

OUR
FATHER'S
FARM
HEALTHY
LIVING
RECIPES

SOUP

EASY OLIVE GARDEN ZUPPA TOSCANA SOUP (Can easily be DF/GF/Vegan)

SERVINGS 4

INGREDIENTS

1-pound spicy Italian ground sausage (I use one 7.4-ounce box of Beyond Breakfast Sausage for a plant-based alternative. It adds a nice flavor.)
4 Tablespoons butter (DF option)
½ white onion, chopped
1 Tablespoon minced garlic
6 cups chicken broth (Veggie broth option)
2 cups water
4-5 yellow potatoes, cut into 1-inch pieces
3 teaspoons salt, or to taste
1 teaspoon black pepper
2 cups heavy cream (DF 2c of coconut cream. I used the cream of 2 cans plus liquid to equal 2 cups.)
4 cups chopped kale
Chopped bacon or bacon bits and parmesan cheese for topping, optional

INSTRUCTIONS

-In a large pot sauté sausage 5-6 minutes until browned. Use a slotted spoon to transfer sausage to a plate and set aside. (If using plant-based sausage, use a little butter or oil to crush up the patties and break them down into ground meat.)
-IN the same pot, add butter and sauté onions over medium heat until translucent. Add garlic and sauté for another minute until fragrant.
-Add broth, water, potatoes, salt and pepper and bring to a boil. Boil until potatoes are tender. Stir in kale and heavy cream. Add sausage. Taste and add salt and pepper if needed. Serve garnished with grated parmesan cheese and/or bacon if desired.

(Nutrition facts are for the original recipe)

Serving 1: Calories 833| Net Carbs 15| Protein 25| Fat 76|

MAMA'S MIGHTY MEATLESS CHILI

INGREDIENTS

1 14.5 ounce can pinto beans, drained and rinsed
2 cups vegetable broth, divided
1 large onion, diced
1 large green bell pepper, diced
1 large red bell pepper, diced
4 garlic cloves, minced
½ cup quinoa
1 14.5 ounce can black beans, drained and rinsed
1 4 ounce can diced mild green chiles
1 28 ounce can diced tomatoes
2 ½ Tablespoons chili powder (more to taste)
3 Tablespoons cocoa powder
2 teaspoons cumin
2 teaspoons garlic powder
1 teaspoon dried oregano
2 Tablespoons Worcestershire sauce
Black pepper to taste
Salt to taste
Honey or sweetener to taste

INSTRUCTIONS

- In a blender add a generous half of the pinto beans and about ¾ cup of the broth. Blend well and set aside.
- In your slow cooker add all the ingredients including the rest of the broth and the blended pinto beans.
- Cover and cook on low for 7-8 hours or on high for 3-4 hours.

FRESH VEGGIE SOUP WITH BASIL SAUCE

SERVINGS 24

INGREDIENTS

SOUP (Use fresh garden veggies and fresh basil. It makes the soup!)

3 cups red potatoes, cubed
3 cups carrots, chopped
1 cup plus 2 Tablespoons of coconut aminos
4 cups green beans
3 bay leaves
3 cups onion, chopped
45 ounces kidney beans, undrained
3 cups sweet corn off the cob
15 cups water

BASIL SAUCE

¾ cup fresh basil, chopped
9 garlic cloves, minced
1 cup fresh parmesan cheese
28 ounces diced tomatoes
1 cup olive oil

3 cups fresh tomatoes , diced (added in at the very end with the sauce)

INSTRUCTIONS

- Combine the first 9 ingredients and simmer till tender.
- Put basil, garlic, parmesan cheese, canned tomatoes, and olive oil in a blender and blend till smooth.
- Add basil sauce and fresh tomatoes to veggies.
- Cook until heated through.
- Add the fresh tomatoes at the very end.

It freezes well!

CABBAGE ROLL SOUP

INGREDIENTS

1 large onion, diced
3 cloves garlic, minced
1 pound ground beef (optional)
½ pound ground sausage (optional)
¾ cup long grain wild rice, uncooked
Medium head of cabbage, chopped
28 ounces diced tomatoes
4 ounces tomato paste
4 cups beef broth (if using vegetable broth and no meat, I suggest adding coconut aminos to taste to give the soup a better depth of flavor.)
½ cup of V-8 juice or tomato juice
1 teaspoon thyme
1 teaspoon paprika
1 Tablespoon Worcestershire sauce or coconut aminos
1 bay leaf
Salt and pepper to taste.

INSTRUCTIONS

- If using meat, brown with onion and garlic and drain grease
- Stir in chopped cabbage and cook 3 minutes or until soft.
- Add the rest of the ingredients and simmer for 25 minutes or till rice is tender.

CROCKPOT CHICKEN (or not) TORTILLA SOUP

INGREDIENTS

SOUP

- 1 ½ pounds boneless, skinless chicken breasts (optional)
- 2 bell peppers, any color, diced
- 1 4 ounce can diced green chiles, with juice
- 1 medium onion, diced
- 1 28 ounce can fire-roasted crushed tomatoes, with juice
- 4 cups chicken broth (veggie broth option)
- Juice of 1 lime
- ½ cup cilantro leaves, chopped

TACO SEASONING MIX

- ½ Tablespoon chili powder
- ½ Tablespoon smoked paprika
- 2 teaspoons cumin
- 2 teaspoons oregano
- 1 teaspoon sea salt
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon black pepper

INSTRUCTIONS

- Whisk taco seasoning ingredients together in a bowl.
- Generously rub the taco seasoning all over the chicken. (If making meatless soup, add taco seasoning to soup to taste.)
- Refrigerate chicken in a sealed container for 30 minutes.
- Dice onions and bell peppers
- Add marinated chicken, bell peppers, onions, green chiles, and tomatoes into the crockpot.
- Add the broth and stir.
- Cook on low for 6-8 hours or on high for 3-4 hours. (Low heat for a longer amount of time will allow for flavor to develop.)
- Once the time is up, remove the chicken and place it on cutting board.
- Shred chicken using two forks. Place the shredded meat back into the crockpot. Stir in fresh lime juice and chopped cilantro.
- Honey or sweetener can be added to taste.
- Ladle into bowls and top with diced avocado, cheese (DF option), crushed tortilla chips, cilantro, green onions, and sour cream (DF option).

**If not using chicken or chicken broth, add 2 cans of beans of choice.

**Add baking soda reduce to acid.

KETO VEGETABLE SOUP

SERVINGS 10

INGREDIENTS

1 Tablespoon butter
1 Tablespoon olive oil
1 medium onion, chopped
3 stalks celery, chopped
2 carrots, peeled and chopped
4 cloves garlic, minced
2 cups cauliflower florets
1 ½ cups fresh green beans, trimmed and cut into 1 inch pieces
30 ounces diced tomatoes
8 cups beef broth
1 Tablespoon Worcestershire sauce or coconut aminos
1 Tablespoon Italian seasoning
1 teaspoon salt
1 teaspoon pepper
2 cups fresh spinach or kale

INSTRUCTIONS

- Add the butter and olive oil to a large stock pot over medium heat until butter has melted
- Add the onions, celery, carrots, and garlic and cook for 5 minutes, stirring often
- Add the cauliflower, green beans, tomatoes, beef broth, Worcestershire, and Italian seasoning to combine.
- Bring to a boil, reduce to a simmer, and cook for 25 minutes or until the vegetables are tender.
- Season with salt and pepper if needed.
- Add the spinach and stir for 1-2 minutes or until wilted.

Serving 1: Calories 75| Net Carbs 5| Protein 4| Protein 3

TUSCAN WHITE BEAN SOUP

INGREDIENTS

¼ cup extra virgin olive oil
1 small onion, diced
4 cloves garlic, minced
2 medium shallots, chopped
2 carrots, chopped into coins
2 stalks celery, diced
2 15 ounce cans cannellini beans, drained and rinsed
2 bay leaves
1 Tablespoon Italian seasoning
1 summer squash, diced into bite sized pieces

4 cups vegetable broth
¼ teaspoon red pepper flakes
½ teaspoon sea salt
¼ teaspoon pepper
3 cups fresh spinach
-add coconut aminos to taste

INSTRUCTIONS

- Heat olive oil in a large pot over medium-low heat
- Sauté onions, garlic and shallots for 3-4 minutes
- Add carrots and celery and sauté for another 7-10 minutes
- Add the beans, bay leaves, Italian seasoning, red pepper flakes, broth, salt and pepper
- Bring to a boil, then reduce heat to low, cover and simmer for 15 minutes
- Remove bay leaves and transfer 2 cups of soup to a blender. Blend until creamy. Return to pot.
- Stir in spinach until wilted
- Serve hot garnished with fresh herbs and crusty bread.

MAIN DISH

SALMON PATTIES

SERVINGS 5 patties

INGREDIENTS

SALMON PATTIES

6-ounce can salmon
½ cup almond flour
2 Tablespoons mayonnaise
1 large egg
½ teaspoon salt
¾ teaspoon fresh thyme or ¼ teaspoon dry (I am generous. Probably double it.)
¼ teaspoon pepper

FRYING option 1

2 Tablespoons olive or avocado oil

AIR FRY option 2 (This is the healthiest option)

Spray the patties on each side with olive or avocado oil and air fry. Time will depend on the temperature.

INSTRUCTIONS

- Drain the salmon well. Discard any bones and skin. Pat meat dry.
- Stir together all salmon patty ingredients until well mixed, breaking apart any salmon chunks.
- Divide mixture into 5 equal portions. Flatten each one into 2-3" wide patties.

-Heat oil over medium heat. Cook the patties until fully browned and slightly crisp. OR Air fry to desired crispness.

Serving 1 patty: Net Carbs 3.52| Fat 10.6| Protein 12

BEEF STROGANOFF

INGREDIENTS

1 pound ground beef or turkey
1 medium onion, chopped
1 clove garlic, minced
1 cup beef broth
1 teaspoon sea salt
¼ teaspoon pepper
½ teaspoon thyme

INSTRUCTIONS

-Lightly brown the beef, and then add the onion and garlic, stirring until the onion becomes translucent.
-Add the broth, salt, pepper, and thyme. Simmer, stirring frequently until it is thickened. Serve over Miracle Noodles, pasta, rice, etc.

GARLIC AND HERB CRUSTED LAMB CHOPS

SERVINGS 8 count/2 lamb chops per serving

INGREDIENTS

2 pounds lamb rib chops, approximately 8 chops

MARINADE

5 plump garlic cloves, divided
4 Tablespoons olive oil, divided
2 Tablespoons fresh parsley, plus more for garnish
2 teaspoons Tabasco original red pepper sauce
1 teaspoon fine sea salt
1 teaspoon pepper
¼ teaspoon dried thyme

SAUCE

½ cup chicken or beef stock
2 Tablespoons butter, softened

INSTRUCTIONS

-Thoroughly pat lamb chops dry with paper towels, wiping away any possible bone fragments or shards. Slice between the ribs to separate chops, cutting the into ¾" or 1" thick even portions.

- Stir together the marinade ingredients in a measuring cup, only using 3 of the 4 Tablespoons olive oil.
- Place the chops in a casserole dish, pour the marinade over and rub all the sides of the chops, focusing on the meaty portions.
- Cover and refrigerate for at least 1 hour or overnight.
- Remove the chops from the refrigerator for 30 minutes before cooking.
- Place a large heavy pan over high heat and add 1 Tablespoon olive oil. Once the oil is hot, add the chops and sear for 2-4 minutes per side, depending on the thickness of the chops and desired doneness on a thermometer; keep in mind the temp rises 5 degrees as it rests. Sauté in 2 batches if needed.
- Transfer to a serving plate with a foil tent. Let chops rest for 5 minutes while making the pan sauce.
- Spoon excess oil from the pan, leaving 1-2 Tablespoons of the oil. Be careful not to remove the drippings and flavorings.
- Add ½ cu of stock and simmer 2 minutes. Turn off heat then swirl in 2 Tablespoons softened butter, 1 tablespoon at a time. Spoon sauce over the lamb chops and garnish with more parsley if desired.

