

Magic on the Plate

20 Keto Comfort Creations

Welcome to "Magic on the Plate: 20 Keto Comfort Creations"!

This book is more than just a collection of recipes; it's a culinary enchantment crafted with love and consideration for your taste and well-being. In each section, you'll discover unique dishes that will redefine your perception of how delicious and diverse keto-friendly meals can be.

Within the pages of this book awaits a symphony of flavors: from traditional breakfasts to refined dinners, we've prepared dishes that not only adhere to keto principles but also captivate with their taste. Each recipe is an invitation to journey into a world of inspiration and culinary discoveries.

We understand that time is your most precious resource, so each recipe is designed with your busy schedule in mind, providing simple and straightforward instructions so you can enjoy cooking even on the busiest days.

Don't just follow the recipes – be inspired by them! Add your unique touch, experiment with ingredients, and create dishes that will delight your taste buds and bring joy to your loved ones.

Thank you for joining us on this flavorful adventure. Happy reading and bon appétit!

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Sandwich Bread

Yields 1 (9 by 5-inch) loaf, 14 servings

Prep Time: 15 minutes

Cook Time: 1 hour 30 minutes

Avocado oil spray, for the pan

2 cups (224g) almond flour

3/4 cup (84g) coconut flour

2 tablespoons psyllium husk powder

1 teaspoon salt

2 teaspoons baking powder

2 teaspoons instant yeast

2 tablespoons warm water

2 teaspoons coconut sugar

1 tablespoon grass-fed beef gelatin

3 tablespoons boiling water

1 cup (237 ml) egg whites

2 tablespoons organic apple cider vinegar

5 drops liquid stevia

6 tablespoons grass-fed clarified butter (ghee), melted and cooled slightly

3/4 cup (177 ml) boiling water

1 teaspoon sesame seeds

1. Preheat oven to 350F; line the inside of a 9 by 5-inch loaf pan with parchment paper and lightly spray the inside with avocado oil.
2. Whisk together the almond flour, coconut flour, psyllium husk powder, salt, and baking powder in a large bowl.
3. Stir together the yeast, 2 tablespoons warm water, and coconut sugar in a small bowl and let it sit 10 minutes until foamy.
4. Stir together the gelatin and 3 tablespoons boiling water in a small bowl until fully dissolved.
5. Stir together the dissolved yeast, dissolved beef gelatin, egg whites, vinegar, liquid stevia, and melted ghee in a medium bowl.
6. Stir the egg white mixture into the dry ingredients, and then beat in the 3/4 cup boiling water.
7. Immediately pour the dough into the prepared loaf pan and smooth out the top. Let it rest for 3 minutes. Sprinkle the sesame seeds on top.
8. Bake until a wooden pick inserted in the center comes out clean, about 1 hour 15 minutes to 1 hour 30 minutes, covering the top with foil to prevent over-browning if necessary. The loaf is done when it sounds hollow when tapped on the bottom.

9. Turn off the oven, leave the door ajar, and let the bread cool for 30 minutes in the warm oven.

10. Transfer the bread to a wire rack to finish cooling before slicing.

Macros Per Serving: 198kcal, 9g carbs, 5g fiber, 4g net carbs, 15g fat, 7g protein



“White” Bread

Yields 1 (9 by 5-inch) loaf

Prep Time: 15 minutes

Cook Time: 60 minutes

Avocado oil spray, for the pan

1/2 teaspoon instant yeast

1 tablespoon warm water

6 large eggs

1/2 teaspoon cream of tartar

6 ounces cream cheese, softened slightly

2 tablespoons heavy whipping cream

1 teaspoon apple cider vinegar

5 drops liquid stevia

1/2 cup unflavored whey protein powder

1/2 tablespoon psyllium husk powder

1/4 teaspoon salt

1/4 teaspoon baking soda

1. Preheat the oven to 300F; line a 9 by 5-inch loaf pan with parchment paper and lightly spray the inside with avocado oil.
2. Add the yeast and warm water to a small bowl and stir to combine. Set aside until it's foamy, about 5 to 10 minutes.
3. Separate the egg whites from the yolks, each in its own large bowl.
4. Add the cream of tartar to the bowl with the egg whites. Use a handheld electric mixer to beat until the egg whites form stiff peaks. Set aside for now.
5. Add the cream cheese, heavy cream, vinegar, stevia, and foamy yeast mixture to the bowl with the egg yolks. Beat until well combined. Add the whey protein powder, psyllium husk powder, salt, and baking soda and beat until smooth.
6. Fold the egg whites into the egg yolk mixture a little at a time, being careful not to deflate the whites (a few streaks or lumps of egg whites are fine).
7. Pour the batter into the prepared loaf pan and bake for 1 hour.
8. Turn off the oven and let the bread cool in the oven (oven off, door closed) for 30 minutes.
9. Cool completely before slicing.

