

Keto Bread

Rolls - Baguettes - Loafs
Cookies - Cakes - Muffins
Bagels - Pizzas

40+
Delicious
Recipes Inc
Bonus Side
Dishes!

...all without guilt!



Jane Virginia

KETO BREAD RECIPES

Jane Virginia

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CHAPTER ONE

KETO BREAD

For any beginner, sticking to a ketogenic diet to the latter is no joke. Avoiding high-carb meals and consuming only low-carb meals and low-carb high fat meals is a solemn duty with a fulfilling health goal in the end. A beginner can be steered off course due to persuasion of an old habit. For example, one's love for cupcakes could split him or her in the middle on an unexpected encounter with a cupcake shop before a road crossing. What do you do in such an occurrence? Close your eyes, hope for the best and walk right into incoming traffic? Afterwards, friends will say he or she was a cupcake lover but went down as a keto soldier.

To become a strict keto diet consumer and shed off all your old habits, you will need to broadly improvise your routine diet especially your morning meals. There is a better solution for you with several alternatives all which are provided in this book. You will be able to prepare your very own keto bread and other healthy snacks on your free time at home. However, it is important to point out key concepts which would make you understand how the recipes come about. For instance, what are the bases for keto bread? How do they defer with the ordinary bread we purchase?

Keto bread in comparison is no different from the ordinary bread in terms of texture or sponginess when you take a bite. They are both toasty and can fully satisfy you in the same manner. The big difference comes with the ingredients used in preparing them. Keto bread is simply a substitute for the ordinary bread getting work done.

Keto bread ingredients

There are many keto breads for you to bake at home. As a result, there are many varying recipes of keto breads for you to pick from. This probes one

question if you give some thought into it. What qualifies a given type of bread as keto bread if so? Although there are many existing recipes of keto breads, there is a given type of consistency in their ingredients. Other ingredients are secondary but a given few are recognized as the building blocks of keto bread. Breaking down the components of keto bread, below are its building blocks explained in detail:

- **Butter** - It is milk fat thus a dairy product. Butter has saturated fats and a higher concentration of calories compared to proteins and carbohydrates. It is very versatile ingredient regardless of the recipe. It can be used in cooking, spreading and baking.

There are also different types of butter used in keto diet. They are clarified butter, grass-fed butter and ghee. Clarified butter is entirely fat without lactose, milk or protein. It is good for an individual who is lactose intolerant. Ghee takes a bit longer to prepare compared to clarified butter. Existing milk solids in it are browned and if kept well, can take a long time before going bad.

Grass-fed butter is the best since it contains higher levels of Conjugated Linoleic Acid compared to commercial butter. This is as a result of the feed given to the cows when owner opts for grass rather than commercial feed. Conjugated Linoleic Acid assists consumers in losing body fat.

When it comes to butter in keto diet, there are specific known brands which are highly recommended. They are Kerrygold, Allgau, Organic Valley and Smjor. You will find them in many keto recipes today for they are grass-fed butter. However, Kerrygold does use commercial feed as substitute for their cow feed in winters. Even so, some of their grass-fed butter would still be available.

- **Flour** - When baking your keto bread, you can either opt for Almond flour, Almond meal, ground flaxseed, flax meal or coconut flour. Almond flour is obtained from ground almond seeds. In addition to this, Almond flour and Almond meal are two different things. The

former involving the removal of the skins while the latter is prepared whole (skins and seeds). It is possible to produce your own almond flour at home. This type of flour is more nutritious than wheat flour being rich in fibers and healthy fats. It is a low-carb and good for baking.

Coconut flour is another alternative to the wheat flour. It is produced from coconut pulp after the raw product has been processed for its milk. Rich in proteins, healthy fats and fiber, coconut flour is good for baking. However, its high fiber concentration makes it denser than regular flour meaning you will have to work with a given ratio. When working on a given recipe requiring you to substitute wheat flour for coconut flour, the ratio will be 1:4. For a cup of regular wheat, you will substitute it with only a quarter cup of coconut flour.

Moreover, eggs play a significant role when it comes to baking with coconut flour. Eggs are a binding factor for the ingredients giving a good structure. Failing to use eggs will lead to poor cohesion and ultimately causing your meal to crumble. Use an egg for every quarter cup of coconut flour to get a suitable binding effect.

Coconut flour has a tendency of absorbing liquid quickly. For this reason you will have to use a little more than the usual recipe. Please do not submerge everything like you trying to replicate some flooded amazon jungle! Lastly you will have to sift the coconut because it can get a bit coarse or clumpy.

Macadamia nuts and flax seeds are other two sources of keto flour. Flaxseeds are rich in dietary fiber and omega 3-fats. When consumed whole (skins and seeds) they are known as flax meal.

- **Sweeteners-** Sweeteners can be opted as a substitute for sugar. Contrary though, not all sweeteners are low-carb ones. In fact, there are some sweeteners which contain more carb content than sugar. Honey, a natural sweetener, has more carb content than sugar.

Furthermore, there are sweeteners that can work for some people while others it may result in digestive issues. Xylitol is a good example of such sweeteners. It is a sugar alcohol which may not be a great sugar substitute for every individual in your household. Apart from this, Xylitol can increase blood sugar levels in other persons too.

The sweeteners you can use for baking are stevia, Erythritol and Monk fruit sweetener. They neither bring digestive complications nor increase your blood sugar levels. In addition to this, they are low-carb sweeteners. Although they are versatile and can be used in any recipe, they do have different ratios upon substituting with sugar.

Sugar	1 Cup	1 Tablespoon
Stevia	1 teaspoon	1/4 teaspoon
Erythritol (amount is more than sugar)	1 1/3 cup	1 1/3 tablespoon
Monk fruit sweetener	1 cup	1 tablespoon

Stevia and Monk fruit sweetener are natural sweeteners as they are obtained from plants. However, some people state that Stevia has a rather bitter aftertaste. On the other hand, Monk fruit sweetener has no aftertaste to it.

Erythritol is a sugar alcohol produced after fermentation of corn or birch. It is 70% to 80% identical to sugar thus you have to compensate more to get the expected sweetness. It has a cooling effect similar to mint but this shouldn't make you worry.

Other keto bread baking Essentials

Upon working with nuts or seeds instead of flour at home, you will be required to use a food processor or a powerful blender. The nuts which are the skins and seeds together give a meal while the seeds give flour.

You can use an electric mixer (stand mixer or hand mixer) to make your dough instead of kneading with your hands. Use a standard baking pan for your bread too.

Useful tips for keto baking

1. Always remember to sift your flour in the beginning of the process.
2. Avoid glass pans when baking your bread. They are poor conductors of heat causing your bread to be merely cooked to what you expect.
3. If you don't have baking powder, you can invent your own by including baking soda and lemon juice or citric acid. The ratio of baking soda to citric acid is 2:1. For lemon juice you will go with 2 tablespoons for a single teaspoon of baking soda. However, don't change the quantities if the recipe has already provided it for you. Always make sure to directly add lemon juice on the baking soda for it to react well. You may opt to do this on the side before mixing all the ingredients.
4. Be thorough in your collection of the key ingredients at stores by simply comparing.
5. Choose ingredients which are more natural and close to the source. Some manufacturers may falsely outline their contents.
6. Add a pinch salt to counter the aftertaste of some sweeteners such as stevia. Some individuals have actually tried mixing stevia and erythritol and have stated that it worked for them.
7. If your bread is too moist in the middle don't panic like Johnny Bravo late for a date night. Slice the bread into two and bake it for

ten more minutes while you keep a close eye on it.

8. The oven temperature and time to heat up may vary in several models. It's true to state that some models are more efficient than others. For this reason, do not solemnly depend on the recipes cooking time stated. Use the informative statements which tell how the bread should appear once the time elapses.
9. Use coconut oil or butter to grease your baking pan. Moreover, double-greasing by creating two layers on it is possible too.
10. Substituting almond flour with coconut flour is very hectic. It leads to you having to change almost the entire recipe to get the perfect bread, muffin or bagel.
11. Use your gut to moderate the amount of liquid to use in your batter if it is too thick to work on especially for coconut flour. It is normally results to a thicker batter than the wheat batter. However, workability is really important in baking. Add few tablespoons of the liquid and check closely for its impact.
12. Let your bread cool for a couple of minutes before slicing. Your bread will get firmer when it's cooler.
13. Use grass-fed butter.

CHAPTER TWO

BREAD LOAF

1. Low-carb Focaccia Bread (coconut flour)



Ingredients

- 5.3 ounce (50g) coconut flour
- 5 eggs
- 2 teaspoons baking powder
- 1 teaspoon salt
- 5 tablespoons psyllium husk
- 250ml hot water

How to prepare

1. Using a mixing bowl first put your coconut flour. Add psyllium husk, baking powder, salt and mix the contents in the bowl.

2. Add eggs into the bowl and mix. The content at this point will be less workable but don't worry about it.
3. Add the hot water and work on the mixture thoroughly.
4. Align your baking tray with baking paper. Make a focaccia shape out of the dough, put it on the baking tray and make lateral cuts on the dough.
5. Add olives on top. Sprinkle some rosemary and salt in the cuts.
6. For 30min, bake it at 180 ° C. The center of the bread shouldn't be spongy when you remove it. That's how you know it's ready. You can serve it with butter then or use tomatoes, cheese, avocados etc. when it's cool.