BROCCOLI RICE CASSEROLE

SERVINGS 8

INGREDIENTS

- 4 cups broccoli, cut into bite size pieces
- 3 cups cooked white rice (or Miracle Noodle Rice)
- ¼ cup butter
- ¼ cup flour or alternative flour
- 2 ¼ cups milk or alternative milk
- ½ teaspoon mustard powder
- ¼ teaspoon paprika
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- 1 ½ cups sharp cheddar cheese, shredded or Dairy Free Version
- ½ cup grated parmesan cheese or Dairy Free Version
- 3 ounces softened cream cheese, cubed or Dairy Free Version
- ½ cup sharp cheddar cheese, shredded or Dairy Free Version

INSTRUCTIONS

- Preheat oven to 350 degrees. Spray a 9x13 pan with nonstick spray or rub with oil
- Fill a large pot with water and bring it to a boil. Add in the broccoli and cook for 2 minutes then immediately transfer to a bowl with ice water, set aside.
- Heat butter in a medium saucepan. Add in the flour and cook for 1-2 minutes stirring constantly.
- Add in the milk and spices and allow it to come to a simmer stirring constantly with a whisk. Cook for 4-5 minutes or it starts to thicken.
- Remove from heat and stir in 1 ½ cups cheddar cheese, parmesan cheese, and cream cheese. Season the sauce with salt and pepper to taste. You will want to adjust the amounts to taste if using dairy free cheese.
- Add the cooked rice, blanched broccoli, and cheese sauce and toss to combine.
- Place it into a prepared baking dish and top with remaining cheese. Bake for 30-35 minutes.
- Serve immediately.

VEGAN LO MEIN

INGREDIENTS

8 ounces lo Mein noodles, spaghetti, or miracle noodles
2 Tablespoons olive or avocado oil
3 cloves garlic, minced
1 small onion, thinly sliced
2 medium carrots, julienned
1 bell pepper, thinly sliced
2 cups mushrooms, sliced
2 cups broccoli, bit sized pieces

LO MEIN SAUCE

¼ cup soy sauce or coconut aminos
2 Tablespoons hoisin sauce or substitute with soy sauce or coconut aminos
1 Tablespoon maple syrup or SF syrup
1 Tablespoon rice vinegar
1 teaspoon sesame oil
1 teaspoon grated ginger
¼ teaspoon sriracha

INSTRUCTIONS

- Cook noodles according to instructions
- In a large pan, stir-fry garlic, onion, carrots, bell pepper, mushrooms, and broccoli
- Add cooked noodles, lo Mein sauce, and stir-fry until noodles are well coated
- Add broccoli and stir-fry another 2 minutes
- Serve hot

WET BURRITOS

SERVINGS 8

INGREDIENTS

MEATLESS FILLING

2 cups water
1 teaspoon salt
1 cup lentils
Salsa to taste
½ onion, chopped
1 teaspoon garlic
1 cup organic oatmeal
1 cup DF cheddar cheese
Homemade taco seasoning to taste (taco seasoning recipe is found in sauces and salad dressings)
Tortillas (I use <https://mariaandricardos.com/>)

SAUCE

16 oz DF sour cream

Season with onion powder, salt, garlic powder and a few drops of coconut aminos (We want it to have the flavor of sour cream mixed with cream of mushroom soup.)

*Organic cream of mushroom soup can be mixed with sour cream instead of the above but there is a little dairy in the can.

CHEESE TOPPING

2-3 cups DF cheddar cheese

INSTRUCTIONS

-Heat water and salt to a boil. Add lentils and simmer for 25-30 minutes till tender and water is absorbed. You may need to add a little water towards the end.

-Drain off any extra water and mash the lentils lightly.

-Mix in the onions, garlic, oatmeal, and cheese substitute.

-Add taco seasoning and salsa to taste and make the mixture moist enough to but put in a rolled tortilla

-Stir together the sauce and put a thin coating on the bottom of a sprayed 9x13 pan. This is only to keep the tortillas from sticking. You will want most of the sauce on top.

-Lay out 8-10 tortilla wraps on the counter and divide the meatless filling between them. Squeeze the filling all the way to each end as you roll them up. Do not fold in the ends. Just push the filling out to the ends of the tube shape that they make as you roll them. Lay them in a 9x13 pan.

-Pour the rest of the sauce over the top of the wraps and spread it evenly.

-Bake at 350 degrees for 30 minutes or till hot.

-Pull the pan out of the oven and sprinkle the 2-3 cups of cheese over top and place back in oven for about 10 minutes. Most DF cheese doesn't look like it melts. We want it to get hot.

Enjoy!

VEGGIE PULP LENTIL LOAF

SERVINGS 10" LOAF

INGREDIENTS

2 cups water

1 teaspoon salt

1 cup lentils

1 onion, diced

2 cloves garlic, diced

1 cup organic oatmeal

¾ cup DF cheddar cheese

½ cup juice pulp

½ cup tomato sauce

¼ cup ketchup or BBQ sauce

1 teaspoon basil, rosemary, and/or oregano. Or Italian seasoning to taste

½ teaspoon pepper

INSTRUCTIONS

- Preheat oven to 350 degrees and generously grease a loaf pan
- Bring water and salt to a boil.
- Add lentils and simmer, covered, for 25-30 minutes. Lentils will be soft and most of the water will evaporate. You may need to add a little water towards the end if lentils aren't quite done.
- Drain lentils and mash lightly
- Mix in onions, oatmeal, and cheese until mixed well.
- Add juice pulp, tomato sauce, and seasonings. Mix well.
- Put into loaf pan. Smooth the top and spread the BBQ or ketchup in an even layer
- Bake for 30-45 minutes
- Cool for 10 minutes
- Run a sharp knife around the edges of the pan. Serve

JUICE PULP VEGGIE BURGERS

SERVINGS 4 PATTIES

INGREDIENTS

- 2 cups juice pulp (carrots, beets, celery and kale)
- 1 egg
- Salt and pepper to taste
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- ¼ cup beans of choice (optional)
- 1 Tablespoon olive oil

Burger fixings: buns, lettuce, tomato, onion, cheese, etc.

INSTRUCTIONS

- Combine the juice pulp, eggs and spices (through the paprika) in a bowl and mix well with a spoon. If using the beans, add them in and mix. The beans help give the burger some texture and help with binding, but it is not necessary.
- Refrigerate while you get the rest of your burger fixings ready.
- Divide and shape into four burger patties using your hands. Try to keep the burgers on the thinner side in order to cook the middle to perfection.
- In a large skillet over medium-low heat, warm up the olive oil. Place two patties into the skillet and cook four minutes per side. If using cheese, place slices of cheese onto each patty and cover the skillet with a lid. Cook until the cheese is melted.
- Serve on buns of choice with additional burger toppings.

CASHEW CHICKEN STIR-FRY

SERVINGS 6-8

INGREDIENTS

1 ½ cups cashews
½ cup olive or avocado oil
2 pounds chicken breast, cubed or rotisserie chicken for fast meal prep
2 Tablespoons cornstarch
1 cup chicken broth
6 Tablespoons soy sauce or coconut aminos
4 teaspoons honey
2 teaspoons ginger
2 pkgs or 28 ounces frozen sugar snap peas
Hot pasta or rice

- Cook nuts in oil for 3 minutes or till it starts to roast. Don't burn them.
- Add chicken and cook until meat is no longer pink. Or heat rotisserie chicken that has been cut up.
- In a bowl, combine cornstarch, broth, soy sauce, honey and ginger until smooth; add to the chicken mix.
- Bring to a boil; cook and stir for 2 minutes or until thickened.
- Reduce heat and stir in peas, heat through.
- Serve over pasta or rice.

CREAMY BAKED SALMON CASSEROLE

SERVINGS 8

INGREDIENTS

2 pounds cauliflower florets
16 ounce salmon fillet, cut into bite sized pieces
6 Tablespoons butter or DF
6-8 Tablespoons GF flour
¾ cup of parmesan cheese DF
2 cups milk or milk substitute
2 cups heavy cream or milk substitute
2 Tablespoons lemon juice
2 Tablespoons fresh dill
A pinch of nutmeg
Salt and pepper to taste

INSTRUCTIONS

- Preheat the oven to 400 degrees. Spray a baking dish with a capacity of 4-6 cups
- Fill a pot with water and bring it to a boil. Add the cauliflower florets and simmer on medium-high heat for 4-5 minutes. Then, drain the cauliflower and set it aside.

- In a skillet, melt butter and add the flour. Whisk them together. Gradually stir in the milk and heavy cream a little at a time, creating a roux while whisking.
- Ensure that the mixture becomes smooth and free of lumps. Season the roux with salt and pepper, nutmeg, and farm dust (<https://www.ashcountychese.com/shop/weavers-farm-dust-seasoning-5-25oz/>).
- Remove the roux from the heat and stir in parmesan cheese and dill. Continue stirring until the cheese is fully incorporated into the sauce.
- Pour ¼ cup into the bottom of the baking dish and spread. Arrange the cauliflower and the salmon in the dish and then pour the remaining sauce over the top.
- Bake for 30 minutes. If the top begins to get too brown, cover the dish with foil.

SPAGHETTI PIE

SERVINGS 8-12 SERVINGS (2 PIES)

INGREDIENTS

- ½ pound spaghetti, cooked until tender and drained well OR 18 ounces heart of palm noodles, drained well (heart of palm do not need to be cooked. Only rinsed and heated in a dry skillet to remove the extra water.
- 2 Tablespoons butter
- 2 eggs, beaten
- ½ cup parmesan cheese, DF
- 2 cups cottage cheese, goat cheese, or DF mozzarella cheese
- 1 pound ground beef OR 1 cup lentils cooked in water and slightly mashed
- 1 cup onion, chopped
- 2 garlic cloves, minced
- 16 ounces tomato sauce or spaghetti sauce
- Italian seasoning to taste unless using spaghetti sauce
- 1 cup mozzarella cheese, shredded, DF

INSTRUCTIONS

- Cook spaghetti till tender and drain well, or drain heart of palm and heat in pan
- Stir in butter, then the egg and parmesan cheese.
- Spray 2 pie plates. Divide the noodle mixture between the two and form a crust in the bottom and sides of the pie plates.
- Divide the cottage cheese or alternative between the two pies and spread in the bottom of each crust as if it were the pie filling.
- Brown the meat with the onion and garlic and drain off fat. Or cook 1 cup of lentils in 2 cups of water until tender and the water is gone. Smash lightly and add the onion and garlic and cook for a few minutes till tender.
- Stir in the red sauce and seasonings. Divide between the two pies and spread over the cottage cheese layer, covering it completely.
- Divide and sprinkle the mozzarella cheese over the top of both pies. Extra parmesan can be added on top of the mozzarella cheese for more flavor.
- Bake at 350 degrees for 20-25 minutes or until bubbly and hot.

This recipe is perfect to prepare and freeze to bake later. Just thaw well before baking.

VEGGIE WRAPS

SERVINGS 4

INGREDIENTS

4 (10") tortillas
½ cup cream cheese DF
Farm Dust to taste
4 lettuce leaves
1-2 Roma tomatoes, sliced thin
1 cucumber, sliced into thin strips the length of the wrap
2 carrots, peeled and sliced into thin strips
1 small onion, sliced into thin strips
4 slices DF cheese

INSTRUCTIONS

- Arrange tortillas on counter.
- Divide cream cheese among them and spread over the wrap. Sprinkle with Farm Dust or seasoning of choice.
- Next place a lettuce leaf down the middle of each wrap,
- Layer on the tomatoes and then the rest of the veggies.
- Roll the tortillas and secure with a toothpick. Refrigerate until serving time.