Macros Per Serving: 138.8kcal, 2.17g carbs, 0.5g fiber, 1.67g net carbs, 9.2g fat, 12.1g protein



Everything Bagels

Yields 6 bagels

Prep Time: 20 minutes

Cook Time: 14 minutes

1 teaspoon instant yeast
1 teaspoon coconut sugar
2 tablespoons warm water
1/2 teaspoon beef gelatin
2 tablespoons boiling water
1 cup (112g) almond flour
1 1/2 teaspoons psyllium husk powder
2 teaspoons baking powder
1 1/2 cups (6 oz/170g) shredded low-moisture part-skim mozzarella
1 oz (28g) cream cheese
1 large egg, lightly beaten
Avocado oil, olive oil, or ghee, for oiling your hands
1 large egg, lightly beaten with 1 tablespoon water, for eggwash
1 tablespoon everything bagel seasoning

1. Preheat oven to 400F; line a large baking tray with a silpat liner or parchment paper.
2. Add the yeast, coconut sugar, and warm water to a small bowl and stir to combine. Set aside until foamy, about 5 to 10 minutes.
3. Mix together the beef gelatin and boiling water in a small bowl.
4. Whisk together the almond flour, psyllium husk powder, and baking powder in a medium bowl and set aside.
5. Add the mozzarella and cream cheese to a large microwave-safe bowl. Microwave for 60 seconds and then give it a stir, and continue microwaving in 20-second increments until the cheese is fully melted and combined when stirred.
6. Stir the yeast mixture and dissolved gelatin into the melted cheese until combined, and then stir in the beaten egg until combined. Stir in the almond flour mixture until it forms a dough.
7. Oil your hands and knead the dough a couple times until it comes together as a ball.
8. Divide the dough into 6 equal pieces. Roll each piece into a rope and attach the ends to make a bagel shape. The opening in the center should be about 1 1/2 inches in diameter.
9. Arrange the bagels on the prepared baking tray. Lightly brush the tops with eggwash (discarding the extra), and sprinkle on the everything bagel spice mix.

10. Bake until golden on the bottom, about 12 to 14 minutes.

Macros Per Serving: 233.1kcal, 7.9g carbs, 3.03g fiber, 0.05g sugar alcohols, 4.8g net carbs, 18.2g fat, 11.7g protein



Blueberry Pop Tarts

Yields 6 large pastries/Serves 12

Prep Time: 30 minutes

Cook Time: 30 minutes

Blueberry Filling:

- 1 1/2 cups (210g) frozen blueberries
- 4 tablespoons powdered erythritol
- 1/2 tablespoon good-quality red wine vinegar or lemon juice
- 1/8 teaspoon stevia glycerite
- 1/8 teaspoon salt
- 1 1/4 teaspoons powdered real fruit pectin

Pop Tart Crust:

- 3 cups (12 oz/340g) shredded low-moisture part-skim mozzarella
- 2 oz (57g) cream cheese
- 2 large eggs
- 1 teaspoon apple cider vinegar
- 10 drops liquid stevia
- 1/2 teaspoon pure vanilla extract
- 2 cups (224g) almond flour
- 2 teaspoons baking powder
- 1 large egg
- 1 tablespoon water

Vanilla Icing:

- 3/4 cup (108g) powdered erythritol
- 3 tablespoons heavy whipping cream
- 1 tablespoon fresh lemon juice
- 2 teaspoons water
- 1/4 teaspoon pure vanilla extract
- 1 pinch salt

Blueberry Filling:

1. Add the frozen blueberries, powdered erythritol, red wine vinegar, stevia glycerite, and salt to a medium saucepan over medium heat. Cover the saucepan and cook 10 minutes. Turn off the heat and stir in the pectin. Cool to room temperature, and then refrigerate to chill.

Pop Tart Crust:

2. Add the mozzarella and cream cheese to a large microwave-safe bowl. Microwave for 60 seconds and then give it a stir, and continue microwaving in 20-second increments until the cheese is fully melted and combined when stirred.