Preparation time: 15 minutes

Cooking time: 30 minutes

Total time: 45 minutes

Total servings: 1 loaf

Nutritional value: Calories-528 of which Total fat-40%, Carbohydrates-19%, Proteins-62%, Dietary fiber-168%

2. Low-carb focaccia bread (Almond flour and flax meal)



Ingredients

- 96g or 1 cup Almond flour
- 1 cup flax meal
- 7 eggs (large)
- 1/4 cup olive oil
- 1 teaspoon salt
- 1 teaspoon red chili (flakes)
- 1 teaspoon rosemary
- 2 teaspoons garlic (minced)
- 4 ½ teaspoons baking powder

How to prepare

1. First step is having your oven preheat to 350 ° F.

2. Using a mixing bowl put your Almond flour.
3. Add your flax meal, rosemary, red chili, salt and baking powder. Mix all the bowl's contents thoroughly.
4. Thereafter add the garlic and two eggs into the bowl and mix it using a hand mixer. Keep adding two eggs while mixing until you are done.
5. Add olive oil and use the hand mixer. A very aerated batter makes the softer while a less aerated one will make it denser. Your preference is key here.
6. Smear butter on a baking pan to prevent the bread from sticking on it.
7. Pour the batter and spread it evenly using a spatula.
8. For 25 minutes bake it at 350 ° F.

Preparation time: 15minutes

Cooking time: 25 minutes

Total time: 15 minutes

Total servings: 9 slices

Nutritional value (per slice): Calories-245 of which; fats- 19.95g, proteins- 10.29g, net carbs- 3.47g

3. Keto bread (Almond flour)



Ingredients

- 5.3 ounces (150g) almond flour
- 6 eggs (medium)
- 4 tablespoons butter (melted)
- 1 teaspoon lemon juice
- ¼ teaspoon salt
- 1 teaspoon baking powder

How to prepare

- First step is having your oven preheat to 350 ° F (175 ° C)
- Separate your eggs to egg whites and yolks.
- Using a bowl, whip your egg whites.
- Once foamy, add the lemon juice and beat the eggs whites till you obtain high peaks. (done on medium speed)

- Using a different bowl beat the yolks and stop when pale yellow in color. In the same bowl, add baking powder, butter and salt whisking it to twice its volume.
- Still working with the bowl of egg yolks fold your almond flour. Do this in three additions.
- Take the bowl of egg whites and fold in its contents after completely adding in the almond flour.
- Smear your loaf tin before pouring the batter.
- For 30 minutes, bake it at 350 ° F and immerse a toothpick in it. If there is no content's sticking on it, your bread is ready.

Preparation time: 15 minutes

Cooking time: 30 minutes

Total time: 45 minutes

Total serving: 20 slices

Nutritional value (per slice): calories 90; fat- 8g proteins- 4g, carbs- 2.25g, net carbs- 1.35g, fiber- 0.9

4. Keto bread (coconut flour)



Ingredients

- 56 g (1/2 cup) coconut flour
- 1/3 cup olive oil/ butter
- 1/3 cup heavy cream/coconut milk
- 1/2 flaxseed (ground)
- 1 tablespoon baking powder
- 1 tablespoon xanthan gum
- 1/2 teaspoon cinnamon (ground)
- 1/2 teaspoon salt
- 6 eggs (medium)
- Sweetener of your choice

How to prepare

- First step is preheating your oven to 350 ° F (175 ° C)
- Using a stand mixer, blend in a mixture of eggs, oil, cream or coconut milk until its uniform.
- Add the other ingredients and blend once more. (cinnamon, xanthan gum, salt, sweetener, baking powder, flour)
- Align baking paper on your loaf pan then pour the batter.
- For 40 to 45 minutes bake it.
- Confirm with a toothpick inserting it in the bread. If it's clean, your bread is ready.
- Leave it to cool for 20 minutes before slicing it.

Note- The amount of eggs you use is dependent on their size. For smaller ones, go with 6 eggs for larger eggs go with 4 or 5. You can sprinkle toasted sesame seeds on the bread before inserting it in the oven. Xanthan gum makes the bread chewy. You can use chai too if you are unable to find xanthan.

Preparation time: 15 minutes

Cooking time: 40 minutes

Total time: 55 minutes

Total serving: 14 slices

Nutritional value (per slice): Calories- 122; Fats- 14%, Proteins- 8%, Carbs- 1%, Dietary fiber- 12%, Potassium- 5%, Sodium- 5%, Cholesterol- 23%.

5. Low-carb Flaxseed bread (flaxseed & coconut flour)



Ingredients

- 75 g (3/4 cup) coconut flour
- 60 g (1/2 cup) flax meal or flaxseed (ground)
- 3 eggs (large)
- 3 egg whites (large)
- 2 teaspoon baking powder
- 5 tablespoon olive oil
- 140 ml water
- Sea salt (pinch)

How to prepare

1. First step is preheating your oven to 350 ° F
2. Whisk the egg whites and the eggs till they become frothy. (Use a stand mixer)
3. Include the other ingredients before blending. Stop upon attaining smooth dough.
4. Give the dough 5 to 10 minutes for the moisture to be absorbed. The coconut flour and flax ensure this.
5. Grease your baking pan or use a baking paper before pouring the mix.
6. Allow it to bake for 35 minutes.

Note : Sweeteners are not a necessity to the bread. You can include some olives and cheese to it.

Preparation time: 10 minutes

Cooking time: 35 minutes

Total time: 45 minutes

Serving: 8

Nutritional value per slice: Calories-183; fat- 22%, Carbs- 3%, Dietary fiber- 26%, Protein- 15%

6.Low carb flaxseed bread (flax meal only)



Ingredients

- 2 cups flax meal
- 1/3 cup avocado oil/coconut oil/butter
- 5 eggs
- 1 tablespoon Oregano (dried)
- 1 tablespoon baking powder
- 1 teaspoon pink salt
- 1/2 cup water

How to prepare

1. First step is preheating your oven to 350 ° F
2. In a clean bowl put flaxseed meal, baking powder, salt and oregano. Leave the bowl there.
3. Using a blender, blend your eggs together with the avocado oil. Stop upon turning frothy.
4. Add the egg mixture into the initial bowl thoroughly mixing it the

ingredients. Let it be for 5 minutes.

5. Line your baking pan with baking paper before placing your flaxseed bread.

6. Bake it for 20 minutes. You should have a firm golden top.

Preparation time: 10 minutes

Cooking time: 20 minutes

Total time: 30 minutes

Total serving: 10 slices

Nutritional value: Calories- 266, Fat- 22g, Protein- 8g, Carb- 9g, Cholesterol- 81mg, Fiber- 8g, Sodium- 274mg, Potassium- 290mg, Vitamin C- 0.2%, Vitamin A- 2.4%, Iron- 12.3%

7. Macadamia nut bread



Ingredients

- 1 cup macadamia nuts (roasted or unsalted)
- 1 cup coconut butter (softened)
- 5 eggs
- 1 tablespoon baking soda
- 1 tablespoon lemon juice
- 2 tablespoons everything bagel seasoning
- 1 teaspoon baking soda
- 1/2 teaspoon kosher salt
- Half a lemon zest

How to prepare

1. First step is preheating your oven to 350 ° F. Oven rack should be in the middle.
2. Use a food processor or powerful blender to process the macadamia nuts. This should be done for 30 seconds till it looks somehow creamy.
3. Add your eggs one at time after being certain it has fully mixed with the batter. This process is done with the machine running.
4. Switch off the machine thereafter adding the zest, salt and baking soda. Add lemon juice on top of the baking soda.
5. Switch on the machine and let it process for 15 seconds.
6. Switch off your machine adding the coconut butter and process again. Stop when it's creamy and smooth.
7. Lastly, add your baking powder, processing for 20 seconds.
8. Line your baking pan with baking paper or grease it with coconut oil. Pour your batter, and sprinkle your everything bagel seasoning. Press it gently into the batter using your finger.
9. Bake it for 45 minutes. The top should be golden-brown.
10. Let it cool before slicing.

Note - Baking powder assists the bread in not turning green due to the lemon. It must be the last ingredient.

Preparation time: 10 minutes

Cooking time: 45 minutes

Total time: 55 minutes

Serving: 14 slices

Nutritional value (per slice): Calories 202; Fat- 18.6g, Carb- 4.71g, Dietary

fiber- 2.86g, Protein- 3.86g.

8.Low-carb pumpkin bread



Ingredients

- 1 1/4 cup almond flour
- 1/2 cup pumpkin puree
- 1/4 cup psyllium husk (powder)
- 1/2 cup coconut milk
- 3 egg whites (large)
- 2 teaspoons baking powder
- 1/2 teaspoon kosher salt
- 1 1/2 teaspoons pumpkin pie spice
- Sweetener of your choice

How to prepare

1. Start with preheating your oven to 350 ° F.

2. Sift your dry ingredients into a bowl.
3. Include the coconut oil and pumpkin puree thoroughly mixing it.
4. In another bowl, whip your egg whites.
5. Fold a third of the egg whites into the initial bowl. This will enable the dough to absorb the moisture. Thereafter, fold the rest into the bowl.
6. Grease your baking pan with butter and place your dough.
7. Bake it for 75 minutes.
8. Let it cool before cutting slices

Preparation time: 5 minutes

Cooking time: 75 minutes

Total time: 1hr 20 minutes

Total serving: 10 slices

Nutritional value (per serving): Calories-11.96; Fats-8.69g, Proteins- 4.83g, Net Carbs- 3.23g.