KETO BAKED CHICKEN FAJITAS

SERVINGS 8

INGREDIENTS

1 ½ -2 pounds boneless skinless chicken breasts, cut into strips.
1 medium onion, sliced into strips
3 bell peppers, sliced into strips
3 Tablespoons olive or avocado oil
2 ¼ teaspoons chili powder
1 ¾ teaspoons cumin
½ teaspoon dried oregano
½ teaspoon paprika
4 teaspoons garlic, minced
½ teaspoon pepper
1 teaspoon salt
2 Tablespoons cilantro, chopped
Juice of 1 lime

INSTRUCTIONS

- Preheat oven to 400 degrees
- Slice chicken and vegetables.
- In a large bowl combine the oil and spices. Mix well.
- Add the sliced chicken and vegetables to the seasoning mixture and stir until well coated.
- Pour the fajita mixture onto a large, sprayed pan with edges. You may need more than one pan. You want a single layer. This will look like too much food, but the vegetables will shrink down.
- Bake for 11 minutes, then stir. Return to oven for an additional 11 minutes or until the chicken is cooked all the way through.
- Make sure to check the temperature of the chicken is 165 degrees.
- You can stick your chicken under the broiler for a few minutes if you want it to look brown.
- Remove from oven and top with lime juice and cilantro.
- This can be eaten in tortillas with all the yummy toppings or over lettuce.

SERVING 1: Net Carbs 3

MARIAN'S SPAGHETTI

SERVINGS 4-6

INGREDIENTS

- 1 pound spaghetti or GF option
- 4 cloves garlic, minced
- 1 bunch of parsley, chopped
- 4 teaspoons salt
- 6-7 grinds black pepper
- 4 Tablespoons butter or DF option
- ½ cup olive oil
- ½ bay leaves
- Fresh parmesan cheese to taste when plated or DF parmesan

INSTRUCTIONS

- Boil spaghetti for 10 minutes and drain. Mix in the butter while the spaghetti is hot.
- Sauté garlic in the oil, and then add parsley, salt, pepper, and bay leaves. Make sure salt is dissolved.
- Add spaghetti and oil to the spices and reheat.
- Serve immediately with fresh parmesan on top.

PARMESAN CRUSTED CHICKEN

INGREDIENTS

1 cup mayonnaise
½ cup parmesan cheese or DF
6 chicken breasts cut into tenders
2 Tablespoons plus 2 teaspoons Italian breadcrumbs GF
Paprika

INSTRUCTIONS

-Slice chicken into tenders and salt
-Place chicken in a sprayed 9x13 pan
-Mix the parmesan cheese and mayonnaise in a small bowl
-Spread across chicken
-Sprinkle with breadcrumbs
-Sprinkle with paprika (optional)
-Bake at 425 degrees for 20 minutes

CREAMY NOODLES

SERVINGS 4

INGREDIENTS

8 ounces thin spaghetti, Miracle Noodles, or Heart of palm
6 ounces cream cheese, cubed or DF version
1 ½ teaspoons minced garlic
3 Tablespoons butter
3 Tablespoons sour cream or DF version
5 Tablespoons milk or alternative milk
2-3 Tablespoons Cajun seasoning
¼ teaspoon onion powder
1 1 /2 teaspoons dried parsley
¼ cup grated parmesan cheese or DF version
Salt and pepper to taste

INSTRUCTIONS

-Cook spaghetti according to package directions. Drain well.
-While spaghetti cooks, prepare the sauce.
-In a large skillet over medium-high heat, sauté garlic in the butter for 1 minute. Add cream cheese, sour cream, milk, Cajun seasoning, onion powder, salt and pepper. Reduce heat to low. Cook and stir until smooth. Do not boil. Remove from the heat and stir in parmesan cheese.
-Add the cooked pasta to the sauce and toss to coat. Sprinkle with parsley.

TACO STUFFED PEPPERS

SERVINGS 6

INGREDIENTS

3 Bell peppers
1 ½ pound ground beef, turkey, or the cooked lentils from the Wet Burrito recipe
1 can kidney beans with juice
1 package taco seasoning or equivalent of homemade recipe in sauces/salad dressings
1 cup salsa
Sour cream or DF
Tomatoes, chopped
Black olives, sliced
Cheese, shredded or DF version
Seasoned tortilla chips, crushed

INSTRUCTIONS

- Slice pepper in half and scrape out the seeds. Place in boiling water for 3 minutes. Remove from water, sprinkle with salt, and put them on paper towels to drain the excess water off
- Brown meat and drain.
- Add beans, taco seasoning, and salsa to meat mixture.
- Stuff peppers with the meat mixture and lay meat side up in a sprayed 9x13 pan.
- Bake at 350 degrees for 15 minutes or till hot through. Sprinkle with a little cheese and put back in the oven for a few minutes.
- Have toppings ready.

REGULAR STUFFED PEPPERS

SERVINGS 6

INGREDIENTS

3 Bell peppers
1 ½ pound ground beef, turkey, or the cooked lentils from the Wet Burrito recipe
1/3 cup onion, chopped
15 ounces tomatoes, diced with juice
2/3 cup dry rice
3 Tablespoons organic Worcestershire sauce
1 teaspoon oregano
1 cup cheddar cheese, or DF version
1 cup water
½ teaspoon salt
½ teaspoon pepper

INSTRUCTIONS

- Slice peppers in half and scrape out seeds. Place in boiling water for 3 minutes. Sprinkle inside with salt and place on paper towels to drain extra water.
- Cook meat with the onion, oregano, and then drain.
- Stir in the tomatoes with juice, uncooked rice, Worcestershire sauce, 1 cup water, salt and pepper.
- Bring the mix to a boil and simmer, covered for 15-18 minutes or till the rice is tender.
- Stir in half of the cheese.
- Stuff peppers with the meat mix and place stuffed side up in a sprayed 9x13 pan. Put extra mix around the peppers if left over.
- Bake at 375 degrees for 15-20 minutes or till hot. Top with remaining cheese. Put back in the oven for a few more minutes. Serve.

SIDE DISHES

KOREAN BROCCOLI

SERVINGS 4

INGREDIENTS

- 1 pound broccoli
- 2 Tablespoons sesame oil, plus more for drizzle
- 2 clove garlic
- 1 teaspoon sugar or sweetener
- ½ teaspoon salt
- ¼ teaspoon pepper

INSTRUCTIONS

- Chop broccoli into florets. Be sure to include the stems and stalks. They are delicious.
- In a medium saucepan, add 1-2 inches of cold water. Heat on high heat until the water comes to a rolling boil. Add a pinch of salt and broccoli. Cover tightly and reduce heat to medium-low. Steam broccoli until al dente and bright green, exactly 2 minutes.
- Immediately transfer the broccoli to an ice bath. The cold water will shock the green vegetables and prevent further cooking.
- Transfer the chilled broccoli to a colander and drain well. Pat dry with a paper towel if it looks overly wet.
- Make the dressing in a small bowl by adding sesame oil, sesame seeds, minced garlic, salt and sugar. Mix well. Add the broccoli and mix well with hands or tongs. Taste and add more salt and pepper if needed.
- Transfer to a serving bowl. Right before serving, add an extra drizzle of sesame oil. It tastes good cold or room temperature.

SERVING 1: Calories 145| Net Carbs 11| Fat 8| Protein 7

GARLIC POTATOES

INGREDIENTS

7 large potatoes
8 ounces cream cheese or DF
8 ounces sour cream or DF
1 stick butter
Galic cloves, minced, to taste
Salt and pepper to taste
Paprika to sprinkle over the top

INSTRUCTIONS

-Boil and mash potatoes with or without skin. These can be mashed chunky or smooth.
-Add cream cheese, sour cream, butter, garlic, salt and pepper.
-Spread into a sprayed 9x13 pan.
-Pour small amount of melted butter on top of potatoes.
-Sprinkle with paprika.
-Bake at 350 degrees for 25 minutes or till hot. These can also be made a day or two in advance and then backed. Increase baking time.

SWEET POTATO CASSEROLE

INGREDIENTS

POTATOES

3 cups sweet potatoes, peeled, cooked and mashed
½ cup sweetener
½ teaspoon salt
2 eggs, beaten
¼ stick butter, melted
1 teaspoon vanilla

TOPPING

1/3 stick butter, softened
½ cup brown sugar sweetener
1/3-1/2 cup gluten free flour
½ cup pecans, chopped

INSTRUCTIONS

-Mix the potatoes, sweetener, salt, eggs, butter and vanilla together. Spread into a sprayed baking dish.
-For the topping, mix the butter, brown sugar sweetener, GF flour and pecans together. This will be a little coarse. Sprinkle it over the top of the potatoes.
-Bake at 350 degrees for 15-25 minutes or till hot through.

VIDALIA ONION CASSEROLE

INGREDIENTS

5-6 Vidalia onions, sliced in rings or half rings
1 stick butter
6-9 ounces of gluten free crackers, crumbled
½ cup of parmesan cheese, DF

INSTRUCTIONS

- Sauté the onions in butter until caramelized.
- In a small bowl, mix the parmesan cheese and the cracker crumbs together.
- Spray an 8x8 baking dish and layer half of the onions, then half of the cracker mix. Then repeat the layers with the cracker mix on top.
- Bake at 350 degrees for 30 minutes.

MAPLE PECAN GOAT CHEESE ROASTED ACORN SQUASH

SERVINGS 4

INGREDIENTS

2 medium acorn squashes
2 Tablespoons olive or avocado oil
Salt and pepper to taste
¼ cup maple syrup or choc zero sugar free syrup
½ cup pecans, roughly chopped
¼ cup goat cheese, crumbled

INSTRUCTIONS

- Preheat the oven to 400 degrees.
- Cut each acorn squash in half lengthwise and scoop out the seeds.
- Brush each squash flesh with oil and season with salt and pepper.
- Place the squash cut side down on a baking sheet lined with parchment paper. Roast for about 30-35 minutes or until the flesh is tender when pricked with a fork.
- Roughly chop the pecans and crumble the goat cheese over. Mix.
- Remove the squash when tender and turn the cut side up.
- Drizzle each half with syrup. Top with the cheese pecan mix and roast for 10 more minutes.
- Remove the squash from the oven and allow it to cool for a few minutes. Transfer to a serving plate and drizzle a little syrup over the tops.

ASIAN BROCCOLI STIR FRY

SERVINGS 8-10

INGREDIENTS

1 cup chicken or vegetable broth
2 Tablespoons plus 2 teaspoons coconut aminos
2 Tablespoons hoisin sauce or substitute with coconut aminos
1 Tablespoon plus 1 teaspoon sesame oil
1 Tablespoon plus 1 teaspoon organic cornstarch
1 Tablespoon plus 1 teaspoon olive oil
8-10 cups broccoli florets
4 cloves garlic, minced
Sesame seeds to sprinkle as a garnish

INSTRUCTIONS

- In a bowl, whisk together the broth, coconut aminos, hoisin sauce, sesame oil, and cornstarch until combined.
- In a large skillet heat the olive oil over medium heat.
- Add the broccoli and stir fry for 4-5 minutes until it is bright green and tender crisp.
- Add the garlic and continue stir frying for another minute until fragrant.
- Pour the sauce over the top of the broccoli and stir until it is well coated.
- Simmer for a minute or two until the sauce is heated and thickens.