3. Whisk together the eggs, apple cider vinegar, liquid stevia, and vanilla in a small bowl.
4. Whisk together the almond flour and baking powder in a medium bowl.
5. Stir the egg mixture into the melted cheese until combined, and then stir in the almond flour mixture until it forms a dough.
6. Oil your hands and knead the dough a couple times until it comes together as a ball. Divide the dough into 2 equal portions, forming each into a ball.
7. Roll each ball of dough out between 2 pieces of parchment paper to a rectangle 12 inches long by 9 inches wide.
8. Cut each ball of dough once lengthwise down the middle, and three times cross-wise, so you end up with a total of 12 rectangles of dough (6 from each dough ball), each 6 inches long by 3 inches wide.

To Bake:

9. Preheat oven to 375F; line 2 baking trays with silpat liners or parchment paper.
10. Spoon 2 tablespoons of chilled blueberry jam onto each of 6 rectangles, spreading it in an even layer but leaving a 1/4-inch border along the outside.
11. To seal each pastry, carefully pick up 1 rectangle of dough that doesn't have filling and place it directly on top of a pastry with filling. Lightly press down the edges to seal, and then use a fork to crimp. Continue this way until all 6 pastries are formed.
12. Carefully place the pastries on the prepared baking trays (use a metal spatula to help transfer them).
13. Whisk together the egg and water, and lightly brush the eggwash on top of each pastry (discard the extra eggwash). Cut 4 slits in the top of each pastry so steam can escape.
14. Bake until the pastries are golden, about 18 to 20 minutes, rotating the trays once halfway through. Cool the pastries completely before icing.

For the Icing:

15. Stir together all ingredients for the icing.
16. Spread the icing onto the cooled pastries and let it harden before serving.

Macros Per Serving: 238.4kcal, 22.9g carbs, 2.85g fiber, 13.05g sugar alcohols, 7g net carbs, 18.12g fat, 11.07g protein



Cinnamon Rolls

Yields 9 cinnamon rolls

Prep Time: 30 minutes

Cook Time: 45 minutes

Dough:

2 cups (225g) almond flour
4 tablespoons coconut flour
2 teaspoons baking powder
2 (1g) packets stevia/erythritol blend
1 1/2 teaspoons psyllium husk powder
1/2 teaspoon salt
1/8 teaspoon ground fenugreek (optional, but recommended)
1 teaspoon yeast, dissolved in 4 teaspoons warm water and left until foamy
2 teaspoons beef gelatin, dissolved in 4 tablespoons boiling water
2 teaspoons organic unfiltered apple cider vinegar
1 tablespoon pure vanilla extract
2 large eggs
2 large egg yolks
4 tablespoons heavy whipping cream

Cinnamon Filling:

4 tablespoons unsalted butter, softened
3 tablespoons Swerve Confectioners
1 tablespoon ground cinnamon
1 teaspoon pure vanilla extract
10 drops liquid stevia

Icing:

1 1/2 cups (355 ml) heavy whipping cream
6 tablespoons unsalted butter
3 tablespoons Swerve Confectioners
20 drops liquid stevia
1 pinch salt
1 teaspoon pure vanilla extract

Other:

Coconut oil, for oiling

1. Preheat the oven to 350F; lightly spray the inside of 9-inch cake pan with coconut oil.
2. For the dough, whisk together the almond flour, coconut flour, baking powder, stevia/erythritol blend, psyllium, salt, and fenugreek (if using) in a large bowl. Whisk together the foamy yeast, dissolved gelatin, vinegar, vanilla, eggs, egg yolks, and cream in a

medium bowl. Add the wet ingredients to the dry and stir to combine. Let the dough rest for 3 minutes.

3. For the cinnamon filling, mix together all ingredients in a small bowl.
4. Oil your hands with coconut oil and shape the dough into a ball. Roll it out between 2 pieces of parchment paper into a rectangle approximately 14 inches long by 11 inches wide. Spread the cinnamon filling out onto the dough, leaving a border of about 1/4-inch all the way around. Roll the dough up into a log, wrap it in plastic wrap, and chill it in the freezer 10 minutes. Cut the log cross-wise into 9 equal pieces and arrange the rolls inside the prepared pan.
5. Bake until the rolls are golden, about 25 to 28 minutes.
6. While the cinnamon rolls cook, make the icing. Add the cream, butter, Swerve Confectioners, liquid stevia, and salt to a medium saucepan over medium heat. Bring to a boil and then turn the heat down and simmer until thickened, about 15 to 17 minutes, whisking occasionally. Remove from the heat and whisk in the vanilla. Cool to room temperature (it will thicken more as it cools), and then store it covered in the fridge for up to 5 days.
7. Frost the cinnamon rolls with the icing while they're still warm and serve.