9. Paleo Bread (coconut flour, almond flour, ground flaxseeds)



Ingredients

- 1/4 cup flaxseeds (ground)
- 1/2 cup coconut flour
- 1 1/4 cups almond flour
- 1 tablespoon vinegar (apple cider)
- 4 tablespoons coconut oil
- ½ teaspoon baking soda
- 1/4 teaspoon sea salt

How to prepare

1. Blend all wet ingredients and all dry ingredients in separate bowls.
2. Pour the wet ingredients into the dry ingredients and mix

thoroughly.

3. Line your baking pan with baking paper and pour the content into it.
4. Bake your bread for 45 minutes.
5. Let it cool before slicing.

Preparation time: 10 minutes

Cooking time: 45 minutes

Total time: 55 minutes

Total servings: 1 loaf

10.Keto coconut bread



Ingredients

- 1/2 cup (40g) coconut flour
- 1/2 cup olive oil/ coconut oil/ butter
- 7 eggs (large)
- 1/4 teaspoon salt
- 1/4 teaspoon xanthan gum
- 1/4 teaspoon baking powder

How to prepare

1. First step is preheating your oven to 355 ° F (180 ° C)
2. Eggs go into a mixing bowl. Mix them for a minute. The other

ingredients then follow starting with flour.

3. Line your baking tin with a baking paper. Pour your batter in it.

4. Bake it for 50 minutes. (Skewer should emerge from middle clean.)

Note- Too much of the baking powder causes the bread to turn green in color at the bottom. This is due to aluminium reacting with acidic ingredients such as coconut. For this reason use baking powder that is aluminium free.

Preparation time: 10 minutes

Cooking time: 50 minutes

Total time: 60 minutes

Total serving: 16 slices

Nutritional value: Calories- 95; Total fat- 14%, Saturated fat-25%, Cholesterol- 32%, Sodium- 5% Potassium- 1%, Carbs- 0%, Dietary fiber- 4%, Protein- 6%.

BUNS AND ROLLS

1. Low-carb garlic bread (buns)



Dry Ingredients

- 1 1/4 cups almond flour
- 5 tablespoon psyllium husk (ground)
- 3 egg whites
- 1 teaspoon sea salt
- 2 teaspoon baking powder
- 2 teaspoon cider vinegar
- 1 cup hot water

Garlic butter ingredients

- 2 tablespoons fresh parsley (chopped)
- 4 oz butter
- Single garlic clove (minced)

How to prepare

1. First step is preheating your oven to 350 ° F (175 ° C). Using a mixing bowl, mix the dry bread ingredients.
2. Ensuring you boiled the water enough, pour one cup of it in the bowl. Add egg whites and the vinegar and use a hand mixer to whisk(should be done for 30 seconds only). Avoid using too much water thus the dough should look like play-Doh.
3. Shape the dough into buns.
4. Line baking paper on the baking tray and place your dough.
5. Bake it for 45 minutes on the lower rack.
6. Prepare your garlic butter using the above ingredients place it in your fridge as you wait for the buns.
7. Once the buns are done, take them out and give them time to cool.
8. Cut the buns in halves after cooling spreading the butter on every half.
9. Bake the break for about 15 minutes at 425 ° F (225 ° C)

Preparation time: 15 minutes

Cooking time: 45 minutes

Total time: 60 minutes

Servings: 10 buns

Nutritional value per serving: Calories 92; Net carbs- 3%, Fat- 88%, protein-

9%.

2.Low-carb breakfast buns



Ingredients

- 25g or 1/4 cup coconut flour
- 1/4 cup almond flour
- 60 ml hot water (boiling)
- 3 egg whites
- 1 egg
- 1 tablespoon psyllium husk
- 1 teaspoon baking powder
- Sesame seeds (optional)

How to prepare

1. Preheat your oven to 350 ° F (175 ° C)

2. Mix the dry ingredients in a bowl.
3. Put all the ingredients (dry ingredients and wet ingredients) in your food processor/blender. Let it run for 20 seconds till it gets smooth.
4. For five minutes, let the dough sit. This enables the flours to absorb the moisture.
5. Divide your dough into four portions and make the buns.
6. Line parchment paper on your baking sheet and place the buns. Sprinkle some sesame seeds or any other you'd wish to have on the buns.
7. Bake them for 25 minutes. They are done once browned.

Note: Always remember to take plenty of water because of psyllium to avoid constipating. Cover your buns with aluminium foil if they brown too early before the 25 minute mark. This will prevent burning and sadly you'll end up with charcoal if you fail to do so. Hell is the only place with incredibly high demand for charcoal.

Preparation time: 10 minutes

Cooking time: 25 minutes

Total time: 35 minutes

Total servings: 4 buns

Nutritional value: Calories- 109, Total fat 5.5g, saturated fat- 0.7g, carbs- 8.3g, dietary fiber- 5g, protein- 7.3g

3.Keto hamburger buns



Ingredients

- 1 1/4 cup almond flour
- 1 1/2 cup mozzarella cheese (part skim grated)
- 2 oz cream cheese
- 1 egg (large)
- 2 tablespoons oat fiber 500/ protein powder
- 1 tablespoon baking powder
- 1 Metal plate or a pan which you care less about

How to prepare

1. Using a microwave safe bowl, put the cream cheese and mozzarella cheese. Microwave the cheese for 1 minutes. Remove the bowl, stir

and microwave again for 40 seconds to another minute.

2. Scrape out the cheese and place it together with the egg into a food processor. Stop when it's smooth. Add your dry ingredients, processing it till dough is formed. (It is normally very sticky) Let the dough cool.
3. Preheat your oven to 400 ° F, placing the rack in the middle. Line your baking sheet with parchment paper and place the cheap metal plate or pan at the bottom of the oven.
4. Once the oven is ready, separate the dough into 5 equal portions. Apply oil on your hands (not too much) and roll the portions into balls. Place them on the parchment paper, flattening them a bit while creating a domed shape.
5. Put 5 or 6 ice cubes on the metal pan and place the buns inside the oven. The steam from the cubes will make the buns rise.
6. Bake them for about fifteen minutes. They should be done once they brown on the outside. If not, give them more minutes in the oven.

Note: Store in the fridge in an airtight container.

Preparation time: 5 minutes

Cooking time: 15 minutes

Total time: 20 minutes

Total servings: 5 buns

Nutritional value (per serving): Calories- 294, Carbs- 7g, Protein- 14g, Fat- 25g, Fiber- 3g.

4. Paleo, Keto buns



Ingredients

- 1 1/2 cup (150g) almond meal
- 1/2 cup (60g) coconut flour
- 1/2 cup flax meal
- 2/3 cup psyllium husks
- 6 egg whites (large)
- 2 eggs (large)
- 5 tablespoons sesame seeds
- 2 teaspoons garlic powder

- 2 teaspoons cream of tartar/ apple cider vinegar
- 2 teaspoon onion powder
- 1 teaspoon baking soda
- 1 teaspoon sea salt/ pink Himalayan
- 2 tablespoons Erythritol (optional)
- 480 ml boiling water

How to prepare

1. Preheat your oven to 350 ° F (175 ° C)
2. Mix all your dry ingredients in a mixing bowl.
3. Add your egg whites and eggs. Use a hand mixer to process it till your dough becomes thick.
4. Add the boiling water and process until it combines.
5. Line your baking sheet with parchment paper.
6. Use a spoon to make the buns and create a dome shape.
7. Sprinkle the sesame seeds on the buns. Press the seeds into the buns to prevent them from falling out.
8. Bake for 45 minutes.

Note: Always use psyllium powder and not husks. Bought psyllium husk powder could make the buns look a bit purple but they would still be fine. If possible, make your psyllium powder at home by grinding the husks.

Preparation time: 10 minutes

Cooking time: 45 minutes

Total time: 55 minutes

Total servings: 10 buns

Nutritional value (per bun): Calories- 208; carbs- 9%, Proteins- 21%, fat- 70%.

5.Low-carb coconut hamburger buns



Ingredients

- 1/2 cup coconut flour
- 1 1/2 cups mozzarella cheese (shredded)
- 2 tablespoons cream cheese (softened)
- 2 tablespoons flax meal
- 2 eggs (large)
- 1 tablespoon baking powder
- 1 tablespoon sesame seeds
- 1/2 teaspoon salt

How to prepare

1. Preheat your oven to 380 ° F.
2. Using a mixing bowl, whisk your flax meal, coconut flour, salt and baking soda.

3. In another bowl, put your cream cheese and mozzarella cheese. Microwave your cheese for 45 seconds to a minute. Stir it and microwave once more until it becomes melted.
4. Beat your eggs, adding into the first bowl which has the dry ingredients. Add the cheese too to the bowl. You can use your hand mixer to make the dough.
5. Separate the dough into four equal portions. Use these portions to make the buns and sprinkle sesame seeds. Press the seeds to prevent them from falling out.
6. Line the baking sheet with parchment paper and place your buns.
7. Bake for 20 minutes or until they brown on the outside.
8. Leave them to cool.