SERVING 1: Calories 248| Fat 11| Net Carbs 23| Fat 7| Protein 16

SALADS/DRESSINGS/SAUCES

SEVEN LAYER SALAD

INGREDIENTS

1 bag of 3 romaine hearts, cut
1 onion, chopped
¾ cup celery, chopped
1 small box or bag of frozen peas
6 hard-boiled eggs, cut into small pieces
2 cups mayonnaise
2 Tablespoons sugar or sweetener
10 pieces bacon, cooked and crumbled (I skip this layer for a healthier version.)
3 cups cheddar cheese shredded or DF version.

INSTRUCTIONS

- In a large bowl, layer the romaine, onion, celery, frozen peas, and hard-boiled eggs.

- Make the dressing by mixing the mayonnaise and sweetener. Spread over the eggs.
- Spread the bacon over the dressing and the cheese over the bacon. Refrigerate until ready to serve.
- The salad can be tossed right before eating but know that any unused portion will be soggy by the next day. If you want to be able to use the leftovers, have guests go straight down to remove a serving to get all the layers into their salad bowl.

BLUEBERRY PEACH FETA SALAD

SERVINGS 4-6

INGREDIENTS

- 4 cups mixed salad greens
- 1 cup fresh blueberries
- 2 ripe peaches, sliced into thin wedges
- 2 Tablespoons lemon juice
- 1 Tablespoon honey
- 1 teaspoon Dijon mustard
- Salt and pepper to taste

INSTRUCTIONS

- Wash and dry the blueberries and salad mix.
- Slice the peaches into thin wedges.
- Toast and chop the walnuts.
- In a large salad bowl, combine the mixed salad greens, blueberries, and peach slices.
- Crumble the feta cheese over the salad.
- Add the toasted walnuts.
- In a small bowl, whisk together the olive oil, lemon juice, honey, Dijon mustard, salt and pepper until well combined.
- Drizzle the dressing over the salad and toss gently to combine, ensuring all the ingredients are evenly coated.
- Serve immediately or chill for 30 minutes.

GRAPE WALNUT SALAD

INGREDIENTS

- 2 teaspoons butter
 - ¾ cups walnuts
 - ¼ teaspoon salt
 - 4 ounces cream cheese, room temperature, DF
 - 4 ounces vanilla yogurt, DF
 - 1/3 cup brown sugar sweetener
 - 6 cups grapes, washed and DRIED
- (Sometimes I use plain yogurt and add Choc Zero Carmel Syrup for a different flavor.)

INSTRUCTIONS

-In a pan, heat the butter over medium-to-medium high heat. Add the walnuts and salt. Mix Toast for 3-4 minutes stirring occasionally. Be careful not to burn. If you can smell the nuts, it usually means they are done. Remove from heat and let cool.

-Combine the cream cheese and yogurt. Stir in the sweetener and the cooled nuts. Add mixture to the grapes.

-Serve

QUINOA LENTIL GREEK SALAD

INGREDIENTS

SERVINGS 4-6

SALAD

½ cup quinoa, rinsed

1 cup vegetable broth

½ cup lentils, rinsed, cooked according to package directions, and cooled

1 cucumber, diced

1 red bell pepper, diced

½ cup cherry tomatoes, halved

¼ cup red onion, thinly sliced or finely chopped

¼ cup Kalamata olives, pitted and halved

¼ cup fresh parsley, chopped

4 ounces feta cheese, crumbled, DF

LEMON-HERB DRESSING

¼ cup extra virgin olive oil

3 Tablespoons fresh lemon juice

1 teaspoon dried oregano

½ teaspoon Dijon mustard

1 clove garlic, minced

Salt and pepper to taste

INSTRUCTIONS

-Cook Quinoa after rinsing in water or broth. Bring to a boil, reduce heat, cover, and simmer for 15 minutes or until water is absorbed. Fluff with a fork and let cool.

-Prepare lentils per the package. Drain and cool.

-Make the dressing by whisking together the olive oil, lemon juice, oregano, Dijon mustard, minced garlic, salt and pepper.

In a large serving bowl, combine the cooled and cooked quinoa, cooked and cooled lentils, diced cucumber, diced bell peppers, halved cherry tomatoes, red onion, Kalamata olives, and chopped parsley.

-Pour the dressing over the salad and toss gently to combine well.

-Add feta cheese and gently fold in the salad.

-Serve immediately or chill for 15-20 minutes to allow flavors to meld.

WARM LENTIL SALAD W\ MARINATED FETA

INGREDIENTS

LENTILS

1 cup lentils, rinsed
3 cups vegetable broth or water
1 bay leaf

MARINADE FOR VEGETABLES

1 small zucchini, diced
1 medium red bell pepper, diced
1 small red onion, thinly sliced
½ cup cherry tomatoes, halved
2 Tablespoons olive oil
1 Tablespoon red wine vinegar
1 Tablespoon fresh lemon juice
1 teaspoon dried oregano
2 teaspoons dried oregano
2 Tablespoons fresh parsley or basil, chopped
Salt and pepper to taste

MARINATED FETA CHEESE

5 ounces feta cheese, cubed
2 Tablespoons olive oil
½ teaspoons chili flakes
½ teaspoon dried thyme

INSTRUCTIONS

- Place lentils, broth or water, and bay leaf in a saucepan.
- Bring to a boil, then reduce to a simmer for 20-25 minutes. Drain and discard bay leaf.
- While the lentils cook, combine the zucchini, bell pepper, onion, and cherry tomatoes in a large bowl.
- Add olive oil, vinegar, lemon juice, oregano, parsley, salt and pepper. Toss well and set aside for at least 10 minutes to allow flavors to mingle.
- In a small bowl, toss the feta cubes with olive oil, chili flakes, and thyme.
- Let sit at room temperature for 15-20 minutes.
- While lentils are still arm, gently toss them with the marinated vegetables and juice.
- Adjust seasoning with extra lemon juice, salt and pepper if needed.
- Top with marinated feta or crumble directly over the salad.
- Best served slightly warm or at room temperature with crusty bread.

SAUCES/SALAD DRESSING/GRAVY/DRY SEASONING

PRALINE PECAN SAUCE

SERVINGS 12 (2T/serving)

INGREDIENTS

1 cup pecan halves
6 Tablespoons butter or coconut oil
1/3 cup heavy whipping cream or coconut cream
¼ brown sugar sweetener
¼ cup granulated sweetener
½ teaspoon vanilla
¼ teaspoon salt

INSTRUCTIONS

-Preheat oven to 350 degrees and spread the pecan halves on a rimmed baking sheet. Bake 7-10 minutes, watch carefully, until nicely toasted. Let cool and then coarse chop the nuts.
-In a medium saucepan over medium heat, combine the butter, cream and the sweeteners. Bring to a simmer, whisking to dissolve the sweeteners. Cook it for 2 minutes.
-Remove from the heat and stir in the vanilla and salt and then stir in the chopped pecans. Serve warm over pancakes or ice cream, cheesecake, brownies, et. Or just eat with a spoon!

SERVING 2 Tablespoons: Calories 133| Net Carbs .6| Fat 13.3| Protein 1

LOW CARB ORANGE SAUCE

INGREDIENTS

1 Tablespoons olive oil
¼ cup soy sauce or coconut aminos
¼ cup chicken broth
¼ cup Choc Zero Orange Marmalade Jam
2 Tablespoons keto honey or Choc Zero Maple Syrup
½ Tablespoon Sriracha
2 teaspoons sesame oil

INSTRUCTIONS

-Mix the sauce ingredients together until smooth as it simmers. If it doesn't thicken enough, I whisk in a little guar gum or xanthan gum to desired thickness.

This is excellent over chicken, vegetable stir-fry etc.

BBQ SAUCE

INGREDIENTS

1 large onion, chopped
2 cloves garlic, minced
1 cup tomato sauce
¾ cup water, divided
2/3 cup Choc Zero Maple Syrup
3 Tablespoons apple cider vinegar
1 teaspoon paprika
¼ teaspoon chili powder
2 teaspoons coconut aminos
1 teaspoon salt
1/8 teaspoon of cayenne pepper, optional
Pinch of black pepper

1 Tablespoon avocado oil mixed with guar gum to make a slurry and thicken.

INSTRUCTIONS

- Preheat pan over medium heat. Cook the chopped onion for 7-10 minutes, stirring occasionally. Allow some color and caramelization to develop in the pan. You'll deglaze with water and other ingredients in a few minutes.
- Once the onion is golden, add the minced garlic and cook for about 30 seconds, stirring constantly so the garlic doesn't burn. Deglaze the pan with ¼ cup of water.
- Add the tomato sauce, ½ cup of water, apple cider vinegar, choc zero or maple syrup, and seasonings. Stir to combine. Bring to a simmer and cook for 3-5 minutes or until slightly reduced.
- Pour into a blender and blend till smooth.
- Put back into pan and add the slurry to thicken as it heats.

BLACKBERRY SAUCE

SERVINGS 12

INGREDIENTS

3 cups blackberries
2 Tablespoons lemon juice
½ cup granulated sweetener
1 Tablespoon cornstarch
2 Tablespoons water

INSTRUCTIONS

- Place blackberries, lemon juice, and sweetener in a large saucepan.
- Cook over medium heat, stirring frequently until it comes to a boil.
- Continue to boil and stir for 10 minutes.

-If you desire a thicker sauce, make a slurry of the cornstarch and water and add to boiling berries. Cook until it thickens.

-Remove from heat and cool. Store in the refrigerator until ready to use.

SERVING 1: Calories 51| Net Carbs 11| Fat 0.2| Protein 1

SWEET AND SOUR SAUCE

INGREDIENTS

½ cup of granulated sweetener

½ cup apple cider vinegar

1/3 cup water

2 Tablespoons coconut aminos

1 Tablespoon sesame oil

¾ teaspoon xanthan gum

Cayenne pepper to taste

INSTRUCTIONS

In a pan, combine sesame oil and xanthan gum until thoroughly mixed. Slowly whisk in the rest of the ingredients starting with the ACV so that it blends well with the oil.

-Bring to a boil, then reduce and simmer for 1-2 minutes until thick.

SWEET VIDALIA ONION SALAD DRESSING AND MARINADE

SERVINGS 16

INGREDIENTS

1 cup olive oil

1 medium Vidalia onion

½ cup granulated sweetener

1/3 cup white vinegar

¾ teaspoon ground mustard

¾ teaspoon salt

½ teaspoon turmeric

½ teaspoon paprika

½ teaspoon fresh garlic, minced

¼ teaspoon pepper

1 Tablespoon poppy seeds

INSTRUCTIONS

-Put all ingredients, except poppy seeds into a Vitamix or blender and blend on high for 30 seconds.

-Add poppy seeds and blend for 2 seconds

-Shake well before serving.

BLUEBERRY VINAIGRETTE

SERVINGS 16

INGREDIENTS

½ cup olive oil
¼ cup balsamic vinegar
1 Tablespoon smooth Dijon mustard
1/3 cup blueberries
2 teaspoons honey
Pinch of salt
Black pepper to taste

INSTRUCTIONS

-Add the olive oil, balsamic vinegar, lemon juice, Dijon mustard, blueberries, honey, salt and pepper to a blender or food processor.
-Blend until the blueberries are completely broken down and the dressing is smooth. The vinaigrette will be thick and creamy. If you prefer a thinner consistency, you can add a teaspoon of water and blend again.

SERVING 1/16: Calories 68| Net Carbs 1.9| Protein 0.1| Fat 7|

CREAMY CUCUMBER DILL SAUCE

SERVINGS 8

INGREDIENTS

1 medium sized cucumber
2 cups plain yogurt
3 Tablespoons chopped fresh dill (dried 2 teaspoons)
1 Tablespoon fresh Italian parsley, chopped
1 green onion, white and green parts, finely chopped
Salt and pepper to taste

INSTRUCTIONS

-Peel cucumber, cut in half lengthwise and remove seed-filled center. Coarsely grate the cucumber.
-Mix the yogurt, dill, parsley, and onion in a bowl.
-Stir in grated cucumber.
-Season with salt and pepper to taste. Mix well and chill before serving.