Macros Per Roll: 471kcal, 11g carbs, 4g fiber, 7g net carbs, 44g fat, 10g protein



Maple Pecan Baked French Toast

Yields 8 servings

Prep Time: 15 minutes

Cook Time: 55 minutes

1 tablespoon unsalted butter, at room temperature
10 large egg yolks
1 1/2 cups (355 ml) half and half
1/2 cup (118 ml) heavy whipped cream
1/3 cup granulated erythritol
20 drops liquid stevia
1 tablespoon pure vanilla extract
2 teaspoons cinnamon
1 teaspoon nutmeg
1/4 teaspoon salt
4 cups “White” Bread, cubed
1/4 cup chopped pecans
1/4 cup stevia-sweetened maple-flavored syrup, for serving

1. Smear the butter on the inside of a 1 1/2-quart casserole dish.
2. Beat the egg yolks, half and half, cream, granulated erythritol, liquid stevia, vanilla, cinnamon, nutmeg, and salt together in a large bowl. Add the bread cubes and toss gently to coat.
3. Pour the mixture into the prepared casserole dish, lightly pushing down the bread so it's mostly submerged in the liquid.
4. Cover the dish with foil and refrigerate overnight.
5. Preheat oven to 375F. Get the casserole dish out of the fridge and let it sit at room temperature for 20 minutes while the oven preheats.
6. Bake the casserole (covered with foil) for 50 minutes, and then remove the foil, sprinkle the pecans on top, and bake 5 minutes.
7. Serve warm along with maple-flavored syrup to drizzle on top.

Macros Per Serving: 322.8kcal, 6.3g carbs, 1.16g fiber 0.01g sugar alcohols, 5.1g net carbs, 26.5g fat, 14.7g protein



Tomato Soup and Cheddar Biscuits

Yields 4 servings, about 1 cup of soup and 1 biscuit

Prep Time: 20 minutes

Cook Time: 20 minutes

Cheddar Biscuits:

1 cup (115 g) almond flour
1 teaspoon baking powder
1/4 teaspoon sea salt
1/8 teaspoon black pepper
2 tablespoons unsalted chilled butter, diced
2 tablespoons heavy whipping cream
1 large egg
2 oz (60 g) sharp white Cheddar cheese, shredded

Tomato Soup:

2 tablespoons extra-virgin olive oil
1 small onion, diced
3 large cloves garlic, minced
2 cups (475 ml) canned no-salt-added fire-roasted crushed tomatoes, with juices
1 1/4 cups (300 ml) vegetable stock, chicken bone broth, or water
1 1/2 teaspoons dried Italian herb mix
1/4 teaspoon sea salt
1/8 teaspoon black pepper
1/4 cup (60 ml) heavy whipping cream

1. For the biscuits, preheat the oven to 350F; line a baking tray with a silpat liner or parchment paper.
2. Use a fork to stir together the almond flour, baking powder, salt, and black pepper in a large bowl. Cut in the butter until it looks sandy. Beat together the cream and egg in a small bowl, and gradually incorporate that into the almond flour mixture. Stir in the cheddar.
3. Divide the dough into 4 equal pieces, and roll each in a ball (their shape doesn't have to be perfect).
4. Arrange the balls of dough on the prepared tray and bake until golden on the bottom, about 20 minutes.
5. While the biscuits bake, make the soup. Heat the oil in a 3-quart saucepan over medium heat. Add the onion and garlic and cook until softened, about 5 to 7 minutes, stirring frequently.
6. Add the tomatoes, stock/broth/water, Italian herb mix, salt, and pepper, and bring up to a simmer. Cover and simmer 5 minutes.