Preparation time: 10 minutes

Cooking time: 20 minutes

Total time: 30 minutes

Total servings: 4

Nutritional value (per serving): Calories- 218; Fat- 13.5g, Carbs- 7.2g, Dietary fiber- 3.5g, Protein- 17g.

6.Low-carb dinner rolls



Ingredients

- 1 cup almond flour
- 1/4 cup flaxseed (ground)
- 1 cup Mozzarella (shredded)
- 1 oz cream cheese
- 1/2 teaspoon baking soda
- 1 egg

How to prepare

1. Preheat your oven to 400 ° F.
2. Using a microwave-safe mixing bowl, put both the mozzarella and

cream cheese. Microwave it for one minute. Stir them till they become smooth.

3. Add eggs in the bowl and stir till they mix well.
4. In another clean bowl, put your flaxseed, almond flour and baking soda and mix the dry ingredients.
5. Pour your egg and cheese mix into the bowl with dry ingredients. Use your hand mixer or hands to make dough by kneading.
6. Slightly wet your hands with coconut oil or olive oil and roll your dough to six balls.
7. Top them with sesame seeds and place them on the parchment paper.
8. Bake them for 10 minutes. A golden brown look will indicate that they are done.
9. Leave them to cool.

Preparation time: 10 minutes

Cooking time: 10 minutes

Total time: 20 minutes

Total servings: 6

Nutritional value 9(per serving): Calories- 219; Carbs- 5.6g, net carbs- 2.3g, Dietary fiber- 3.3g, protein- 10.7g, fat- 18g.

7.Low-carb clover rolls



Ingredients

- 1/3 cup coconut flour or 1 1/3 cup almond flour
- 1 1/2 cup mozzarella cheese (shredded)
- 1 1/2 teaspoon baking powder
- 1/4 cup parmesan cheese (grated)
- 2 ounces cream cheese
- 2 eggs (large)

How to prepare

1. Preheat your oven to 350 ° F.

2. Put your almond flour and baking powder in a clean bowl and mix.
3. Using another bowl, put your Mozzarella and cream cheese and microwave for a minute. Stir it well after it melts.
4. Add eggs to the cheese and stir.
5. Add the egg-cheese mix to the bowl with dry ingredients and mix thoroughly.
6. Wet your hands and knead dough into a sticky ball.
7. Put the dough ball on the parchment paper and slice into fourths.
8. Slice each fourth or quarter into 6 smaller portions.
9. Roll each small portion into balls.
10. Roll the balls into the parmesan cheese light for them to coat it.
11. Grease your muffin pan and place 3 dough balls in each cup of the pan.
12. Bake it for 20 minutes at 350 ° F.

Preparation time: 10 minutes

Cooking time; 20 minutes

Total time: 30 minutes

Total servings: 8

Nutritional value (per serving): Calories- 283; Fat- 21g, Sat fat- 8g, Net Carbs- 4g, Carbs- 6g, Protein- 16g, Fiber- 2g, Sugars- 1g.

8.Keto bread rolls



Ingredients

- 1 1/3 cups almond flour
- 1 1/2 cups shredded mozzarella cheese (part skim)
- 2 oz cream cheese (full fat)
- 1 1/2 tablespoon baking powder (aluminum free)
- 2 tablespoons coconut flour
- 3 eggs (large)

How to prepare

1. Preheat your oven to 350 ° F
2. In a clean bowl, put almond flour, coconut flour and baking powder. Mix well and set it aside.

3. Using a microwave-safe bowl, put the cream cheese and mozzarella in it and microwave for 30 seconds. Remove the bowl, stir and microwave again for 30 seconds. This should go on until the cheese has entirely melted.
4. Using a food processor add the cheese, the eggs and flour mix. Process at high speed for uniformity of the dough. (It is normally sticky.)
5. Knead the dough into a dough ball and separate it into 8 equal pieces. Slightly wet your hands with oil for this step.
6. Roll each piece with your palms to form a ball and place each ball on the baking sheet. (should be 2 inches apart)
7. In a bowl, add the remaining egg and whisk. Brush the egg wash on the rolls.
8. Bake for 20 minutes or until they are golden brown.

Note : The cheese hardens the rolls thus they should be eaten when hot. Microwave them to make soft once they cool.

Preparation time: 10 minutes

Cooking time: 20 minutes

Total time: 30 minutes

Total servings: 8

Nutritional value (per serving): Calories-216; Fat 16g, Sat fat- 4g, Carbs- 6g, Protein- 11g, Dietary fiber- 2g, Cholesterol- 82mg, Potassium- 277mg, Sodium- 183mg.

9.Keto coconut bread rolls



Ingredients

- 1/2 cup (60g) coconut flour
- 4 tablespoons flaxseed (ground)
- 2 tablespoons coconut oil
- 2 tablespoons psyllium husk (powder)
- 1 tablespoon baking powder
- 1 tablespoon apple cider vinegar
- 1/4 cup boiling water
- 1/2 teaspoon salt
- 2 egg whites
- 2 eggs (medium size)

How to prepare

1. Preheat your oven to 350oF.

2. In a mixing bowl, put all your dry ingredients and mix thoroughly. (coconut flour, flaxseed flour, baking powder, psyllium husk powder, salt)
3. Add eggs and the coconut oil. Blend the ingredients till it resembles breadcrumbs. Pour the apple cider vinegar and mix.
4. Add the boiling water in bits. (you don't need to use the entire amount) Stir for it to combine well with the mixture.
5. Line your baking tray with baking paper.
6. Make 6 divisions of the dough and roll them into balls with your hands.
7. Place the dough balls on the baking paper.
8. Bake them for 30 minutes or upon turning to golden brown.

Note: nutritional value given is just estimation.

Preparation time: 10 minutes

Cooking time: 30 minutes

Total time: 40 minutes

Total servings: 6

Nutritional value (per serving): Calories- 172; Carbs- 14g, Fat- 10g, protein- 6g, Fiber- 9g.

10.Low carb bread rolls (without eggs)



Ingredients

- 1/4 cup (30g) coconut flour
- 1 1/4 cup (150g) almond flour
- 1/4 cup psyllium husk (ground)
- 1 cup hot water (40 ° C)
- 1 tablespoon olive oil
- 2 teaspoon apple cider vinegar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 tablespoons sesame seeds (optional)

How to prepare

1. Preheat your oven to 375 ° F/ 180 ° C.
2. Add all your dry ingredients in a bowl. (Coconut flour, almond flour, psyllium powder, baking powder, salt)
3. Pour the olive oil and apple cider vinegar in the hot water and stir. Thereafter, pour the mix in the bowl and combine thoroughly for a minute. The flour will absorb the water forming the dough. The dough will be soft and sticky. Leave it for 10 minutes for the water mixture to be well absorbed.
4. Separate the dough into 6 equal portions. Form 6 dough balls as a result.
5. Line your baking tray with parchment paper.
6. Place the balls on the baking tray and sprinkle sesame seeds on top. Press the seeds into the dough to prevent falling out.
7. Bake for 40 minutes at 375 ° F at the lower section of the oven for the first 30 minutes. Switch them to the top section for the remaining period.
8. Remove from the oven and let them cool.

Preparation time: 15 minutes

Cooking time: 40 minutes

Total time: 55 minutes

Total servings: 6

Nutritional value per serving: Calories- 230; Carbs- 13.9g, Protein- 6.2g, Fiber- 9.2g, Fat- 15g, sugar- 1.9g

BAGELS

1. Fathead keto bagels



Ingredients

- 1 1/2 cup almond flour
- 2 1/2 cup mozzarella cheese (shredded)
- 1 tablespoon baking powder
- 2 oz cream cheese
- 2 eggs (large)
- Sesame seeds (optional)

How to prepare

2. Preheat your oven to 400 ° F/ 204 ° C

3. In a clean bowl, stir your almond flour and baking powder.
4. In another bowl (microwave-safe), put the mozzarella cheese and cream cheese. Microwave for a minute, remove and stir. Microwave again for another minute and remove. Ensure all the cheese has melted.
5. Beat the eggs and combine them with the cheese.
6. Add the egg-cheese mix to the flour and stir. Using your hands, knead till a dough forms.
7. Separate the dough into 6 equal portions and form 6 long log-like pieces. Join the ends of each piece together to create a bagel shape.
8. Line baking sheet with parchment paper and place the 6 pieces. Sprinkle the sesame seeds on each piece, pressing into the dough to avoid them falling out.
9. Bake the pieces for about 15 minutes or till they turn golden.

Note : Instead of kneading you can use a stand mixer or food processor. Wet your hands with oil because the dough can be sticky.

Preparation time: 15 minutes

Cooking time: 15 minutes

Total time: 30 minutes

Total serving: 6 bagels

Nutritional value (per serving): Calories- 360: Fat- 28g, Proteins- 21g, Carbs- 8g, Net Carbs- 5g, Fiber- 3g,

2.Keto bagels



Ingredients

- 2 1/4 cups almond flour
- 3 1/2 cups mozzarella cheese (shredded)
- 5 oz cream cheese (cubed)
- 1 tablespoon baking powder
- 1 tablespoon everything bagel seasoning
- 2 eggs (large & beaten)
- 1 egg white (beaten)

How to prepare

1. In a bowl, put your almond flour and baking powder and mix thoroughly.

2. In another bowl, put mozzarella cheese and cream cheese and microwave for a minute. Remove, stir and microwave again for 30 seconds until the cheese melt.
3. Add the two beaten eggs and the cheese to the flour mix and combine. Knead for the dough to form and oil your hands because it is usually sticky.
4. Separate the dough into 8 equal portions.
5. Shape the portions into 8 balls and make a hole in the middle. Form the desired begal shape.
6. Line your baking sheet with parchment paper and place the 8 pieces. Brush them with the egg wash from the single egg white.
7. Sprinkle the pieces with everything bagel seasoning or any particular seasoning of your choice.
8. Bake for 15 minutes at 425 ° F or till they turn golden brown on the outside.