ROUX

SERVINGS 9

¼ cup olive oil or butter

5-6 Tablespoons chickpea flour (start with 5 Tablespoons and keep additional tablespoon reserved)

INSTRUCTIONS

-Heat your olive oil or butter in a saucepan over medium heat. Whisk in 5 Tablespoons of chickpea flour. Keep whisking until it is smooth. It will be a golden color and have a nutty aroma. Be careful not to burn the roux. If it starts to turn brown, it's starting to burn.

DRY ONION SOUP MIX

INGREDIENTS

2/3 cup dried, minced onions

1 Tablespoon parsley flakes

2 teaspoons onion powder

1 teaspoon celery salt

1 teaspoon salt

1 teaspoon granulated sweetener

½ teaspoon pepper

INSTRUCTIONS

-Mix all ingredients in a jar, then give the jar a good shake. Shake before each use.

-Use 4 Tablespoons in a recipe in place of a packet of onion soup mix. Store in a cool and dry place.

TACO SEASONING

INGREDIENTS

1 Tablespoon chili powder

1 teaspoon paprika

1 teaspoon cumin

¼ teaspoon cayenne pepper

½ teaspoon oregano

½ teaspoon salt

½ teaspoon pepper

INSTRUCTIONS

-Mix well. Season to taste.

APPETIERS

PICO

INGREDIENTS

8 Roma tomatoes, chopped
1 bunch fresh cilantro, chopped
½ red onion, chopped
3 garlic cloves, minced
1 lemon squeezed
Jalapenos, chopped, to taste

INSTRUCTIONS

-Chop and stir together all ingredients. Chill or enjoy immediately.

PESTO WITH PINE NUTS

SERVINGS 16

INGREDIENTS

½ cup pine nuts
8 cups basil leaves, packed tightly
¼ teaspoon red pepper flakes
1 ½ cups parmesan cheese, DF
1 teaspoon lemon zest
1 cup olive oil
1 teaspoon salt
½ teaspoon pepper

INSTRUCTIONS

-Preheat the oven to 325 degrees. Place the pine nuts on a baking sheet in a single layer and toast for 7 minutes. Stir and then continue to bake for 3-4 minutes or until lightly browned. Do not burn. Set aside.
-In a blender or food processor, combine the basil and garlic. Pulse until finely chopped.
-Add the red pepper, parmesan cheese, pine nuts and lemon zest. Turn the processor on low. Then add the olive oil at a steady stream until it's incorporated. Add salt and pepper. Pulse to combine.
-Pesto can be frozen in ice cube trays or in small amounts on a cookie sheet. Transfer frozen pesto into a freezer bag and store in the freezer. You may want to wrap the individual servings in parchment paper before bagging and freezing.

DILL PICKLE HUMMUS

INGREDIENTS

15 ounces chickpeas, drained
1 Tablespoon olive oil
½ cup dill pickle juice
2 teaspoons cumin
2 teaspoons smoked or regular paprika
2 Tablespoons fresh dill, chopped
2 dill pickle spears, chopped
¼ teaspoon salt to taste
1/8 teaspoon black pepper

INSTRUCTIONS

- In a food processor, combine the chickpeas, olive oil, pickle juice, cumin, paprika and pepper.
- Blend at a high speed until the chickpeas are completely smooth, approximately 1-2 minutes.
- Add pickles and process. Leave some pickle pieces for texture.
- Garish with freshly chopped dill.

JUICE PULP CRACKERS

YIELDS 10-20 CRACKERS

INGREDIENTS

2 cups of juice pulp, any assortment of pulp
1 Tablespoon chia seeds
½ cup flax meal or seeds
3 Tablespoon coconut aminos
1 teaspoon dried parsley
Large dash of turmeric
1 teaspoon dried oregano
Pepper to taste
¼ cup water

INSTRUCTIONS

- Blend all the ingredients except the water in a food processor. Add a little water at a time while food processor is running. Just enough so the pulp will be easy to spread, but don't add too much as it should not be watery.
- Preheat the oven to 320 degrees. Spread the mixture thinly on a parchment lined baking sheet and cut square when spread evenly. Place it in the oven and bake for 40-50 minutes. Flip halfway. The crackers are done when they are dry and crispy. A long wooden skewer is helpful to make the perforations when cutting the squares. When ready to flip is a good time to cut them the rest of the way. Baking time depends on the thinness of the crackers.

EASY HOMEMADE BUACAMOLE

INGREDIENTS

¼ cup finely minced onion
3 ripe Haas avocados
1-1 ½ Tablespoons fresh lime or lemon juice
1 large Roma tomato deseeded and diced
¼ cup cilantro, chopped
½ teaspoon ground cumin, more to taste
½ teaspoon salt, more to taste
1-2 jalapeno peppers, minced

INSTRUCTIONS

-Add diced onion to a small bowl then cover with warm water, set aside. This “De-flames” the onions, making them less intense. Make sure to drain them well and pat them with a paper towel to remove excess water before adding them to the mix.
-Cut avocados in half, lengthwise and use a spoon to scoop out the pits. Scoop out the flesh and add to a bowl.
-Add lime juice and use a fork to gently mash until desired texture. Stir in the tomato, cilantro, cumin, onions, salt and pepper, and peppers. Taste and adjust accordingly to your desired flavor.
-Serve immediately or put the pits back into the guacamole and cover tightly in plastic by pushing the plastic down onto the guac to keep the air off it.

BREAD

TOMATO BASIL BREAD

INGREDIENTS

1 French baguette or Italian bread loaf (for GF,DF, SF, I use Bread Substitute with 3 Ingredients)
4 cloves garlic, minced
3 Tablespoons olive oil
2 large ripe tomatoes, diced
¼ cup fresh basil leaves, chopped
½ teaspoon oregano
½ teaspoon salt
¼ teaspoon black pepper
1 cup mozzarella cheese, DF
Parmesan cheese, shredded, DF

INSTRUCTIONS

-Preheat the oven to 375 degrees
-Slice the bread in half lengthwise.
-In a small bowl, combine the minced garlic and olive oil.

- Brush the garlic oil mixture generously over the cut sides of the bread. Toast in the oven for about 5-7 minutes, until the bread starts to get golden and crispy.
- In a bowl, mix the diced tomatoes, chopped basil, oregano, salt and pepper.
- Remove the toasted bread from the oven. Sprinkle the mozzarella cheese evenly over the bread. Then spoon the tomato mixture on top of the cheese. Sprinkle the parmesan cheese over the top of all.
- Bake for an additional 5-8 minutes until heated through.

KETO FLAXSEED BREAD

SERVINGS 1 LOAF OF 11 SLICES OR 18 DINNER ROLLS

INGREDIENTS

- 1 ½ cups whole flaxseed (IMPORTANT- Measure the flax seed before grinding or it will be off.)
- 4 Tablespoons psyllium husk powder
- 2 teaspoons baking powder
- 1 1/3 cups hot water

INSTRUCTIONS

- Measure the whole flax seed and then grind it to flour. A coffee grinder is great to use.
- Add the remaining dry ingredients and mix well.
- Pour I the hot water and mix with a spoon, kneading it with your hands for up to 30 seconds once it's cool enough to handle. Use a little oil on your hands to keep it from sticking.
- Transfer the dough to a prepared baking sheet and shape it into a loaf or form 18 dinner rolls.
- Bake for about 50 minutes. It will have a golden-brown crust and be crusty on the bottom.

SERVINGS 1 slice or 1 dinner roll: Calories 128| Fat 9| Net Carbs -8.63| Protein 4

KETO DINNER ROLLS 1

SERVINGS 6

INGREDIENTS

- 1½ cups almond flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1/3 cup sour cream, DF use 3 Tablespoons more
- 4 Tablespoons butter, melted, DF
- 1 large egg

INSTRUCTIONS

- Preheat the oven to 390 degrees. Spray the holes of a muffin tin.
- In a large bowl, add the almond flour, baking powder and salt. Mix.
- Add the sour cream, butter and eggs and mix to a thick batter.
- Spoon the batter evenly between the 6 holes.
- Bake for 12-15 minutes until the buns spring back when touched.

-Leave to cool in the tin for 10 minutes and then put on a wire rack to cool.

SERVINGS 1: Calories 277| Net Carbs 3| Protein 9| Fat 8

BREAD SUBSTITUTE with 3 INGREDIENTS

INGREDIENTS

16 ounces Chickpea flour

1 Tablespoons of olive oil

1 cup hot water

Salt to taste

INSTRUCTIONS

-Sift the flour before you weigh it. You want it to be light and free of lumps.

-Add oil, salt, and water.

-Then add in the oil and salt.

-Gradually pour in the hot water while stirring the mixture with wooden spoon or hands. (The hot water helps to bind the ingredients and creates a dough that's easy to work with.)

-Knead the dough into a ball and wrap in saran wrap. Let it rest for 20 minutes.

-Divide the dough into 8 equal balls. Cover the balls with a damp cloth and let them rest another 10 minutes.

-On a lightly floured surface, roll each dough into a thin sheet. Aim for a diameter of about 6-8 inches, depending on how thick you prefer your bread substitute. The thinner the dough, the crisper the bread will be.

-Roast in a dry non-stick pan and over medium-high heat. Place one rolled-out dough sheet in the pan. Cook for 1-2 minutes on each side, or until golden brown spots appear.

-Once cooked, remove from the pan and let it cool on a wire rack. Repeat the process with the remaining dough balls.

*These freeze exceptionally well. Place paper towels or something between each one so they don't freeze together. They make excellent pizza crust for homemade healthy pizza.

KETO DINNER ROLLS 2

SERVINGS 6

INGREDIENTS

5 Tablespoons psyllium husk

1 ¼ cup almond flour

2 teaspoons baking powder

1 teaspoon salt

1 cup water

2 teaspoons apple cider vinegar with the mother

3 egg whites

INSTRUCTIONS

- Preheat oven to 350 degrees
- Mix the dry ingredients in a large bowl. Bring the water to a boil.
- Add vinegar and egg whites together in a small bowl and mix. Then add to dry ingredients. Mix well.
- Add boiling water while beating with a hand mixer for 30 seconds. Don't overmix the dough. The consistency should resemble playdough.
- Moisten hands with a little olive oil and shape into 6 separate rolls. Place on a sprayed or buttered baking sheet.
- Bake on the lower rack for 50-60 minutes. They're done when you hear a hollow sound when tapping the bottoms.
- Serve with butter and topping of choice.

SERVING 1 plain roll: Fat 18.05| Net Carbs 1.77| Protein 8.53

BREAKFAST

SPINACH AND FETA QUICHE WITH SWEET POTATO CRUST

SERVINGS: 4

INGREDIENTS

- 2 medium sweet potatoes, peeled and cut into 1/8" slices
- 1 teaspoon avocado or olive oil
- 1/2 cup sliced onion
- 5 ounces fresh baby spinach
- 1/2 cup low-fat milk, or alternative milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon red pepper flakes
- 4 large eggs
- 2 egg whites
- 1 1/2 ounce feta cheese, crumbled, DF (about 1/3 cup)

INSTRUCTIONS

- Preheat the oven to 350 degrees. Spray a 9-inch pie plate.
- Layer sweet potatoes in to cover the area on the bottom and up the sides like a traditional crust would cover. Spray the tops of the potatoes. Bake for 20 minutes, then remove from the oven and increase the temperature to 375 degrees.
- Heat oil in a skillet over medium heat. Add onion and sauté for 3 minutes. Add spinach and cook another 3 minutes until wilted. Let cool slightly.
- In a medium bowl, whisk together milk, salt, pepper, red pepper, eggs and egg whites.
- Spread the spinach mixture evenly in the baked sweet potato crust. Pour the egg mixture on top. Sprinkle with feta cheese.
- Bake at 375 degrees for 35 minutes, or until the egg mixture is set. Let it stand for 5 minutes before slicing into 8 wedges.