7. Cool slightly, and then carefully puree in a blender or using an immersion blender. Stir in the cream.

Macros Per Serving: 467kcal, 17.7g carbs, 5.6g fiber, 12.1g net carbs, 41g fat, 13.4g protein



Creamy Cauliflower “Mac” and Cheese

Yields 8 servings

Prep Time: 10 minutes

Cook Time: 5 minutes

1 (3 lb/1.36 kg) head cauliflower, chopped into bite-sized pieces
2 tablespoons unsalted butter
1/4 cup (60 ml) water
1/4 cup (60 ml) heavy cream
1 teaspoon Worcestershire sauce
1 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon Dijon mustard
1/2 teaspoon hot sauce
1/4 teaspoon salt
1/4 teaspoon black pepper
4oz (115g) cream cheese
6 oz (170 g) cheddar, shredded (or a mix of cheddar and Swiss)
1 scallion, green and white parts, thinly sliced, for garnish

1. Add the cauliflower, butter, water, cream, Worcestershire, onion powder, garlic powder, Dijon, hot sauce, salt, and black pepper to the pot; give everything a quick stir. Turn the pot on Manual, High Pressure for 2 minutes and then do a quick release.
2. Stir in the cream cheese and cheddar (reserving a small handful of cheddar for topping, if desired).
3. Transfer to a serving bowl, sprinkle the scallion on top, and serve.

Macros Per Serving: 218kcal, 8g carbs, 2.4g fiber, 5.6g net carbs, 17.9g fat, 8.3g protein



Lasagna with Easy Meat Sauce and Cabbage Noodles

Yields 8 servings

Prep Time: 20 minutes

Cook Time: 50 minutes

Meat Sauce:

1 1/4 lbs (570 g) 85% grass-fed ground beef
1 medium yellow onion, diced
4 large cloves garlic, crushed
1 1/2 cups (355 ml) beef bone broth
6 tablespoons tomato paste
1 tablespoon dried Italian herb mix
3/4 teaspoon sea salt
1/4 teaspoon ground black pepper
1/4 teaspoon crushed red pepper flakes
1 tablespoon red wine vinegar

Cheese Mixture:

1 lb (450 g) full-fat ricotta cheese
1 3/4 cups shredded mozzarella cheese, divided
6 tablespoons freshly-grated Parmesan cheese, divided
1/2 teaspoon garlic powder
1/8 teaspoon salt
1/8 teaspoon ground black pepper
1 large egg

Other:

6 large cabbage leaves
Olive oil spray

1. Preheat the oven to 400F; lightly spray the inside of an 8 by 8-inch casserole dish with olive oil.
2. For the meat sauce, preheat a large skillet over medium to medium-high heat. Once hot, add the beef and onion, and cook until the meat is browned and the onion is softened, about 6 to 8 minutes. Stir in the garlic and cook 1 minute more.
3. Stir in the bone broth and use a wooden spoon to scrape up any brown bits that have formed on the bottom.
4. Add the tomato paste, herb mix, salt, black pepper, and red pepper flakes, and bring up to a boil.
5. Turn the heat down slightly and let it simmer until the liquid is evaporated, about 10 minutes, and then stir in the vinegar. Set aside.

6. Mix together all ingredients for the cheese mixture and set aside, reserving 1/4 cup shredded mozzarella and 2 tablespoons freshly-grated Parmesan for topping.
7. Meanwhile, bring a large pot of water to a rolling boil. Once boiling, add the cabbage leaves and boil until tender, about 5 to 10 minutes. Remove the cabbage leaves, let them cool, and then pat dry. Cut each leaf in half and remove the tough inner stem.
8. To assemble the lasagna, spread out 1/4 of the meat sauce in the prepared casserole dish.
9. Arrange 2 cabbage leaves (4 halves) in a single layer on top of the meat sauce. Top with 1/4 of the meat sauce and 1/3 of the cheese mixture. Repeat this layering process 2 times.
10. Sprinkle the remaining 1/4 cup shredded mozzarella and 2 tablespoons freshly-grated Parmesan on top, and bake (uncovered) until the casserole is bubbling, about 25 minutes.
11. To brown the top more, broil for a couple minutes.

