red onion slices*
- *Tomato slices*
- *½ tablespoon garlic mayonnaise*
- *½ tablespoon dijon mustard*

DIRECTIONS

- Lay salami flat on plate
- Add avocado slice, tomato slice and red onion slice to each piece of salami
- Mix garlic mayonnaise and dijon mustard with fork
- Dip salami tacos into sauce

SIDES

KETO RINGS

INGREDIENTS

- 1-2 large sweet onions
- 1 egg, beaten
- 1 tablespoon heavy whipping cream
- 2 tablespoons coconut flour
- 1 tablespoon baking powder
- ½ tablespoon paprika
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon onion powder
- 1 teaspoon garlic powder
- Coconut oil for frying (enough to coat bottom of pan once melted)

DIRECTIONS

- Slice onions into ¾ inch rings
- Beat heavy cream and egg in bowl
- Mix coconut flour, baking powder, paprika, salt, black pepper, onion powder, onion powder and garlic powder in separate shallow bowl
- Heat coconut oil in large skillet on high
- Soak onions in egg mixture for 2-3 minutes (soaking for 30 minutes in fridge may help coating stick better)
- Remove onions from egg mixture. Coat thoroughly with spice mixture
- Once coconut oil is sizzling hot, add coated onion rings. Be prepared to flip quickly to cook reverse side without burning

***TIP: Try to cook all keto rings in one batch to prevent burning, or use second pan to cook remaining keto rings**

BACON ONION RINGS

INGREDIENTS

- *3 large sweet onions*
- *24 slices smoked bacon (1 pound)*
- *Dipping sauce of choice*

DIRECTIONS

- Preheat oven to 375 degrees F
- Slice onions into $\frac{3}{8}$ inch rings. Use larger rings for full slice of bacon, smaller rings for $\frac{1}{2}$ slice of bacon
- Wrap each onion slice tightly in bacon. You may use a toothpick to hold in place, or place bacon on cookie sheet directly while wrapped
- Place all wrapped bacon onions on a cookie sheet with edges. Bake for 25-30 minutes
- Serve with desired dipping sauce

****Tip: Use thinly sliced bacon***

****Recipe adapted from mariamindbodyhealth.com***

CHEDDAR BISCUITS

INGREDIENTS

- 3 eggs
- ½ cup coconut flour
- 6 ounces sharp cheddar cheese
- ⅓ cup real butter, melted
- 1 teaspoon garlic powder
- 1 teaspoon chopped green onions
- ¼ teaspoon baking powder
- Pinch of salt and pepper

DIRECTIONS

- Preheat oven to 400 degrees F
- In mixing bowl, combine coconut flour, baking powder, garlic powder, salt and pepper
- In separate bowl, whisk eggs and butter until well combined
- Slowly incorporate wet ingredients into dry ingredients and mix until there are no lumps
- Fold in cheese and green onions
- Drop spoonfuls of batter onto greased cookie sheet
- Bake for approximately 13 minutes (until edges are brown and tops are golden)
- Remove from oven and brush tops with additional melted butter
- Allow to cool for 30 minutes

****TIP: Biscuits only remain fresh for a few days***

****Recipe adapted from nobunplease.com***

SAUCES & DIPS

GARLIC CREAM SAUCE

INGREDIENTS

- *4 cups heavy whipping cream*
- *2-4 teaspoons minced garlic*
- *4 tablespoons real butter*

DIRECTIONS

- Melt butter in saucepan
- Once melted, add minced garlic. Cook until golden brown
- Begin to add heavy whipping cream in ½ cup increments. Once sauce thickens to desired consistency, add ½ cup cream until all sauce has been added to pan and thickened. Total time takes 10-20 minutes

****TIP: I typically use this sauce over chicken, eggs or other leftovers***

****Recipe adapted from sparkpeople.com***

GARLIC HERB BUTTER

INGREDIENTS

- *4 tablespoons real butter, room temp*
- *½ teaspoon minced garlic*
- *½ teaspoon black pepper*
- *1 teaspoon parsley*
- *1 ½ tablespoons basil*
- *1 tablespoon oregano*

DIRECTIONS

- Beat all ingredients together with fork or hand mixer until fluffy
- Store in fridge, covered