Preparation time: 10 minutes

Cooking time: 15 minutes

Total time: 25 minutes

Total servings: 8 bagels

Nutritional value (per serving): Calories- 428; Fat- 35g, Sat fat- 11g, Cholesterol- 99mg, Carbs- 10g, Dietary fiber- 3g, Protein- 21g, Sodium- 457mg, Potassium- 234mg.

3.Low-carb mozzarella bagels



Ingredients

- 85g almond flour
- 170g mozzarella cheese (shredded or grated)
- 1 tablespoon cream cheese
- 1 tablespoon baking powder
- 1 egg (medium)
- A pinch of salt

How to prepare

1. In a clean bowl, put the dry ingredients and mix thoroughly. (flour, baking powder, salt)
2. In a microwave-safe bowl put the cream cheese and mozzarella. Microwave it for a minute, remove and stir. Microwave it for 30 seconds till it has completely melted.
3. Add the egg and the cheese to the flour mix and stir.

4. Knead with your hands till the dough forms.
5. Separate the dough into 6 equal pieces. Create 6 log-like dough and join the ends to form a bagel shape.
6. Line baking tray with baking paper and place the pieces.
7. Bake for 15 minutes at 425 ° F. They turn golden brown when done.

Preparation time: 10 minutes

Cooking time: 15 minutes

Total time: 25 minutes

Total serving: 6 bagels

Nutritional value (per serving): Calories- 203; fat- 16.8g, Carbs- 4g, Dietary fiber- 1.6g, Protein- 11g, Sugar- 1g.

4.Keto coconut bagels



Ingredients

- 1/2 cup coconut flour
- 1 1/2 cups mozzarella cheese (shredded)
- 2 tablespoons baking powder
- 2 tablespoons butter (melted)
- 2 oz cream cheese
- 2 eggs (large & beaten)

How to prepare

1. Preheat your oven to 400 ° F.
2. In a clean bowl, put the coconut flour and baking powder and mix thoroughly.
3. In a microwave-safe bowl, put the mozzarella cheese and cream

cheese. Microwave for a minute, remove the bowl and stir. Microwave for another minute until the cheese has completely melted.

4. Add the cheese, eggs and butter to the flour mix. Knead with your hands to create the dough. (oil your hands as the dough is usually sticky)
5. Separate the dough into 6 equal portions.
6. Roll each portion with your hands and connect ends to create a bagel shape.
7. Line baking pan with baking paper or grease with coconut oil. Place each piece on the baking paper.
8. Bake for 15 minutes (or till they turn light brown) at 400 ° F.

Preparation time: 10 minutes

Cooking time: 15 minutes

Total time: 25 minutes

Total servings: 6 bagels

Nutritional value (per serving): Calories- 234, Fat- 16g, Cholesterol- 137mg, Carbs- 7g, Dietary fiber- 3g, Protein- 14g, Sodium- 418mg, Potassium- 80mg.

5.Keto macadamia nut bagels



Ingredients

- 1 cup coconut butter
- 1 cup macadamia nuts (roasted or unsalted)
- 2 tablespoons everything bagel seasoning
- 1 tablespoon lemon juice
- 1 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 5 eggs
- Half a lemon zest

How to prepare

1. Preheat your oven to 350 ° F after setting the rack in the middle.
2. Using a food processor, process the macadamia nuts for 30 seconds or upon turning creamy.
3. Ensuring the machine is running, add the eggs one by one. Each egg should combine well before including the next.
4. Switch of the machine and put the butter and salt to the batter and process till it becomes smooth. While off again, add the zest, baking soda and lemon juice. Process for about 15 seconds.
5. Grease the bagel pan with coconut oil.
6. Add the batter to the tin, tapping it several times on the counter.
7. Sprinkle the everything bagel seasoning and press into the batter.
8. Bake for 20 minutes or upon turning golden brown on their top.

Preparation time: 10 minutes

Cooking time: 20 minutes

Total time: 30 minutes

Total servings: 10 bagels

Nutritional value (per serving): Calories- 283; Carbs- 6.6g, Net Carbs- 2.5g, Fat- 26.1g, fiber- 4g, protein- 5.4g

COOKIES

1. Low-carb chocolate chip cookies



Ingredients

- 1 cup almond flour
- 4 tablespoons chocolate chips
- 2 tablespoons erythritol
- 2 tablespoons coconut oil
- 2 teaspoons milk (of your choice)
- 1/8 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt

How to prepare

1. Preheat your oven to 325 ° F.
2. Mix your dry ingredients thoroughly in a bowl.
3. Add your wet ingredients to the flour-mix and create the dough.
4. Shape several cookies out of the dough.
5. Put the cookies on your cookie tray.
6. Bake for 12 minutes on the middle rack.

Note: They will be soft at first but firm once they cool.

Preparation time: 5 minutes

Cooking time: 12 minutes

Total time: 17 minutes

Total servings: 10 small cookies or 5 large ones

Nutritional value (per serving): Calories- 80, Fat- 7.1g, Sat fat- 3g, Carbs- 3.3g, Dietary fiber- 1.2g, Protein- 1.9g, Sodium- 61mg.

2.Low carb peanut butter cookies



Ingredients

- 1 cup peanut butter (without sugar included)
- 1 egg (large size)
- 1/2 cup erythritol (granular)

How to prepare

1. Preheat the oven to 350 ° F.
2. Place the erythritol in a Nutribullet, blending for a couple of seconds. This will give you a fine powder of erythritol.
3. In a bowl, mix the erythritol, peanut butter and egg thoroughly.
4. Make dough balls of inch size and put them on the baking paper. Press them with a fork twice.
5. Bake for 15 minutes. (the edges of the cookies should be browner)

6. Leave them to cool.

Preparation time: 10 minutes

Cooking time: 15 minutes

Total time: 25 minutes

Total servings: 15 cookies

Nutritional value (per serving): Calories- 105; Fat- 9g, Protein- 4g, Net carbs- 2g.

3.Keto brownie cookies



Ingredients

- 1 cup almond butter
- 1/4 cup chocolate chips
- 1/2 cup erythritol/ monk fruit sweetener (granulated)
- 4 tablespoons cocoa powder
- 3 tablespoons almond milk
- 1 egg (large)

How to prepare

1. Preheat your oven to 350 ° F.
2. In a clean bowl, mix the cocoa powder, almond butter, sweetener and egg.

3. Add 3 tablespoons of almond milk if the mix is crumbly.
4. Stir the batter in the chocolate chips.
5. Line your baking pan with parchment paper.
6. Make balls from the dough and press on the pan.
7. Bake for 10 minutes. The tops will reveal little cracks when they are done.

Preparation time: 5 minutes

Cooking time: 10 minutes

Total time: 15 minutes

Total servings: 14 servings

Nutritional value (per serving): Calories- 141, Fat- 12.1g, Carbs- 2.9g, Dietary fiber- 3.3g, Protein- 5.5g.

4.Keto coconut chocolate chip cookies



Ingredients

- 1 1/2 cups almond flour
- 1/2 cup chocolate chips
- 3 tablespoons coconut flour
- 4 tablespoons coconut oil
- 2 tablespoons erythritol (or sweetener of your choice)
- 2 tablespoons unsweetened applesauce
- 1 teaspoon baking powder
- 1 teaspoon almond extract

How to prepare

1. Preheat your oven to 350 ° F.
2. In a clean mixing bowl, put all dry ingredients and mix thoroughly.
3. In another bowl add the applesauce, almond extract and coconut oil.
4. Add the wet ingredients to the dry ingredients and mix.
5. Out of the dough, create small balls 12 of them in number.
6. Line your baking tray with parchment paper and place the 12 portions on the tray.
7. Bake it for 15 minutes or upon turning golden brown.

Preparation time: 10 minutes

Cooking time: 15 minutes

Total time: 25 minutes

Total servings: 12

Nutritional value (per serving): Calories- 140; Carbs- 5g, Protein- 4g, Fat- 13g, Fiber- 3g, Calcium- 2%, Vitamin C- 2%, Vitamin A- 2%, Iron- 1%.