Macros Per Serving: 409kcal, 9g carbs, 1g fiber, 8g net carbs, 28.7g fat, 29.8g protein



Beanless Beef Chili

Yields 8 servings

Prep Time: 15 minutes

Cook Time: 40 minutes

2 tablespoons avocado oil
1 lb (450 g) 85% lean ground beef
1 lb (450 g) Italian sausage (hot or mild; bulk or removed from casing)
6 large cloves garlic, crushed
6 large stalks celery, chopped
1 medium yellow onion, chopped
5 cups (1.18 L) beef bone broth
1 (6 oz/170 g) can tomato paste
1 tablespoon chili powder
1/2 tablespoon dried oregano
1 teaspoon cumin
1/2 teaspoon turmeric
1/4 teaspoon black pepper
Fresh cilantro, for serving (optional)

1. Add the oil to a 5-quart pot over medium-high heat. Add the beef and sausage and cook until browned, about 6 to 8 minutes, stirring occasionally. Add the garlic and cook 1 minute more, stirring constantly.
2. Stir in the celery, onion, broth, tomato paste, chili powder, oregano, cumin, turmeric, and black pepper. Bring up to a boil, and then cover the pot and turn the heat down to simmer. Simmer until the vegetables are tender, about 30 minutes.
3. Serve garnished with fresh cilantro if desired.

Macros Per Serving: 405kcal, 8g carbs, 2g fiber, 6g net carbs, 30g fat, 25g protein



Mississippi Pot Roast

Yields 10 servings

Prep Time: 15 minutes

Cook Time: 1 hour, 20 minutes

1 cup (237 ml) low-sodium beef broth
1/2 cup (118 ml) pepperoncini juice (or banana pepper juice)
1 tablespoon dried chives
1 tablespoon dried onion
1 1/2 teaspoons garlic powder
1 1/2 teaspoons onion powder
1 teaspoon crushed red pepper flakes
1 teaspoon dried dill
1/4 teaspoon black pepper
1 tablespoon soy sauce, or tamari sauce or coconut aminos
1 teaspoon Worcestershire sauce
2 tablespoons avocado oil
5 pound (2.27kg) beef chuck roast, cut in 2 to 3 pieces to fit inside your instant pot
8 tablespoons (113g) unsalted butter
2 tablespoons beef gelatin (we used Vital Proteins)
1/4 cup sliced pepperoncini or banana peppers

1. Whisk together the beef broth, pepperoncini juice, dried chives, dried onion, garlic powder, onion powder, crushed red pepper flakes, dried dill, black pepper, soy sauce, and Worcestershire sauce in a bowl. Set aside for now.
2. Turn the pressure cooker on, press “Sauté”, and wait 2 minutes for the pot to heat up. Add the avocado oil and beef and cook until browned, about 3 to 5 minutes per side, flipping once. (Note that you may need to cook the beef in batches so the pot isn’t overcrowded.)
3. Pour the beef broth mixture on top, and place the butter on top of the seared beef. Turn the pot on Manual, High Pressure for 60 minutes and then let the pressure naturally release for 20 minutes before doing a quick release. Use tongs to transfer the beef to a platter and cover with foil to keep warm.
4. Strain the liquid into a medium saucepan and whisk in the beef gelatin. Bring to a boil on the stovetop, and cook until it’s thickened slightly into gravy, about 20 minutes, whisking occasionally.
5. Serve the beef garnished with the pepperoncini slices, along with the gravy.

Macros Per Serving: 527kcal, 1g carbs, 37g fat, 45g protein



3 Cheese White Pizza

Yields 1 12-inch pizza/8 servings

Prep Time: 5 minutes

Cook Time: 10 minutes

Pizza Dough:

1 teaspoon instant yeast
2 tablespoons warm water
1 cup (112g) almond flour
1 teaspoon psyllium husk powder
1 teaspoon baking powder
1 1/2 cups (6 oz/170g) shredded low-moisture part-skim mozzarella
1 oz (28g) cream cheese
1 large egg, beaten
Avocado oil, olive oil, or ghee, for oiling your hands

Garlic Cream Sauce:

2 tablespoons unsalted butter
2 large cloves garlic, crushed or minced
3 oz (85g) cream cheese
1 tablespoon heavy whipping cream
1 teaspoon dried parsley flakes
1/8 teaspoon salt
1/8 teaspoon black pepper

Other:

1 1/2 cups (6 oz/170g) shredded mozzarella cheese
3/4 cup (3 oz/85g) shredded white cheddar cheese
2 teaspoons minced fresh parsley, for garnish

1. For the pizza dough, preheat oven to 425F. If you have a clay baking stone, place it in the center of the oven to preheat.
2. Add the yeast and warm water to a small bowl and stir to combine. Set aside until foamy, about 5 to 10 minutes.
3. Whisk together the almond flour, psyllium husk powder, and baking powder in a medium bowl and set aside.
4. Add the mozzarella and cream cheese to a large microwave-safe bowl. Microwave for 60 seconds and then give it a stir, and continue microwaving in 20-second increments until the cheese is fully melted and combined when stirred.
5. Stir the yeast mixture into the melted cheese until combined, and then stir in the beaten egg until combined. Stir in the almond flour mixture until it forms a dough.