(THE FLUFFIEST) KETO PANCAKES

SERVINGS 5

INGREDIENTS

1/3 cup lupin flour
2 Tablespoons almond flour
2 teaspoons granulated sugar or 1/2 teaspoon glycerite stevia (add more to taste)
1/2 teaspoon baking powder
1/4 teaspoon xanthan gum
1/4 teaspoon salt
1 teaspoon cinnamon
2 eggs
2 teaspoons melted butter, or coconut oil
1/2 teaspoon vanilla
4-6 Tablespoons milk alternative

INSTRUCTIONS

-Mix lupin flour, almond flour, sweetener, baking powder, xanthan gum, and salt in a small bowl.
-In a medium bowl, whisk the eggs, butter and vanilla together. Then whisk in the dry ingredients followed by the milk, a tablespoon at a time. The best consistency is with 4 tablespoons.
-Allow the batter to rest for 10 minutes. It will be very thick but spread nicely in the pan.
-Add butter or oil to the frying pan, out in about 1/4 cup of batter, spreading it slightly to help it form a nice round shape. Cook over medium heat until the top begins to darken. Flip and cook for 2-3 minutes. Serve right away.

SERVING 1: Fat 1.5| Net Carbs 1| Protein 6

ASPARAGUS OMELET

INGREDIENTS

1 ounce goat cheese
5 asparagus spears
1 Tablespoon butter or oil
1 small clove garlic, minced
2 eggs, lightly beaten
1 Tablespoon alternative milk
1/2 teaspoon minced fresh basil
1/4 teaspoon salt
Dash pepper

INSTRUCTIONS

-Cut asparagus into 1" pieces and boil in salted water till tender, about 2-4 minutes.
-Drain thoroughly and set aside.
-Sauté garlic in butter or oil and set aside.

-In a small bowl, combine the eggs, milk, salt, basil, and pepper. Recoat 8" skillet with butter or oil. When pan is hot enough for a drop of water to sizzle in it, add egg mixture, tip the pan to coat skillet evenly.

-Periodically lift the cooked egg edges, tilt pan and allow uncooked eggs to run underneath. When eggs are cooked, but surface is still a bit shiny, place asparagus on one side and top with cheese, slide out of pan folding remaining side over the top.

BAKED OATMEAL

INGREDIENTS

1 cup coconut oil
2 cups brown sugar sweetener substitute
4 eggs
1 teaspoon salt
4 teaspoons baking powder
2 cups milk or milk alternative
6 cups oatmeal, GF

INSTRUCTIONS

-Spray 9x13 pan and preheat oven to 350 degrees

-All ingredients can be mixed in the pan. Can be mixed up the night before.

-Bake for 45 minutes to an hour until a toothpick comes out clean.

*The two cups of sweetener can be a combination of honey or maple syrup mixed with the granulated to equal 2 cups, but it does change the texture.

HEALTHY EGG CASSEROLE

SERVINGS 6

INGREDIENTS

1 cup onion, chopped
½ cup bell pepper, chopped
½ cup broccoli, chopped
½ cup spinach
12 eggs
½ teaspoon salt
¼ teaspoon pepper
1 clove garlic, minced
1/3 cup feta cheese, DF

INSTRUCTIONS

-Preheat oven to 350 degrees. Spray a slightly smaller than 9x3 pan.

- Sauté the onions, pepper, and broccoli in a bit of oil till tender. Then add spinach and garlic till wilted. -
Set aside to cool.
- In a bowl, whisk together the eggs, salt, and pepper.
- Mix the veggies with the egg mixture and pour into the baking dish.
- Sprinkle with feta.
- Bake for 25 minutes or till eggs are set.

DESSERT

CANDIED PECANS

INGREDIENTS

- 2 cups whole pecans
- Heaping ½ cup granulated sweetener
- 4 Tablespoons unsalted butter
- Pinch of cinnamon (optional)
- Pinch of salt (optional)

INSTRUCTIONS

- Add pecans to a medium sized frying pan and heat on low until they become fragrant (short few minutes.) Remove from pan.
- Add cubed butter and stir until completely melted.
- Add sweetener and stir until dissolved and caramelized.
- Add cinnamon and salt if desired and stir till mixed.
- Add pecans back in and stir until the pecans are well coated in sauce.
- Spread the pecan on parchment paper or aluminum foil and let sit to cool. You can also do this in the freezer.

PRALINE PECAN SAUCE

INGREDIENTS

- 1 cup pecan halve
- 6 T butter **or** 6 T coconut oil
- 1/3 cup heavy whipping cream **or** 1/3 cup coconut cream
- ¼ cup brown sugar sweetener
- ¼ c granulated sweetener
- ½ vanilla extract
- ¼ teaspoon salt
- Choc Zero Carmel Syrup to taste (optional)
- Whisk in a thickener a bit at a time if needed, especially using DF substitutes.

INSTRUCTIONS

- Preheat oven to 350F and spread the pecan halves on a rimmed baking sheet. Bake 7-10 minutes, watching carefully, until nicely toasted. Let them cool and then coarsely chop them.
- In a medium saucepan over medium heat, combine the butter, cream and sweeteners. Bring to a simmer, wicking to dissolve the sweeteners. Let it simmer for 2 minutes.
- Remove from heat and stir in the vanilla extract and salt, then stir in the chopped pecans. Serve warm over your favorite food/dessert.

Excellent on cheesecake, cookies, ice cream, pancake and more! Dairy Free options
 2 Tablespoons = 133 calories, 12 Servings/recipe

KETO THUMBPRINT COOKIES

24 cookies-

INGREDIENTS

- 2 cups almond flour
- ½ teaspoon baking powder
- ½ cup butter, softened
- ½ cup powdered sweetener
- 1 egg yolk
- ½ t vanilla extract

Filling can be a choice of jam/jelly or Keto Low Carb Carmel Sauce (found below)

INSTRUCTIONS

- Preheat oven to 325F and line a baking sheet with parchment paper.
- In a medium bowl, which together the almond flour and baking powder.
- In a large bowl, beat together the butter and sweetener until well mixed.
- Form dough into 24 1" balls and place 2" apart on cookie sheet. Press each ball to ½" thickness on the cookie sheet. Use your thumb to press an indentation into the center of the cookie.
- Bake 10-12 minutes, until cookies are barely browning around the edges. They will still be very soft but will continue to firm up as they cool. Gently reform the center well with your thumb while the cookies are still warm.
- Let cool completely before adding your favorite jam, jelly or caramel sauce.
- If making and using the caramel sauce, let it cool a bit so it's not too runny when you are filling the cookie wells.
- Sugar Free chocolate chips can be melted in the microwave to form a drizzle. Cook for 30 seconds at a time and stir in between to melt.

3.4 net carbs/cookie

KETO LOW CARB CARAMEL SAUCE

INGREDIENTS

¼ cup butter **or** coconut oil
3 Tablespoons brown sugar sweetener
3 Tablespoons granulated sweetener
¼ cup heavy cream **or** coconut milk
¼ teaspoon xanthan gum
¼ teaspoon salt (add ½ teaspoon for salted caramel taste)
2 Tablespoons water
I added ChocZero caramel sauce to taste (optional)

INSTRUCTIONS

-Melt butter and add sweeteners to a saucepan and stir well. All other ingredients and stir well. Add xanthan gum while whisking until desired thickness.

CHEESECAKE

CRUST INGREDIENTS

¾ cup pecans ground in a food processor
¾ cup almond flour
¼ cup granulated sweetener
¼ teaspoon salt
¼ cup butter (browned butter) **or** ghee (butter really is the best if you can tolerate it)
Dash of vanilla

INSTRUCTIONS

-Melt butter in a saucepan and heat until brown (not necessary to brown but I like it better)
-Mix rest of the ingredients with the butter
-Press on bottom of an 8x8 pan
-Bake at 350 degrees for 10 min (it won't be cooked all the way)
-Set it aside to cool (It's best if it's cooled completely before adding the cheesecake)

CHEESECAKE INGREDIENTS

16 oz cream cheese **or** DF cream cheese (Use VioLife brand.)
½ cup powdered sweetener (more if needed because sometimes DF requires more.)
2 teaspoons lemon zest (again taste it and add as desired)
3 Tablespoons lemon juice
2 Tablespoons heavy whipping cream **or** coconut cream
2 eggs

INSTRUCTIONS

-Decrease oven to 250 degrees
-Beat cream cheese to make it smooth
-Add powdered sweetener, lemon zest, and lemon juice
-Add in both eggs, do not overmix

- Fold in whipping cream (if cream is not smooth ahead of time I beat it or add it before eggs)
- Pour on top of crust
- Bake 35-45 minutes until slightly jiggly (Dairy Free will harden as it cools in the fridge).
- Refrigerate for a minimum of 2 hours before serving.

VEGAN RASPBERRY OATMEAL BARS

12 Bars

RASPBERRY CHIA JAM

- 2 cups frozen berries
- 2 Tablespoon chia seeds
- 3 Tablespoons pure maple syrup

BARS

- 1 cup oat flour
- 1 ½ cups old-fashioned oats
- 2 Tablespoons brown sweetener substitute
- ¼ teaspoon fine sea salt
- ½ cup unsweetened applesauce
- ¼ cup pure maple syrup
- ¼ cup coconut oil, melted
- ½ teaspoon vanilla extract
- ½ teaspoon almond extract (optional)

INSTRUCTIONS

- Preheat oven to 325F. Spray/grease an 8x8 inch baking dish with coconut oil or cooking spray.
- Heat a small saucepan over medium heat. Add raspberries, chia seeds and maple syrup. Cook for about 8-10 minutes, stirring often. Use a potato masher to smash berries for the “jam” layer. Set aside to cool (I usually put it in the fridge).
- Combine oats, oat flour, sugar, cinnamon, salt, and baking soda in a large bowl.
- Add applesauce, maple syrup coconut oil, vanilla, and almond extract, stirring to combine.
- Set aside a heaping half cup of the oat mixture and then spoon the rest evenly into the prepared pan. Top with raspberry chia jam, spreading evenly with a spoon or spatula. Drop the rest of the oat mixture on top.
- Bake for 30 minutes. Cool completely on a wire rack before cutting into 12 bars.

Serving: 1l Calories 187l Fat: 6.1gl Net Carbs: 24.1g

GLUTEN FREE FIG NEWTONS

SERVINGS 16

INGREDIENTS

FILLING

10 ounces dried figs
Juice of 1 lemon
½ teaspoon salt
½ teaspoon cinnamon

CRUST

1 ½ cups almond flour
2 Tablespoons coconut flour
½ teaspoon salt
1 ½ teaspoons cinnamon
½ cup unsweetened applesauce

INSTRUCTIONS

- Preheat oven to 325 degrees and line an 8x8 pan with parchment paper.
- Combine the figs, lemon juice, salt, and cinnamon in a food processor or blender and process until smooth. It will be a thick mixture.
- In a medium bowl, combine almond flour, coconut flour, salt, cinnamon, and applesauce. Stir until fully combined and no lumps remain. Divide in half and press half of the mixture into the prepared pan.
- Top with the fig mixture, spreading as evenly as possible.
- Top with remaining almond mixture. The best way to do that is to take small pieces and flatten with your fingers. Place on top of fig mixture and repeat until all almond mixture is used/ Press any holes closed once all is on top.
- Bake for 30-32 minutes.
- Cool and cut into 16 squares.