5.Low carb oreo cookies



Ingredients

- 144g almond flour
- 128g erythritol
- 80g butter (grass-fed)
- 37g cocoa powder
- 13g black cocoa powder
- 1 egg
- 1/2 teaspoon xanthan gum
- 1/2 teaspoon baking soda
- 3/4 teaspoon kosher salt
- 1/4 teaspoon espresso powder (optional)

Vanilla cream ingredients

- 56g butter (grass-fed)
- 14g coconut oil
- A powdered sweetener for taste. (of your choice)
- 1 1/2 teaspoon vanilla extract
- A pinch of salt

How to prepare

1. In a bowl, put almond flour, espresso powder, cocoa powder, xanthan, salt and baking soda.
2. Cream the butter in another bowl with a hand mixer for a minute. Add the erythritol and continue until the sweetener dissolves. (should be about 5 minutes)
3. Include the egg to the bowl with butter and mix well.
4. Put the hand mixer on low speed and include the half flour mix. Make sure it fully combines before adding the rest.
5. Wrap the dough with saran wrap and leave it in the fridge for an hour.
6. Preheat your oven to 350 ° F/ 175 ° C.
7. Line baking tray with baking paper.
8. Roll the dough and cut out the cookies (1 3/4 inch diameter). Place them on the baking tray and put them back in the fridge for about 15 minutes.
9. Bake for 12 minutes. Just taste them because they are dark in color. Ensure they are crisp too.

10. Leave them to cool.
11. For the vanilla cream, place butter and coconut oil in a bowl. Cream them using your hand mixer or stand mixer. Add the vanilla extract and salt ensuring they fully combine. Add the sweetener and ensure it combines too with the mix.
12. Spread the vanilla cream or pipe it onto the cookie (It should be sandwiched between two cookies).
13. Store in your fridge.

Note: You can substitute the coconut oil for more butter for the vanilla cream ingredient listing. Coconut oil improves the texture of the cream.

Preparation time: 15 minutes

Cooking time: 15 minutes

Total time: 30 minutes

Total servings: 24 sandwich cookies

Nutritional value (per serving): Calories- 86; Fat- 8g, Sat fat- 8g, Carbs- 2g, Dietary fiber- 1g, Protein- 1g, Potassium- 34mg, Sodium- 138mg, Cholesterol- 19mg,

BAGUETTES

1. Low-carb sourdough baguettes



Ingredients

- 1 1/2 cup (150g) almond flour
- 1/2 cup (60g) coconut flour
- 1/3 cup psyllium husk (powdered)
- 1/2 cup (75g) flax meal
- 1/4 cup apple cider vinegar/ white wine vinegar
- 3/4 cup buttermilk (low fat)
- 1 cup lukewarm water
- 1 teaspoon sea salt/ pink Himalayan

- 1 teaspoon baking soda
- 6 egg whites (large)
- 2 eggs (large)

How to prepare

1. Preheat your oven to 350 ° F.
2. In a clean bowl, mix all your dry ingredients. (flax meal, almond flour, coconut flour, powdered psyllium husk, baking soda, salt)
3. In another bowl, put the eggs, egg whites and low-fat buttermilk and mix thoroughly.
4. Add the egg-mix to the first bowl with the flour mix and process with an electric mixer.
5. Once your dough is thick, add the water and vinegar. Process again using your mixer till its fully mixed.
6. Create 8 baguettes using a spoon
7. Line your baking tray with parchment paper and lay the baguettes on it. (leave space between because they'll rise.) Make four diagonal cuts on the baguettes.
8. First bake for 10 minutes.
9. Reduce heat to 300 ° F (150 ° C), baking for 35 minutes.
10. Remove them and let them cool.

Note : If you have psyllium husks use a blender to make them fine.

Preparation time: 10 minutes

Cooking time: 35 minutes

Total time: 45 minutes

Total servings: 8 baguettes

Nutritional value (per serving): Calories- 232; Net carbs- 4.5g, Protein- 12.2g, Fat-16.4g.

2. Paleo, keto baguette



Ingredients

- 1/4 cup coconut flour
- 1/3 cup coconut milk (full-fat)
- 1/3 cup psyllium husk (powdered)
- 2 tablespoons coconut oil
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon apple cider vinegar
- 2 egg whites
- 4 eggs

How to prepare

1. Preheat your oven to 350 ° F.
2. In a clean bowl, whisk egg whites, eggs, coconut milk and oil together.
3. Add coconut flour and psyllium and stir well to combine.
4. Add baking soda, salt and the vinegar and mix thoroughly.
5. Give it a few minutes to thicken and then form a long single baguette.
6. Line your baking sheet with parchment then place the baguette.
7. Bake it for 55 minutes.
8. Let it cool after removing it from the oven.

Preparation time: 10 minutes

Cooking time: 55 minutes

Total time: 1hr 5 minutes

Total servings: 1 baguette

3.Low-carb French bread



Ingredients

- 2 oz almond flour
- 4 oz melted butter
- 6 oz cream cheese
- 2 tablespoons psyllium husk (powdered)
- 2 tablespoons coconut flour
- 2 tablespoons sesame seeds (optional)
- 2 teaspoons baking powder
- 1/5 teaspoon caraway (ground)
- 1/5 teaspoon cardamom (ground)
- 6 eggs

How to prepare

1. In a clean bowl, whisk the egg with cream cheese and butter till it becomes smooth.
2. Add the remaining ingredients and mix thoroughly. Let it sit for 10 minutes.
3. Preheat your oven to 425 ° F
4. Shape 5 baguettes out of the dough and make diagonal cuts on top.
5. Line your baking tray with parchment and place the baguettes on top. Sprinkle sesame seeds on the baguettes too.
6. Place the baguettes in the oven and after ten minutes lower heat to 350 ° F.
7. Bake it for 30 minutes. It will be done when it turns light brown in color.
8. Remove and allow it to cool.

Preparation time: 15 minutes

Cooking time: 40 minutes

Total time: 55 minutes

Total servings: 5 baguettes

4.Keto cheese stuffed baguette



Ingredients

- 3/4 cup (85g) almond flour
- 1 1/2 cup Mozzarella cheese (shredded)
- 1/2 cup baking powder (Aluminum free)
- 1/2 cup cheddar cheese (shredded)
- 7 oz (200g) ground beef
- 2 oz (56g) cream cheese
- 1 tablespoon Worcestershire sauce
- 3 tablespoons Ricotta cheese
- 1 teaspoon Lard
- Pepper and salt

- 2 eggs (beaten)
- 1 egg
- 1/2 teaspoon chopped parsley (optional)

How to prepare the filling

1. Over medium-heat heat your frying pan on a stove. Put the lard.
2. Include the beef, seasoning it with pepper and salt. Do the same with Worcester sauce.
3. Put the pan aside when cooked letting it cool. (omit the beef for the next exercise)
4. Add the two beaten eggs into the pan. Scramble and omit it from the heat source to cool.

How to prepare the dough

1. In a clean bowl (microwave safe), put the cream cheese and mozzarella cheese and microwave for a minute. Remove the bowl, stir the cheese and microwave it for 30 seconds. Ensure all the cheese has melted. Another alternative is using a saucepan to melt the cheese on the stove.
2. Add the remaining egg and combine well with the cheese.
3. Include the almond flour and baking powder to the egg-cheese mixture and mix thoroughly.
4. Knead with your hands till dough forms. (it is normally sticky. Heat the dough if it becomes hard or crumbly due to the cheese cooling.)

Combining all ingredients

1. First preheat your oven to 375 ° F or 190 ° C.

2. Sandwich the dough with two parchment papers.
3. Roll the dough out to a rectangle of 40 cm by 30 cm (15x12 inch)
4. On the dough, spread the beef, scrambled eggs, ricotta and cheddar in this order. Thereafter, slowly roll the dough to conceal them.
5. Place the dough on the parchment paper, sealing its ends.
6. Make slashes or slight cuts on the top using a knife.
7. Line a baking sheet with the parchment paper.
8. Bake it for 25 minutes.

Preparation time: 20 minutes

Cooking time: 25 minutes

Total time: 45 minutes

Total servings: 7

Nutritional value: Calories- 304; Fat- 22.5g, Protein- 21.2g, Carbs- 4.6g, Dietary fiber- 1.5g, Sugar- 1.3g.

5.Keto French baguette



Ingredients

- 250g sunflower seeds
- 20g yeast
- 120g cottage cheese
- 150g cream cheese
- 1/4 cup water
- 2 eggs
- Salt for taste

How to prepare

1. Use a blender to grind the sunflower seeds forming a flour.
2. In a bowl, put 1/3 of the amount of ground seeds and yeast broken in pieces. Leave for 10 minutes.

3. Ensure the cottage cheese is completely rid of water.
4. Include all the remaining ingredients in the bowl and mix thoroughly.
5. Preheat your oven to 350 ° F and line baking tray with parchment paper.
6. Create 2 long baguettes from the dough or four short ones.
7. Bake for 35 minutes. (After the first 15 minutes cover it with aluminum foil if it indicates any signs of initial burning.)

Preparation time: 10 minutes

Cooking time: 35 minutes

Total time: 45 minutes

Total serving: 2 long baguettes

PIZZA

1. flourless cheese crust keto pizza



Ingredients (Pizza Crust)

- 3 eggs
- 4 ounces mozzarella

(Pizza Toppings)

- Red onion
- Tomato sauce
- Pesto
- Shredded mozzarella
- Cooked and cubed chicken

How to prepare

1. Preheat the oven to 400°F and line a baking tray with foil or a silicone

mat.

2. Combine beaten eggs and shredded cheese in a bowl and mix until smooth.
3. Pour the mixture into a baking pan spreading evenly with a spatula.
4. Bake for about 10-15 minutes until lightly golden brown then remove the pizza crust.
5. Top with chicken, onion, and small dollops of pesto or other toppings of your choice.
6. Bake again for about 10 minutes until the cheese is melted.