6. Oil your hands and knead the dough a couple times until it comes together as a ball.
7. Roll the dough out between 2 pieces of parchment paper to a 12-inch circle. Poke the dough in several places with a fork.
8. Slide the dough circle onto the preheated clay baking stone and bake until it's starting to turn golden brown in spots, about 6 minutes. If using a cookie sheet instead of a clay baking stone, cook 8 minutes.
9. To make the pizza, leave the oven on 425F and leave the clay baking stone in the center of the oven.
10. While the dough is baking, make the garlic cream sauce. To do so, heat the butter in a small skillet over medium heat. Once melted, add the garlic and cook 1 minute, stirring constantly. Add the cream cheese, heavy whipping cream, dried parsley flakes, salt, and black pepper and whisk until smooth. Turn off the heat.
11. Once the crust is pre-baked, spread the garlic cream sauce on top. Sprinkle on the mozzarella and cheddar cheeses.
12. Slide the pizza onto the clay baking stone in the 425F oven and bake until the cheese is melted, about 6 to 8 minutes.
13. Sprinkle the parsley on top and serve.

Macros Per Serving: 334kcal, 6g carbs, 2g fiber, 4g net carbs, 27g fat, 17g protein



Salami and Cheese Fathead Pinwheels

Yields 8 buns

Prep Time: 25 minutes

Cook Time: 25 minutes

Dough:

3/4 cup (85 g/3 oz) almond flour

1/2 teaspoon baking powder

1 1/2 cups (170 g/6 oz) shredded part-skim mozzarella cheese

1 oz (30 g) cream cheese

1 large egg, beaten

Filling:

12 thin slices (80 g) hard salami

1 cup (115 g/4 oz) shredded cheddar cheese

1/4 cup roasted red pepper

1/4 cup sliced red onion

2 tablespoons mild banana pepper rings, chopped

Other:

Avocado oil or olive oil spray

1. Preheat the oven to 375F. Lightly spray 8 wells of a muffin tray with avocado oil.
2. Whisk together the almond flour and baking powder in a medium bowl and set aside.
3. Melt the mozzarella and cream cheese together in a double boiler or microwave. If using the microwave, start out with 1 minute and then stir the cheese with a fork; continue heating it in 15-second intervals until it's melted.
4. Stir the egg into the cheese mixture, and then stir in the almond flour mixture. It's easiest to do this with your hands; to help prevent the dough from sticking, lightly spray your hands with a little avocado or olive oil before kneading the ingredients together until they form a dough.
5. Roll the dough out between 2 sheets of parchment paper to a rectangle about 9.5 by 13-inches.
6. Arrange the salami on top of the dough, leaving a border of about 1/4-inch along the outside. Sprinkle the cheese on top of the salami, and then top with the red pepper, red onion, and banana pepper.
7. Use the parchment paper to help you roll up the dough into a log. Cut the log cross-wise into 8 equal pieces.

8. Place a roll into each of the 8 prepared muffin wells.

9. Bake until golden, about 25 to 30 minutes.

10. Cool slightly before serving.

Macros Per Serving: 247kcal, 4g carbs, 1g fiber, 3g net carbs, 19g fat, 14g protein



Buffalo Chicken Dip

Yields 20 servings

Prep Time: 10 minutes

Cook Time: 30 minutes

4 oz (115 g) cream cheese, softened slightly
1 cup (240 g) sour cream
1/2 to 3/4 cup (120 to 180 ml) Frank's RedHot sauce (more or less to taste)
1 teaspoon Worcestershire sauce
1 teaspoon garlic powder
1 teaspoon onion powder
4 cups shredded cheddar, divided
2 cups cooked shredded chicken (great use for a rotisserie!)
2 scallions, green and white parts, thinly sliced

1. Preheat the oven to 425F; get out a 2-quart casserole dish.
2. In a large bowl, beat together the cream cheese and sour cream, and then beat in the Frank's RedHot sauce, Worcestershire, garlic powder, and onion powder. Stir in 3 cups of shredded cheddar and the chicken.
3. Pour the mixture into the casserole dish. Sprinkle the remaining 1 cup of shredded cheddar on top, and sprinkle on the scallion.
4. Cover with foil and bake until bubbling throughout, about 30 minutes, and then remove the foil and broil briefly to brown the top.
5. Serve warm, with chopped vegetables for dipping.