**Tip: You can add chives, rosemary or tarragon for added flavor*

**Recipe adapted from food.com*

DILL RANCH DIP

INGREDIENTS

- $\frac{3}{4}$ cup mayonnaise
- $\frac{3}{4}$ cup sour cream
- $\frac{1}{2}$ teaspoon dried chives
- $\frac{1}{2}$ teaspoon dried parsley
- $\frac{1}{2}$ teaspoon dried dillweed
- 1 teaspoon garlic powder
- $\frac{1}{4}$ teaspoon onion powder
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon black pepper

DIRECTIONS

- In large bowl, whisk together all ingredients
- Cover and place in fridge for 30 minutes

****TIP: Recipe can be thinned out with almond milk, coconut milk or heavy cream for a dressing***

****Recipe adapted from lowcarbyum.com***

GUACAMOLE

INGREDIENTS

- 3 ripe avocados
- ¼ cup fresh cilantro
- ½ cup red onion diced
- 1 teaspoon minced garlic
- 2 tablespoons lime juice
- 1 pinch cayenne pepper
- Salt and pepper to taste

DIRECTIONS

- Mash avocados in bowl with fork or masher
- Stir in remainder of ingredients
- Store covered in fridge

****TIP: To keep guacamole fresh, store in airtight container filled all the way to the top. If saving leftovers, flatten guacamole and top with thin layer of lemon juice or water to prevent browning.***

KETO BBQ SAUCE

INGREDIENTS

- 6 tablespoons coconut oil
- 6 ounces onions, diced
- 1 teaspoon minced garlic
- 28 ounces jarred crushed tomatoes (unsweetened)
- 1 ½ tablespoons apple cider vinegar
- 1 ½ tablespoons lemon juice
- 2 teaspoons smoked paprika
- 1 teaspoon salt
- 1 ½ teaspoon liquid smoke
- ½ teaspoon root beer extract
- ½ teaspoon liquid stevia
- 2 tablespoons coconut aminos (soy sauce replacement)

DIRECTIONS

- Heat coconut oil in pan
- Add onion and garlic to saucepan. Saute until translucent (approximately 5 minutes)
- Add tomatoes, coconut aminos, apple cider vinegar, stevia, lemon juice, smoked paprika, salt, liquid smoke, and root beer extract. Stir well
- Bring to boil, reduce heat, then simmer for 40 minutes
- Transfer sauce to blender. Blend on high until smooth
- Pour sauce into jar and leave uncovered until cool
- Cover and refrigerate

****TIP: This sauce is great over roasts, burgers and eggs!***

****Recipe adapted from ketovangelistkitchen.com***

KETO BIG MAC SAUCE

INGREDIENTS

- *4 tablespoons mayonnaise*
- *2 tablespoons chopped onions*
- *1 large chopped pickle*
- *¼ teaspoon sea salt*
- *¼ teaspoon hot sauce*
- *2 drops liquid stevia*
- *1 teaspoon sugar free ketchup*

DIRECTIONS

- Combine all ingredients in bowl, except chopped pickle
- Let set in fridge for 2 hours
- Stir in chopped pickle when ready to serve

**Recipe adapted from ketogenicgirl.com*

FAT BOMBS & DESSERTS

CHOCOLATE AVOCADO MOUSSE

INGREDIENTS

- *8 ounces cream cheese, softened*
- *¼ cup unsweetened cocoa powder*
- *½ large avocado, pitted*
- *⅛ teaspoon vanilla extract*
- *2-3 tablespoons Swerve*
- *¼ cup heavy whipping cream*
- *88% dark chocolate shaved, for garnish*

DIRECTIONS

- In medium bowl, beat cream cheese until creamy and smooth using handheld mixer
- Slowly mix in cocoa powder
- Beat in avocado. Mix until creamy, approximately 5 minutes
- Add vanilla extract and Swerve. Beat until smooth (1-2 minutes)
- In separate mixing bowl, whip heavy cream until stiff peaks form
- Place whipped cream into chocolate mixture. Gently fold until incorporated
- Spoon mousse into serving bowls. Garnish with dark chocolate shavings

**Recipe adapted from galonamission.com*

COCONUT YUMMIES

INGREDIENTS

- 1 cup coconut oil
- 20-40 drops flavored liquid stevia
- 1 teaspoon flavored extract of choice