Serving 1: Calories: 177| Net Carbs 13| Protein 5g| Fat 0.1

BUTTER PECAN COOKIES

SERVINGS: 16

INGREDIENTS

4 ounces cold salted butter, cut into pieces
1 cup almond flour
1/3 cup coconut flour
2/3 cup granulated sweetener
2 teaspoons gelatin
1 teaspoon vanilla
1 cup pecans, chopped in food processor

INSTRUCTIONS

- Preheat oven to 350 degrees. Line a large cookie sheet with parchment paper.
- Combine the butter, almond flour, coconut flour, 1/3 cup of the sweetener, gelatin, and vanilla in a food processor. Pulse until wet crumbs form. Add the pecans to the mix and pulse until they are chopped. The dough will come together into a ball as the pecans are chopped.
- Divide the dough into 16 pieces. Put the remaining 1/3 cup of the sweetener in a shallow bowl. Roll each piece of dough into a ball. Put it in the sweetener and press into a disc. Flip it over and press again so both sides are dusted with sweetener. Put on the prepared baking sheet. Repeat for all 16 pieces.
- Bake for 15-17 minutes or until the edges are golden. (Begin checking them in the around 8-10 minutes. They bake faster in some ovens.

*These cookies crisp up as they cool. To get them extra crispy refrigerate them after baking.

Servings 1| Calories 146| 1 Net Carb| Protein 2| Fat 14

KETO LEMON POUND CAKE

SERVINGS 16

INGREDIENTS

- 2 ½ cups almond flour
- ½ cup butter
- 1 ½ cups powdered sweetener
- 8 whole eggs
- 1 ½ t vanilla extract
- 1 teaspoon lemon extract
- ½ teaspoon salt
- 8 oz cream cheese
- 1 ½ teaspoons baking powder

LEMON FROSTING

- ¼ cup powdered sweetener
- 3 Tablespoons heavy whipping cream
- ½ teaspoon vanilla extract

INSTRUCTIONS

- In a medium size bowl, cream together the butter and sweetener until it's a smooth consistency.
- Add the cream cheese and continue mixing until the ingredients are fully blended.
- Add the eggs, vanilla extract and lemon extract and continue mixing it with a hand mixer until it is all blended.
- Finally, add the almond flour, baking powder and salt. Mix until there are no clumps in the batter.
- Preheat the oven to 350 degrees.
- Spray one regular sized loaf pan or 3 mini loaf pans with cooking spray. Pour the batter into the pan(s).

- Bake the 3 mini loaf pans for about 35 minutes or one loaf pan for about 60 minutes. Test with a toothpick or knife stuck into the center of the pan. When you remove, the toothpick or knife should come out clean. If there is any batter on it, it needs to be baked for a bit longer.
- While the pound cake is baking, start making the lemon frosting.
- In a medium size bowl, combine the powdered sugar substitute, vanilla extract and heavy whipping cream. Use a hand mixer and blend it on high until all the ingredients are smooth and creamy.
- Wait until the pound cake has completely cooled before you apply the frosting or else it will melt.

3.4 Net Carbs/Serving

CHIA PUDDING

SERVINGS 2

INGREDIENTS

- 1 cup milk (milkadamia, coconut, almond, whole, or cashew)
- 4 Tablespoons honey, maple syrup, or Choc Zero maple syrup
- 1 teaspoon pure vanilla extract
- Pinch of fine sea salt
- ¼ cup plus 1 Tablespoon chia seeds
- **I add Choc Zero SF Caramel Syrup to taste (optional)

Optional Toppings: fresh berries, sliced bananas, nut butter, extra maple syrup or honey, pecans/walnuts

INSTRUCTIONS

- In a large bowl, whisk together the milk, honey, vanilla, and salt until combined. (It's easier to incorporate honey or syrup if the milk is room temperature.)
- Add chia seeds and whisk to combine.
- Place the large bowl in the refrigerator to chill for 30 minutes, stirring once halfway through.
- Chill overnight, or for at least 8 hours.
- Once chilled, serve plain or with desired toppings.

Servings 1 | Calories 173 | Net Carbs 16 | Fat 7 | Protein 4

KETO CARROT CAKE

SERVINGS 16

INGREDIENTS

CARROT CAKE

- 2 cups almond flour
- 1/3 cup coconut flour
- 1/3 c unflavored whey protein powder or egg white protein powder

1 Tablespoon baking powder
2 teaspoons ground cinnamon
1/2 teaspoon salt
1/4 ground cloves
4 large eggs
1/2 cup avocado oil or another neutral oil
1/2 cup brown sweetener
1/2 cup granular sweetener
1 1/2 cups finely grated carrot, lightly packed
1 1/2 teaspoon vanilla extract
1/3 cup chopped pecans

CREAM CHEESE FROSTING

8 ounces cream cheese or DF cream cheese
1/2 c butter or butter substitute, softened
3/4 cup powdered sweetener
1 teaspoon vanilla extract
1/2 cup heavy whipping cream or coconut cream (refrigerated)

GARNISH

1/4 cup chopped pecans
1 Tablespoon finely grated carrot

INSTRUCTIONS

CAKE

- Preheat the oven to 350 degrees and spray 3 8-inch round cake pans or one 9x13 pan. Line the bottoms with parchment paper and spray the paper.
- In a medium bowl, whisk together the pecan flour, coconut flour, protein powder, baking powder, cinnamon, salt and cloves.
- In a large bowl, beat the eggs and the oil with the sweeteners until well combined and the sweeteners are mostly dissolved. Beat in the carrots and vanilla extract.
- Add the dry ingredients and beat on low until combined. Stir in the chopped pecans.
- Divide the batter evenly among the baking pans and spread to the edges. Bake 18-25 minutes, or until golden brown and the tops are firm to the touch.
- Remove and let cool completely in the pans, then run a sharp knife around the inside of the pans and flip out onto a wire rack.

CREAM CHEESE FROSTING

- In a large bowl, beat the cream cheese and butter together until it is very smooth. Beat in the sweetener and vanilla extract until well combined.
- Slowly beat in the heavy whipping cream until a spreadable consistency is achieved.

TO ASSEMBLE

- Place one layer of cake on a stand or plate. Spread the top with one quarter of the frosting. Repeat with the remaining layers.
- Use the final quarter of frosting to lightly crumb coat the sides, so that the cake peeks through.

-Sprinkle the chopped pecans and shredded carrot around the outside of the top of the cake. Refrigerate for 1 hour before cutting and serving.

Servings 1: Calories 320| Net Carbs 3.3| Protein 6.2| Fat 32.7

KETO SNICKERDOODLE BLONDIES

SERVINGS 16

INGREDIENTS

2 cups almond flour
1 Tablespoon gelatin
1 teaspoon cinnamon
¾ teaspoon cream of tartar
½ teaspoon baking soda
¼ teaspoon salt
½ cup butter, softened
1/3 cup sweetener
1/3 cup brown sweetener
1 large egg, room temperature
½ teaspoon vanilla extract

TOPPING

1 Tablespoon Sweetener
1 teaspoon cinnamon

INSTRUCTIONS

- Preheat oven to 325 degrees. Spray an 8x8 inch baking pan
- In a medium bowl, whisk together almond flour, gelatin, cinnamon, cream of tartar, baking soda and salt.
- In a large bowl, beat the butter with both sweeteners until lightened and fluffy. Beat in the egg and vanilla extract until well combined.
- Add the almond flour mixture and beat until the dough comes together, scraping down the sides of the bowl and beaters as necessary.
- Spread the batter in a prepared baking pan and smooth the top.
- Bake 18-22 minutes or until set and the top is golden brown.
- In a small bowl, whisk together sweetener and cinnamon for the topping. Sprinkle over the hot bars in the pan. Let cool in pan and then cut into squares.

Servings 1: Net Carbs 1.8

FUDGY KETO BROWNIES

1 cup melted butter
1 1/3 cup sweetener
6 large eggs
1 teaspoon vanilla extract
1 cup almond flour
2/3 cup cocoa powder
2 Tablespoons gelatin
1 teaspoon of baking powder
1/2 teaspoon salt
1/2 cup water
2/3 cup sugar free chocolate chips

INSTRUCTIONS

- Preheat oven to 350 degrees. Spray an 8x8 inch baking pan.
- In a large bowl, whisk together the butter, sweetener, eggs, and vanilla extract.
- Add the almond flour, cocoa powder, gelatin, baking powder, and salt and whisk until well combined.
- Stir in the water to thicken the batter. Stir in the chocolate chips.
- Spread the batter in the prepared baking pan.
- Bake 15-20 minutes, until the edges are set but the center seems a tiny bit wet.
- Remove and let cool completely in the pan.

KETO COWBOY COOKIES

INGREDIENTS

1 1/2 cups almond flour
1/4 cup unsweetened shredded coconut
1/4 cup chopped pecans
1/4 cup dark chocolate chips (sugar free)
2 Tablespoons chia seeds
1/2 teaspoon baking soda
1/4 teaspoon salt
1/4 cup butter, softened
1/4 cup granulated sweetener
1 large egg
1/2 teaspoon vanilla extract
1/4 cup sugar free maple syrup or sugar free honey substitute (if using Choc Zero SF maple syrup, only use half the amount)

INSTRUCTIONS

PREPARING THE DOUGH

- Preheat the oven to 350 degrees. Line a baking sheet with parchment paper.

- In a mixing bowl, combine the almond flour, unsweetened shredded coconut, chopped pecans, dark chocolate chips, chia seeds, baking soda, and salt. Mix well to evenly distribute the ingredients.
- In a mixing bowl, beat together the softened butter and granulated sweetener until it becomes creamy.
- Add the egg and vanilla extract to the butter mixture and beat until well combined.
- Gradually add the sugar free maple syrup while continuing to mix.
- Combine the wet and dry ingredients, stirring until a cookie dough forms. If the dough is too sticky, you can refrigerate it for about 15 minutes to make it easier to handle.

BAKING

- Using a spoon or your hands, form cookie dough balls (1-2 Tablespoons each) and place them on the prepared baking sheet. Flatten each cookie slightly.
- Bake in the oven for 10-12 minutes, or until the cookies are golden brown around the edges.
- Remove the cookies from the oven and let them cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.

Calories 110| Total Fat 10| Net Carbs 2| Protein 3

ULTRA MOIST KETO BLACKBERRY MUFFINS

SERVINGS 1

INGREDIENTS

- 2 ½ cups finely ground blanched almond flour, sifted, then measured)
- 1/3 cup granulated sweetener
- 1 ½ teaspoons baking powder
- ¼ teaspoon pink Himalayan salt
- 1/3 cup coconut oil or butter, melted
- 3 large eggs
- ½ teaspoon pure vanilla extract
- ¾ cup blackberries, fresh or frozen, or other berries

INSTRUCTIONS

- Preheat oven to 350 degrees. Line a muffin pan with 9 or 10 parchment paper liners. The batter will stick to the pan without paper liners, even if you oil the pan.
- You **MUST** sift the blanched, superfine almond flour. If you just scoop it from the bag, the almond flour will be packed, and the muffins will be dry and heavy. Sift, then use a spoon to overfill a measuring cup, then level the top with a knife.
- In a large bowl, combine the almond flour, sweetener, baking powder and salt. Add the blackberries and gently stir to coat. This prevents them from sinking to the bottom of the muffins when baking.
- In a smaller bowl, whisk the melted coconut oil or butter, almond milk, eggs and vanilla extract. Combine the wet ingredients with the dry ingredients.
- Spoon the batter into the muffin cups. Bake for 24-26 minutes or until a toothpick inserted comes out clean. Let cool in pan for 5 minutes, remove and carefully peel off paper liners, and allow to cool completely on a wire rack.