Notes: Use low sugar tomato sauce to keep it low carb

Preparation time: 10 minutes

Cooking Time : 25 minutes

Total time: 35 minutes.

Total servings: 4 slices

Nutritional value: Calories- 105, Fat- 90g, Carbohydrates- 5g, Protein- 53g.

2 Keto pepperoni pizza



Ingredients (pizza base)

- Cups Mozzarella
- 4tsps baking powder
- Ounces Cream Cheese
- 2 large eggs
- $\frac{3}{4}$ Cup Almond Flour
- 2 Tablespoons Italian Seasoning
- 3 Tablespoons grated Parmesan cheese

(Pizza toppings)

- $\frac{1}{2}$ Cup Marinara Sauce
- Pepperoni
- 1 $\frac{1}{4}$ Cup Mozzarella

How to prepare (Pizza base)

1. Combine 2 Cups Mozzarella Cheese and 3 Ounces of cream cheese into a large microwave safe bowl and microwave until completely melted for about 90 seconds.
2. Remove from the microwave and stir. If not fully melted, return to the microwave.
3. In a small separate bowl mix together the almond flour, baking powder, Italian seasoning, Parmesan cheese and eggs.
4. Combine the ingredients from the smaller bowl into the bigger bowl and mix together well.
5. Pour the remaining Mozzarella on top and mix well.
6. Set out plastic wrap on the counter and dust lightly with Parmesan cheese.
7. Place the dough on top and roll into a ball.
8. Place the dough into a refrigerator for about 20-30 minutes to firm up a little.
9. Pre-heat the oven to 425F.
10. Remove dough from the refrigerator.
11. Evenly roll out the dough onto a greased pan.
12. Bake in the oven for about 25 minutes or until golden brown all over.
13. Remove from oven immediately and set on the counter.

(Pizza toppings)

1. Pour ½ Cup of Marinara Sauce onto the pizza, leaving the outer 1 inch of the crust dry.

2. Sprinkle the Mozzarella Cheese on top of the Marinara Sauce.
3. Add Pepperoni.
4. Bake in the oven at 425°F for about 10 minutes until the cheese begins to bubble.

Note: You can use any other toppings other than pepperoni on your pizza

Prep Time : 20 Minutes

Cooking Time : 35 Minutes

Total Time : 55 Minutes

Total servings: 8 slices

Nutritional information: Calories 270, Total Fat- 22g, Saturated Fat- 10g, Cholesterol-95mg, Sodium- 400mg, Protein-16g, Carbohydrates-5g.

3.Keto fathead pizza



Ingredients

- 12 ounces shredded mozzarella cheese
- 2 ounces cream cheese
- 1 2/3 cup finely ground blanched almond flour
- 1/4 teaspoon salt
- 2 tablespoons coconut flour
- 2 teaspoons baking powder
- 2 eggs
- Toppings of your choice

How to prepare

1. Place a pizza stone or overturned rimmed baking sheet and preheat to 350 ° F.

2. Combine mozzarella and cream cheese in a microwave safe bowl and microwave at intervals of 30 seconds until they are well melted and have a sticky consistency.
3. Add the almond flour, the coconut flour and the baking powder to the melted cream cheese and mozzarella and stir.
4. If the dough is too firm, microwave it for about 15 seconds until it softens.
5. Remove the bowl from the microwave and add the eggs to the dough and mix.
6. Press the dough again until it is uniform in color and texture.
7. Flour a piece of parchment paper lightly with almond flour.
8. Place the dough on the parchment and knead until smooth and roll out to a desired shape and thickness of about 1/8.
9. Pierce the dough all over with a fork to prevent it from puffing up too much in the oven.
10. Place it while still on the parchment paper, on top of the pizza stone or overturned baking sheet in the preheated oven and bake for 6 to 8 minutes or until the dough no longer glistens.
11. Remove the crust from the oven.
12. Add toppings of your choice to your pizza.
13. Return the pizza to the oven for about 10 minutes and bake until the edges brown and the cheese on top melts.

Note : Almond flour can be substituted with coconut flour.

Prep time: 15 minutes

Cook time: 20 minutes

Total time: 35 minutes

Total servings : 4 slices

Nutritional Value per serving : Calories-158.7, Total Fat- 12.5g, Saturated Fat- 3.9g, Trans Fat- 0.2g, Cholesterol-40.5mg, Sodium- 161.1mg, Carbohydrates- 4.5g, Protein-8.9g.

4.Keto cauliflower pizza



Ingredients

- 1-2 cups mozzarella cheese
- 1 egg
- 1 medium sized head of cauliflower (2 to 3 cups once processed)
- 1/4 cup shredded Parmesan cheese
- 1/4 cup mozzarella cheese
- 1/4 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon basil or rosemary minced
- 1/2 teaspoon oregano minced
- 1 cup marinara sauce

How to prepare

1. Preheat oven to 500 degrees F.

2. Place the cauliflower into a food processor and pulse it until it is rice like.
3. Place the cauliflower in a microwave safe bowl and heat it uncovered in a microwave for 4-5 minutes on high.
4. Remove it from the microwave and leave it to cool for at least 4-5 minutes.
5. After cooling, pour the cauliflower into a kitchen towel and squeeze all the liquid out of it.
6. Add egg, garlic, cheese, and seasonings to the cauliflower, knead and roll out.
7. Lightly grease a piece of paper parchment and place on a pizza pan.
8. Spread the dough out onto the parchment paper or a pizza pan.
9. Bake the crust for approximately 10-15 minutes.
10. Once the crust is golden and crispy, remove it from the oven.
11. Add toppings of your choice.
12. Place the pizza back in the oven and bake for 2-5 minutes until the cheese melts.

Note : If you do not have a food processor, use a cheese grater or chop your cauliflower into small fine pieces.

Preparation Time : 10mins

Cooking Time : 20 minutes

Total Time : 30 minutes

Total Servings : 8 slices

Nutritional Value : Calories- 84 Calories, Total Fat 5g, Saturated Fat 3g, Cholesterol 36mg, Sodium 404mg, Potassium 159mg, Total Carbohydrates 3g, Sugars 1g, Protein 6g, Vitamin A 6.1%, Vitamin C 10.4%, Calcium 13.7%, Iron 3.3%.

5.Keto pizza bagels



Ingredients

- 2 cups almond flour
- 1 tablespoon baking powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried Italian seasoning
- 2 large eggs
- cups shredded low moisture mozzarella cheese
- tablespoons cream cheese
- 1/4 cup Low Carb Pizza Sauce
- 2.5 ounces pepperoni slices
- 1 teaspoon dried oregano
- 2 tablespoons shredded Parmesan cheese

How to prepare

- 1 Preheat oven to 425 ° F and line a rimmed baking sheet with parchment paper.
- 2 Combine the almond flour, baking powder, garlic powder, onion powder, and dried Italian seasoning in a bowl.
- 3 Place the mozzarella cheese and cream cheese in a microwave safe bowl and microwave for about 90 seconds.
- 4 Remove from microwave and stir to combine.
- 5 If not fully melted return to microwave for another 30 seconds and mix again.
- 6 Add beaten eggs and almond flour into a bowl and mix.
- 7 Combine with the melted cream cheese and mozzarella and mix.
- 8 Add chopped peperoni and mix.
- 9 Add little amounts of sauce at a time while mixing.
- 10 Divide the dough into 6 equal portions rolling each into a ball.
- 11 Poke your finger through the center and stretch the hole until you have a bagel shape.
- 12 Top each bagel with oregano and Parmesan
- 13 Bake for 12-15 minutes or until the tops brown.

Note : Fresh mozzarella contains too much water so use prepackaged shredded mozzarella for your bagels to turn out as they should.

Preparation time: 15 minutes

Cooking time: 15 minutes

Total time: 30 minutes

Total servings: 6 bagels

Nutritional value: Calories- 449, Fat- 35g, Carbohydrates- 10g, Fiber- 4g, Protein- 28g

MUFFINS

1.Keto blueberry muffins



Ingredients

- 1/2 cups almond flour
- 1/3 cups keto friendly sugar
- 1 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. kosher salt
- 1/3 cups butter, melted
- 1/3 cups almond or coconut milk
- large eggs
- 1 tsp. pure vanilla extract

- 2/3 cups fresh blueberries

How to prepare

1. Preheat your oven to 350° and grease your muffin pan or line it with cupcake liners.
- 2 Add almond flour, sugar, baking powder, baking soda, and salt to a bowl then whisk to combine
- 3 Add your wet ingredients, that is, the melted butter, almond or coconut milk, eggs and vanilla extract to another bowl then mix.
- 4 Add your wet ingredients to your dry ingredients then stir to mix.
- 5 Gently fold in your blueberries.
- 6 Scoop batter into your muffin pan to a level of about $\frac{3}{4}$.
- 7 Bake for about 25 minutes until the tops are golden.
- 8 Insert a toothpick into a muffin. If it comes out clean, then they are ready.
- 9 Allow to cool for 5-10 minutes.

Note : These muffins can be frozen up to 2 months.