DIRECTIONS

- Melt coconut oil in small saucepan
- Add flavored stevia drops and stir
- Optional - add 1 teaspoon flavored extract of choice and stir
- Pour into mini cupcake molds in 1 tablespoon increments. Place in freezer to harden (approximately 20 minutes)
- Pop out of cupcake molds with butter knife
- Store in fridge in ziploc bag

****TIP: I use mint extract and dark chocolate stevia for a chocolate peppermint flavor. Also, raspberry stevia drops are great for flavor.***

****Recipe adapted from kickitinthenuts.com***

PEANUT BUTTER BOMBS

INGREDIENTS

- 8 ounces coconut oil
- 4 ½ ounces creamy peanut butter
- 1 ½ ounces unsweetened cocoa powder
- 8 tablespoons real butter
- 30 drops dark chocolate stevia

DIRECTIONS

- Over medium heat, combine coconut oil, peanut butter and butter (350 degrees F if using toaster oven)
- Once melted, stir in unsweetened cocoa powder and stevia drops. Using whisk, stir until smooth
- Spoon into mini muffin pan in 1 tablespoon increments
- Freeze until firm (approximately 20 minutes)
- Remove from pan by popping out with butter knife
- Store in ziploc bag in freezer or fridge

****TIP: I use a turkey baster to transfer oil to mini muffin tins. These are a staple in my house. I typically make a double batch for less cleanup and more time in between batches.***

DOUBLE CHOCOLATE PEANUT BUTTER BOMBS

INGREDIENTS

- 4 tablespoons coconut oil
- 8 tablespoons peanut butter
- 4 tablespoons unsweetened cocoa powder
- ½ teaspoon vanilla
- ¼ teaspoon dark chocolate stevia drops
- ¼ teaspoon vanilla stevia drops

DIRECTIONS

First Layer:

- In saucepan, combine 2 tablespoons coconut oil, 4 tablespoons peanut butter, 4 tablespoons unsweetened cocoa powder, ¼ teaspoon vanilla extract, ¼ teaspoon dark chocolate stevia drops over medium heat. Stir with whisk
- Once melted, pour ½ tablespoon servings in mini muffin pan. Freeze for 10 minutes

Second Layer:

- In saucepan, combine 2 tablespoons coconut oil, 4 tablespoons peanut butter, ¼ teaspoon vanilla extract, ¼ teaspoon vanilla stevia drops over medium heat. Stir with whisk
- Pour ½ tablespoon increments over solid dark chocolate layer. Freeze until firm
- Remove from pan by popping out with butter knife
- Store in freezer or fridge in ziploc bag

***TIP: For a double butter taste, you can replace peanut butter with almond butter in the second layer**

***Recipe adapted from myketorecipes.com**

CHOCOLATE ALMOND BUTTER BOMBS

INGREDIENTS

- 1 cup almond butter
- 1 cup coconut oil
- 6 tablespoons unsweetened cocoa powder
- 6 tablespoons heavy whipping cream
- 18 drops dark chocolate liquid stevia
- 1 teaspoon vanilla extract
- 1 pinch salt to taste

DIRECTIONS

- In small saucepan, combine almond butter and coconut oil. Heat on low until melted
- Once melted, stir in unsweetened cocoa powder, heavy whipping cream, stevia drops and vanilla extract. Stir until smooth with whisk
- Pour mixture into large cup with spout. Pour approximately 1 tablespoon servings into mini muffin pan
- Freeze until firm (approximately 20 minutes)
- Remove from pan by popping out with butterknife
- Store in ziploc bag in fridge or freezer

****TIP: I prefer these fresh from the fridge. To keep in fridge, I place mini cupcake liners in pan prior to pouring mixture.***

****Recipe adapted from food.com***

PEANUT BUTTER FUDGE

INGREDIENTS

- *8 ounces peanut butter*
- *8 ounces coconut oil*
- *2 ounces heavy whipping cream*
- *9 drops vanilla liquid stevia*
- *1 teaspoon vanilla extract*

DIRECTIONS

- In small saucepan, combine peanut butter and coconut oil. Heat on low until melted
- Once melted, stir in heavy cream, vanilla stevia drops and vanilla extract
- Spoon into mini muffin tin lined with mini cupcake liners in 1 tablespoon increments
- Place in fridge until firm (2-3 hours)
- Remove from pan and store in ziploc bag in fridge