Servings 1: Calories 277| Protein 8| Fat 25| Net Carbs 5|

PALEO/KETO CINNAMON ROLLS

SERVINGS 9

INGREDIENTS

FOR CINNAMON ROLLS

¼ cup dairy free sour cream or coconut cream + 2 teaspoons apple cider vinegar
3 Tablespoons water (105-110 degrees)
1 Tablespoon inulin or maple syrup (to feed the yeast)
1 Tablespoon active dry yeast
1 pinch ground ginger
2 ¼ cups almond flour
5 Tablespoons psyllium husk, finely ground (I use ORGANIC INDIA Psyllium Whole Husk Fiber. Some brands turn purple.)
5 Tablespoons protein powder
4-6 Tablespoons granulated sweetener, to taste
2 ¼ teaspoons xanthan gum or 1 Tablespoon psyllium husk
1 ½ teaspoons kosher salt
3 eggs, room temperature
1 ½ Tablespoons butter, ghee, or coconut oil, melted and cooled
1 Tablespoon apple cider vinegar

FOR CINNAMON FILLING

3 Tablespoons butter, softened
4-6 Tablespoons granulated sweetener, to taste
3 Tablespoons cinnamon

FOR GLAZE (Not paleo)

1/3 cup dairy free cream cheese
3 Tablespoons butter
3-6 Tablespoons powdered sweetener
Pinch of salt
Heavy cream, coconut milk or another alternative, as needed

INSTRUCTIONS

-Line the bottom of a 9x9 pan with parchment paper. Set aside. Prepare the workstation for rolling your cinnamon rolls by placing a large sheet of saran wrap on counter. Leave a small bowl with water to wet your fingers and a touch of oil to spread the dough.
-Mix the sour cream, water, and maple syrup in a small bowl. Heat up to 105-110 degrees. It should only feel lukewarm to the touch in case you don't have a thermometer.
-Add yeast and a dash of ginger to a large bowl. Pour lightly warm sour cream mixture over the yeast, cover the bowl with a kitchen towel and allow for 7 minutes to rest. The mixture should be bubbly. If it isn't, start again. Too cold won't activate the yeast and too warm will kill it.
-Mix your flours while the yeast is proofing. Add almond flour psyllium husk, protein powder, sweetener, xanthan gum or psyllium, baking powder and salt to a medium bowl and whisk until thoroughly mixed. Set aside.

-Once your yeast is proofed, add in the egg, cooled melted butter, and vinegar. Don't scramble the eggs or they will kill the yeast. Mix with an electric mixer for a minute or so until fully mixed. Add the flour mixture in one shot, mixing quickly until thoroughly mixed. Use a wet spatula to gather the dough into a ball.

-Divide the dough in 3 so you work in batches. This is important if you've never made cinnamon rolls before. Later on you can roll it into one if you choose. Lightly oil the saran wrap on the worktable and place dough on top. Lightly spread it into a 7.5x9 inch rectangle. Brush with melted butter and sprinkle with cinnamon sugar to taste. Leave 1" at the top with no butter or cinnamon. Using the saran wrap as an aid, roll the dough as tightly as you can and seal the edge with wet fingers. Carefully wet the blade of a sharp knife and slice cinnamon rolls about 1 to 1 ½ inches thick. Lay them on the flat side and press them down a bit with your palm.

-Transfer rolls to the prepared pan. Cover with a kitchen towel and place in a warm draft-free space for 50-60 minutes until the dough has almost doubled in size. How long it takes depends on your altitude, temperature and humidity. Keep an eye out for it every 15 minutes.

-Preheat oven to 400 degrees while the dough is proofing.

-Make the glaze while the rolls are proofing by creaming together with your mixer the cream cheese, butter, and powdered sugar until light and fluffy. Add in the vanilla extract, salt, and adjust texture to taste with a teaspoon of milk at a time. Set aside.

-Place the pan over a baking tray and transfer gently into the oven. Bake for 17-25 minutes until deep golden color. Cover with a loose foil dome at minute 8 as they brown very quickly. Be sure that the foil isn't resting directly on the rolls. You can do less baking time for gooey rolls or more time for bread like rolls.

-Spread the glaze on top right out of the oven. Skip the glaze on the ones you don't intend to eat that day.

-Keep stored in an airtight container at room temperature for 2-3 days. Warm before serving.

Servings 1: Calories 319| Net Carbs 4| Protein 8| Fat 29

KETO TEXAS SHEET CAKE

SERVINGS 20

INGREDIENTS-

CAKE

2 cups almond flour

¾ cup granulated sweetener

1/3 cup coconut flour

1/3 cup unflavored protein powder

1 T baking powder

½ teaspoon salt

½ cup butter (DF- ¼ c coconut oil)

½ cup water

¼ cup cocoa powder

3 large eggs

1 teaspoon vanilla

¼ cup heavy whipping cream (DF-coconut cream)

¼ cup water

FROSTING

½ cup butter (DF- ¼ cup coconut oil)

¼ cup cocoa powder

¼ cup heavy whipping cream (DF- ¼ cup coconut cream)

¼ cup water

1 teaspoon vanilla

1 ½ cups powdered sweetener

¼ teaspoon xanthan gum

¾ cups chopped pecans

INSTRUCTIONS

CAKE

-Preheat oven to 325 degrees. Spray a 10x15" rimmed baking sheet very well.

-In a large bowl, whisk together the almond flour, sweetener, coconut flour, protein powder, baking powder, and salt. Break up any clumps with the back of a fork.

-In a medium saucepan over medium heat, combine the butter, water, and cocoa powder, stirring until melted. Bring to a boil and then remove from heat. Add to the dry ingredients.

-Add eggs, vanilla, cream and water. Stir until well combined. Spread in the prepared baking sheet.

-Bake 15-20 minutes, until cake is set and a tester inserted in the middle come out clean.

FROSTING

-In a saucepan, combine butter, cocoa powder, cream and water. Bring to a simmer, stirring until smooth. Stir in vanilla, and powdered sweetener ½ cup at a time, whisking vigorously to dissolve any clumps. Whisk in the xanthan gum.

-Pour over the warm cake and sprinkle the chopped pecans on top. Let cool until frosting is set. About 1 hour. Or put it in fridge.

Serving 1: Calories 230| Net Carbs 2.8| Protein 5.8| Fat 20.3

KETO GERMAN CHOCOLATE CAKE

INGREDIENTS

2 1/8 cups almond flour

2 tablespoons coconut flour

½ teaspoon xanthan gum

2 teaspoons baking powder

½ teaspoon baking soda 1 teaspoon salt

½ cup unsweetened cocoa powder

6 Tablespoons coconut milk or almond milk

1 cup Monk fruit with Allulose (no erythritol), Golden or White

½ cup avocado oil

6 eggs

1 teaspoon vanilla
3 tablespoon plant based sour cream
¼ cup milk (coconut or almond)

INSTRUCTIONS

- Preheat oven to 350
- Grease 2 round cake pans with oil and use parchment rounds.
- Mix dry ingredients: almond flour, coconut flour, baking powder, baking soda, salt, xanthan gum. Once mixed, add sifted cocoa powder. Set Aside
- Mix oil and Monk Fruit sweetener together with a mixer
- Add eggs, 2 at a time and mix for one minute per two eggs.
- Add coconut milk, sour cream, the ¼ cup milk, vanilla- mix well.
- Add in dry mixture and mix just until mixed.
- Pour into prepared pans and bake for 25 minutes or until a toothpick comes out clean.
- Once cool, prepared Coconut Pecan Frosting. Pour ½ over bottom cake round, add next cake round and add the rest on top, but not on sides.

GERMAN CHOCOLATE FROSTING

- 1 ½ cup Golden Monk Fruit with Allulose
- 1 cup butter or DF
- 1 cup coconut cream
- 1 teaspoon salt
- 3 egg yolks
- 2 teaspoons vanilla

- 2 cups chopped pecans
- 2 cups organic unsweetened coconut, small flakes

INSTRUCTIONS

- Heat egg yolks, cream, butter, salt, monk fruit in saucepan stirring constantly over medium heat, until mixture begins to bubble.
- Remove from heat. Stir in vanilla. Add coconut and pecans.
- Pour over cooled cakes.

KETO PUMPKIN CHIP MUFFINS

INGREDIENTS

- 4 eggs
- 2 cups granulated sweetener
- 15 ounces pumpkin plus ½ cut
- 1 cup butter, just melted
- 1 teaspoon salt
- 2 teaspoons baking soda
- 2 teaspoons baking powder

1 teaspoon cinnamon
3 cups almond flour
½ package sugar free chocolate chips and/or
6 ounces pecans, chopped

INSTRUCTIONS

- Beat the eggs, sugar, pumpkin and oil till smooth
- Mix the dry ingredients into the above mixture
- Add chocolate chips and/or pecans
- Bake at 400 degrees
- Bake regular sized muffins for 20-23 minutes. Bake mini muffins for 8-10 minutes.

GREAT KETO CHOCOLTE CHIP COOKIES

SERVINGS 24

INGREDIENTS

3 cups almond flour
1 cup salted butter
1 ½ cups granulated sweetener
1 teaspoon vanilla
2 eggs
1 teaspoon baking powder
½ teaspoon salt
1 package sugar free chocolate chips

INSTRUCTIONS

- Preheat oven to 355 degrees
- Melt the butter for 30 seconds in microwave. It should not be hot.
- Place the butter into a mixing bowl and beat in the sweetener. Add vanilla and the eggs. Mix on low for 15 seconds.
- Add the almond flour, baking powder and salt. Mix until well combined.
- Press the dough together and remove it from the bowl. Combine the chocolate chips into the dough with your hands.
- Roll the dough to make 12 balls and place on a baking sheet. Bake for 12-14 minutes until lightly browned.
- Let them cool for 15 minutes and serve. Keep in an airtight container.

Serving 1: Net Carbs 2.3

EASY NO BAKE PEANUT BUTTER COOKIES

(Peanut Butter can be substituted with Almond Butter or Mixed Nut Butter)

INGREDIENTS

1 cup chopped pecans (or another nut)
½ cup finely shredded coconut
½ cup peanut butter
½ cup Monk Fruit Sweetener with Allulose
3 ½ tablespoons butter

INSTRUCTIONS

- In a large bowl, combine the pecans and coconut
- Place the peanut butter, monk fruit and butter in a small saucepan over medium heat.
- Heat until the butter has melted and you have a smooth, creamy, buttery sauce.
- Pour the peanut butter mixture over the nut mixture and stir until combined.
- Take a tablespoon and roll into a ball and line them up on a tray.
- Place in fridge for a few hours for the cookies to set.

KETO BUTTER COOKIES

INGREDIENTS

1 cup almond flour
¼ cup coconut flour
1/3 cup powdered sweetener
1/3 cup unsalted butter, softened
1 teaspoon vanilla extract
Pinch of salt

INSTRUCTIONS

- Preheat oven to 325 degrees
- Mix dry ingredients in a mixing bowl. Combine the almond flour, coconut flour, powdered sweetener, and a pinch of salt. Mix well.
- Add butter and vanilla to the dry ingredients. Using a fork or a hand mixer, blend the ingredients until they come together to form a dough. Do not overmix.
- Form cookies by taking small portions of the dough and roll them into balls. Place the balls on a baking sheet lined with parchment paper. Use a fork to gently press down on each ball, creating the classic shortbread cookie pattern.
- Place the baking sheet in the preheated oven and bake for 10-12 minutes, or until the edges of the cookies start to turn golden brown. Keep an eye on them as almond flour can brown quickly.
- Once the cookies are done, remove them from the oven and allow them to cool on the baking sheet for a few minutes. They will be quite fragile when they come out of the oven. Letting them cool slightly will help them firm up.

-Once the cookies have cooled and firmed up a bit, carefully transfer them to a wire rack to cool completely. Once they're fully cooled, you can enjoy your keto shortbread cookies.