Preparation time: 10 minutes

Cooking time: 25 minutes

Total time: 35 minutes

Total serving: 12 muffins

Nutritional value: Calories-124. Saturated fat- 6g, unsaturated fat- 3g, Cholesterol- 67mg, Sodium- 195mg. Carbohydrates- 4g, Fiber- 2g, Protein- 3g

2.Keto chocolate chip muffins



Ingredients

- 1 Cup Almond Flour
- 2 large eggs
- 1 teaspoon baking powder
- 1/4 cup Erythritol
- 40g Butter (melted)
- 40 ml unsweetened almond milk
- 1 teaspoon Vanilla Extract
- 50g (Unsweetened) Dark Chocolate

How to prepare

1. Preheat your oven to a temperature of 350F and grease your muffin pan or line it with cupcake liners.

2. Mix the almond flour and the baking powder together in a bowl.
3. Add 2 eggs into the bowl and stir to mix.
4. Melt the butter then add into the bowl.
5. Add the other ingredients (apart from the chocolate) and whisk.
6. Spoon the batter into your muffin tray filling it up to a level of $\frac{3}{4}$.
7. Cut the pieces of chocolate into thin slices.
8. Pierce them through the top of the muffins.
9. Bake for 20 minutes until a toothpick comes out clean when poked through the muffin.
10. Let them cool for 5-10 minutes.

Note : These muffins don't brown as easily as other muffins even though they are done after 20 minutes.

Preparation time: 10 minutes

cooking time: 20 minutes

Total time: 30 minutes

Total serving: 6 muffins

Nutritional Value: Calories 229, Fat- 20g, Protein- 7g

3.keto coffee cake muffins



Ingredients

- 2 tablespoons butter softened
- 2 ounces cream cheese softened
- 1 teaspoon baking powder
- ¼ cup teaspoon salt
- 1/3 cup Swerve
- 2 teaspoon vanilla
- 1/2 cup unsweetened almond milk
- 1 cup almond flour
- 1/2 cup coconut flour
- eggs

(Topping)

- 1 teaspoon cinnamon
- 2 tablespoon coconut flour
- 1/4 cup Swerve
- 1/4 cup butter softened
- 1 cup almond flour

How to prepare

1. Preheat oven to 350. Line a muffin tin with paper liners or grease the muffin tin.
2. Place cream cheese, vanilla and eggs in a food processor and blend until well combined.
3. Add the dry ingredients to a large bowl and mix thoroughly.
4. Combine the dry and wet ingredients and whisk.
5. For the topping add your ingredients together in a separate bowl and mix.
6. Bake 20-25 min until golden a toothpick comes out clean.

Note : You could use other kind of sweeteners such as Pyure and Stevia

Prep Time: 10 min

Cook Time: 20 min

Total Time: 30 min

Servings: 12

Nutritional value: Calories-222, Total Fat- 18g, Cholesterol-72mg, Sodium-156mg, Protein-7g, Potassium- 73mg, Carbohydrates- 9g

4.Keto pumpkin muffins



Ingredients

- 5 eggs
- 1/2 cup liquid coconut oil
- 2 tablespoons butter
- 1 cup pumpkin puree
- 1 1/2 tablespoon pumpkin pie spice
- 1 1/2 cup Swerve
- 2 teaspoons vanilla extract
- 1/2 cup coconut flour
- 1 teaspoon salt
- 1 1/2 teaspoons baking powder

(Filling)

- ounces cream cheese
- 2 tablespoons heavy whipping cream
- 1 tablespoons swerve or sweetener of your choice
- 1 teaspoon vanilla extract

How to prepare

1. Preheat oven to 350 then grease the muffin pan or line it with muffin liners.
2. Melt the butter.
3. Add eggs, coconut oil, melted butter, pumpkin puree, pumpkin pie spice, swerve and vanilla extract to a large bowl and mix until well combined.
4. Add coconut flour, salt and baking powder to the other ingredients and mix.
5. Scoop batter into prepared muffin tins, filling each one 3/4 way.
6. In another bowl, add the ingredients for the filling and stir until well combined and smooth.
7. Place 1 teaspoon of filling in the center of each muffin.
8. Using a toothpick swirl cream cheese batter into muffin
9. Bake for 20 minutes.

Notes : these muffins need a thicker batter than most muffins do.

Preparation time: 10 minutes

Cook time: 20 minutes

Total time: 30 minutes

Total servings: 16 muffins

Nutritional value: Calories-121, Carbohydrates-3g, Protein- 2g,Fat- 10g,
Cholesterol- 55mg, sodium- 116mg, Potassium-95mg-, Fiber-1g

5.Keto egg muffins



Ingredients

- 12 eggs
- 2 scallions (finely chopped)
- 6 ounces shredded cheese
- 5 ounces air-dried chorizo
- Salt and pepper
- 2 tablespoon red pesto or green pesto

How to prepare

1. Preheat the oven to 350 ° F and line the muffin pan with muffin liners.
2. Break the eggs into a large bowl and whisk together seasoning and pesto.
3. Add the cheese and stir.

4. Chop scallions and chorizo and place on the bottom of the muffin liners.
5. Spoon the batter into the muffin tins and fill to about $\frac{3}{4}$.
6. Bake for 15–20 minutes until a toothpick comes out clean.

Note : You could try using different cheeses and seasonings on your muffins.

Preparation time: 10 minutes

Cook time: 20 minutes

Total time: 30 minutes

Total servings: 12 muffins

Nutritional value: kcal- 336, Fat- 26g, Protein-23g, Carbs-2g

KETO SIDE DISHES

1. Cheese fried Broccoli and cauliflower



Ingredients

- 1/2 oz broccoli (chopped)
- 8 oz cauliflower (chopped)
- 1/2 oz leeks
- 2 oz butter
- 1/3 oz cheese (shredded)
- 2 tablespoons sour cream
- 1/2 cup oregano (fresh)
- Pepper and salt

How to prepare

1. Ensure all vegetables are finely chopped.
2. Using butter, fry your vegetables till they turn golden brown.
3. Include the other ingredients, stirring till the cheese has completely melted.

Preparation time: 5 minutes

Cooking time: 15 minutes

Total time: 20 minutes

Total servings: 4

Nutritional value: Calories- 326; Fat- 26g, Net carbs- 9g, Protein- 26g.

2.Cheesy cauliflower casserole



Ingredients

- 1 1/2 cup cheddar cheese (shredded)
- 1 head cauliflower (cut to smaller florets)
- 2 minced cloves garlic
- 1/4 cup green onions (chopped)
- 2/3 cup sour cream
- 1/4 cup heavy cream
- 6 tablespoon bacon bits (cooked & divided)
- 2 tablespoons butter
- Black pepper
- Sea salt

How to prepare

1. Preheat your oven to 450 ° F.
2. In a clean bowl, put the cauliflower together with the butter. Season with black pepper and salt.
3. Put the cauliflower in a casserole dish and roast for 20 minutes. (till they become crisp-tender)
4. Whisk sour cream and heavy cream in the initial bowl till it becomes smooth. Add the garlic, half the amount of bacon bits, half the amount of green onions and half the amount of cheddar cheese. Season with black pepper and sea salt but do not use too much salt.
5. After the cauliflower is done, add to the bowl and mix thoroughly.
6. Place the cauliflower-mix back to the casserole dish and top with the bacon bits and cheese remaining.
7. Bake it for 10 minutes till the cheese has completely melted.
8. Top with the green onions.

Preparation time: 10 minutes

Cooking time: 30 minutes

Total time: 40 minutes

Total servings: 8

Nutritional value: Calories- 231; fat- 18g, Carbs- 7g, Net carbs- 4g, Protein- 10g, Fiber- 3g, Sugar- 3g.

3.Cheesy broccoli



Ingredients

- 1/2 oz butter
- oz cheddar cheese (shredded)
- 1 lb. broccoli
- Salt
- Pepper

How to prepare

1. Preheat you oven to 400 ° F/ 200 ° C
2. Separate the broccoli to small florets, boiling it in salt water for a couple of minutes (add a little salt to water. Ensure you keep the vegetable chewy and green even after boiling.)
3. Grease a baking dish and place the broccoli. Season it and add the butter too.
4. Top the broccoli with cheese and bake it for 20 minutes.

(Remove once the cheese it begins to brown)

Preparation time: 10 minutes

Cooking time: 20 minutes

Total time: 30 minutes

Total servings: 4

Nutritional value (per serving): Calories-359; Fat- 32g, Protein- 11g, Net carbs- 6g, Fiber- 3g.

4. Avocado pesto.



Ingredients

- Avocados (ripe)
- 1 tablespoon lemon juice
- 1 tablespoon lime juice
- 1 teaspoon salt
- Black pepper (pinch)

How to prepare

1. Mash the Avocados in a bowl.
2. Add the remaining ingredients.
3. Stir

Preparation time: 5 minutes

Note: Avocados are rich in healthy fats.

5.Zucchini Noodles



Ingredients

- zucchini
- 2 tablespoon butter
- Pepper (pinch)
- Salt (pinch)

How to prepare

1. Create noodles from the zucchini using a spiralizer.
2. Melt butter in a pan. You can use coconut oil or olive oil instead.
3. Place the noodles in the pan. (Oil should be hot)
4. Sprinkle pepper and salt.
5. Saute the noodles. (they'll be done in two minutes)

Preparation time: 10 minutes

Cooking time: 10 minutes

Total time: 20 minutes

Total servings: 4

Nutritional value: Calories- 75; Fat- 6g, Protein- 1g, Carbs- 4g, Net Carbs- 3g, Fiber- 1g, Sugar- 3g.