**Recipe adapted from sugarfreemom.com*

PEANUT BUTTER CHEESECAKE BITES

INGREDIENTS

- *8 ounces cream cheese, softened*
- *½ cup real butter, softened*
- *20-30 drops vanilla liquid stevia*
- *6 tablespoons peanut butter*
- *3 squares 88% dark chocolate*

DIRECTIONS

- Using hand blender, mix cream cheese and butter in mixing bowl
- Stir in peanut butter and liquid stevia. Sample for desired sweetness
- Line cookie sheet with wax paper
- Spoon drops onto wax paper. Keep balls close together, but not touching
- Melt chocolate (toaster oven preferred). Drizzle over peanut butter cheesecake balls
- Place in freezer until firm (approximately 2 hours)
- Store in freezer in ziploc bag

**Recipe adapted from ketosaurusinthekitchen.com*

CHEESECAKE FAT BOMBS

INGREDIENTS

- *8 ounces cream cheese, softened*
- *1 stick real butter, softened*
- *½ teaspoon vanilla extract*
- *¼ cup Swerve*
- *3 tablespoons coconut oil*

DIRECTIONS

- In mixing bowl, beat cream cheese until light and fluffy with hand mixer
- Add softened butter, Swerve, vanilla extract and coconut oil. Mix until well combined
- Spoon into mini cupcake liners in mini cupcake pan in 1 tablespoon increments
- Place in freezer until firm (approximately 1 hour)
- Store in ziploc bag in freezer or fridge

****TIP: If cheesecake mixture sticks to hand blender, hold blender over bowl above ingredients and slowly move speed up until mixture is back in bowl.***

PEANUT BUTTER COOKIES

INGREDIENTS

- 1 cup peanut butter
- ½ cup powdered Swerve
- 1 egg

DIRECTIONS

- Preheat oven to 350 degrees F
- Combine peanut butter, Swerve and egg in bowl. Mix well
- Roll cookie dough into 1 inch balls and place on parchment paper lined baking sheet
- Press down with fork twice to create cookie pattern
- Bake in oven for 10-15 minutes (until edges turn darker brown)
- Remove cookies. Allow to cool on wire rack

****TIP: If peanut butter sticks to fork, pour a little Swerve on a plate and dip fork in between presses.***

****Recipe adapted from tasteholics.com***

CINNAMON BUTTER COOKIES

INGREDIENTS

- 2 cups almond flour
- ½ cup butter, softened
- ¼ cup almond butter
- 1 egg
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 9 - 18 drops vanilla liquid stevia drops
- ¼ cup almond butter

DIRECTIONS

- Preheat oven to 300 degrees F
- Add all ingredients to mixing bowl. Mix until well combined
- Roll into 1 inch balls. Place on greased cookie sheet
- Place in oven for 5 minutes
- Remove. Press dough with fork to flatten
- Return to oven. Bake for 18-20 minutes
- Allow to cool for 5 minutes before serving

**Recipe adapted from ketosizeme.com*

WALNUT KETO FUDGE

INGREDIENTS

- *8 tablespoons real butter, softened*
- *4 ounces cream cheese, softened*
- *3 tablespoons unsweetened cocoa powder*
- *2 tablespoons granulated Swerve*
- *1 teaspoon vanilla extract*
- *2 ounces walnuts*

DIRECTIONS

- In mixing bowl, combine cream cheese, vanilla extract and Swerve. With hand mixer, mix on low for 2 minutes. Pause to scrape sides of bowl with spatula for smooth, consistent texture
- Add half heavy cream. Mix for 2 minutes. Allow bowl to rest for 3-5 minutes for sweetener to dissolve
- Add remaining heavy cream. Mix on medium speed for 3 minutes. Mixture will form firm peaks
- Spoon into mini cupcake liners in mini cupcake pan in 1 tablespoon increments
- Set in fridge for 1 hour

**Recipe adapted from healclinics.com*

KETO PAYDAY BARS

INGREDIENTS

- *½ cup creamy peanut butter*
- *4 tablespoons real butter*
- *2 tablespoons heavy whipping cream*
- *½ teaspoon vanilla extract*
- *20-30 drops vanilla liquid stevia*
- *Pinch of sea salt*
- *1 cup dry roasted peanuts*

DIRECTIONS

- Melt peanut butter and butter together over low heat in a saucepan
- Whisk in vanilla extract and heavy whipping cream
- Stir in sweetener and salt. Taste to adjust sweetness
- Fold in peanuts
- Spoon into cupcake liners in cupcake pan
- Place in freezer until firm
- Store in fridge in ziploc bag

**Recipe adapted from healthyindulgences.net*

KETO CHOCOLATE CUPCAKES

INGREDIENTS

- *10 ounces 88% dark chocolate*
- *1 ½ sticks real butter*
- *2 teaspoons vanilla extract*
- *6 eggs*
- *6 tablespoons heavy whipping cream*
- *4 teaspoons granulated Swerve*

DIRECTIONS

- Preheat oven to 350 degrees F
- Melt chocolate and butter together over low heat in saucepan.
- Remove from heat. Allow to cool slightly before adding vanilla extract
- In separate bowl, use whisk to beat eggs, cream and Swerve together for 3-4 minutes
- Slowly add egg mixture to chocolate mixture in saucepan while stirring. Mixture will thicken to consistency of custard
- Pour into cupcake liners in cupcake pan
- Bake for 20-30 minutes, or until set in center
- Store covered on counter for a few days

**Recipe adapted from ditchthecarbs.com*

BUTTERCREAM FROSTING

INGREDIENTS

- *2 sticks real butter, softened*
- *1 cup Swerve confectioners*
- *⅔ cup unsweetened cocoa powder*
- *¼ cup coconut milk*
- *2 teaspoons vanilla extract*
- *9-18 drops chocolate liquid stevia*

DIRECTIONS

- Cream butter with hand mixer
- Add powdered sweetener and cocoa powder. Mix until combined
- Slowly add coconut milk. Beat until incorporated
- Blend in vanilla extract and stevia until desired consistency is reached

**Recipe adapted from lowcarbyum.com*

DRINKS

KETO HOT CHOCOLATE

INGREDIENTS

- *½ ounce unsweetened cocoa powder*
- *½ ounce coconut milk powder*
- *½ ounce Great Lakes Collagen Powder (green can on Amazon)*
- *5-10 drops dark chocolate liquid stevia*
- *8 ounces hot water*

DIRECTIONS

- Add all ingredients to blender or Nutribullet. Blend on high for 30 seconds

****This is a great healthy breakfast. Add 1-2 peanut butter or almond butter cookies.***

****Alternatively, replace coconut milk powder and 8 ounces hot water with 4 ounces heavy cream and 4 ounces hot water. This will be extra creamy and add extra fat to your day.***

****Add ½ teaspoon of Celtic Sea Salt for extra electrolytes***

KETO COLD BUSTER

INGREDIENTS

- *½ ounce lemon juice*
- *½ ounce apple cider vinegar*
- *½ teaspoon Celtic Sea Salt*
- *8 ounces hot water*

DIRECTIONS

- Combine all ingredients in mug. Stir well

****TIP: This tea works well to balance pH levels on a ketogenic diet. The salt provides an extra dose since minerals tend to run low. If you feel cold like symptoms, drink this a few times per day.***

MEAT TEA

INGREDIENTS

- 1 chicken or beef bullion cube
- 1 teaspoon Celtic Sea Salt
- ½ ounce Great Lakes Collagen (green can on Amazon)
- 8 ounces hot water

DIRECTIONS

- Place bouillon cube, salt and collagen in mug
- Pour hot water over ingredients. Stir until ingredients dissolve

****TIP: Meat tea is great daily to help prevent keto flu. Also, collagen provides many healing benefits. You can remove collagen if your protein is too high for the day.***

ELECTRICLYTE MARGARITA

INGREDIENTS

- 1 scoop Jigsaw Supreme Lemon Lime
- 8 ounces seltzer water
- 1 shot tequila
- Handful of ice
- 1 slice of lime

DIRECTIONS

- Combine ingredients. Stir

****TIP: Drinking on any diet may halt results. For those special occasions, rehydrate while you dehydrate!***

HEAL & HYDRATE

INGREDIENTS

- 1 scoop Jigsaw Electrolyte Supreme Lemon Lime or Berry
- ½ ounce Great Lakes Collagen Powder (green can on Amazon)

DIRECTIONS

- Pour 4 ounces of cold water into glass
- Add ½ ounce collagen. Allow to dissolve
- Add 4 ounces of cold water. Stir well
- Add 1 scoop Jigsaw Electrolyte Supreme. Stir well

****TIP: It is very important to stay hydrated on a ketogenic diet. Also, this helps replace minerals, while healing your digestion.***