NOTES

Make-Ahead: You can make this dip up to 3 days ahead (store it covered in the fridge), and bake it on the day you want to serve it (let it sit at room temperature for 30 minutes before baking).

Macros Per Serving: 157 kcals, 1g carbs, 12g fat, 9g protein



“Reese’s” Chocolate Peanut Butter Protein Bites

Yields 4 balls, 4 servings

Prep Time: 10 minutes

Cook Time: N/A

6 tablespoons creamy unsweetened peanut butter (the thick kind, not the super runny stuff)

4 tablespoons Quest Salted Caramel Protein Powder

6 tablespoons stevia-sweetened mini chocolate chips

1. Stir together the peanut butter and protein powder. Refrigerate to chill (about 15 minutes).
2. Roll the mixture into 4 balls and roll each ball in mini chocolate chips to coat.
3. Store the bites covered in the fridge for up to 2 weeks.

Macros Per Serving: 109kcal, 6.4g total carbs, 2.6g fiber, 1.3g sugar alcohols, 2.5g net carbs, 8g fat, 5.3g protein



Strawberry Ice Cream (No Ice Cream Maker)

Yields 2 servings

Prep Time: 5 minutes

Cook Time: N/A

4 tablespoons heavy whipping cream

1/2 teaspoon pure vanilla extract

6 drops liquid stevia

1 small pinch sea salt

1 1/4 cups (190 g) whole frozen strawberries

Optional Toppings:

Walnuts

Chia seeds

Shredded coconut

Cacao nibs

1. Add all ingredients to a high speed blender in the order listed and process until smooth and creamy, tamping down as necessary.
2. Serve immediately.

Macros Per Serving: 136kcal, 9g carbs, 3g fiber, 6g net carbs, 11g fat, 1g protein



Almond Butter “Kisses” Cookies

Yields 11 cookies, 11 servings

Prep Time: 18 minutes

Cook Time: 12 minutes

1 cup (256 g) creamy unsweetened almond butter
1 large egg
1 teaspoon pure vanilla extract
1/4 teaspoon salt
1/3 cup (48 g) Swerve Confectioner's
35 g stevia-sweetened dark chocolate, cut into 11 squares

1. Preheat oven to 350F; line a large baking sheet with parchment paper or a sipat liner.
2. Add the almond butter to the bowl of a food processor and process until no lumps remain.
3. Add the egg, vanilla, and salt, and process to combine, scraping down the sides as necessary.
4. Add the Swerve and process until it comes together as a ball of dough.
5. Measure out 2 tablespoon-sized scoops of dough, roll each into a ball, and arrange the dough balls evenly on the baking sheet.
6. Lightly press a piece of chocolate into the center of each ball of dough.
7. Bake until the cookies are golden on the bottom and outside, about 12 minutes.
8. Cool the cookies on the tray before removing and serving.

Macros Per Serving: 159kcal, 13.4g carbohydrates, 3.3g fiber, 7.8g sugar alcohols, 2.3g net carbs, 14.2g fat, 5.5g protein



Chewy Chocolate Chip Cookies

Yields 8 cookies, 8 servings

Prep Time: 25 minutes

Cook Time: 15 minutes

1 1/2 cups (168 g) almond flour
1 tablespoon beef gelatin
1 teaspoon baking powder
1/4 teaspoon fine salt
1/2 cup (113 g) grass-fed unsalted butter, melted and cooled slightly
1/3 cup (48 g) Swerve Confectioner's
2 teaspoons pure vanilla extract
1 teaspoon blackstrap molasses
1 large egg
1/2 cup stevia-sweetened chocolate chips or chunks

1. Whisk together the almond flour, gelatin, baking powder, and salt in a medium bowl and set aside.
2. Beat together the melted butter and Swerve, and then beat in the vanilla and molasses, and finally the egg.
3. Stir the dry ingredients to the wet, and then fold in the chocolate chips.
4. Cover the bowl and refrigerate the dough 20 minutes. Meanwhile, preheat oven to 350F; line 2 large baking sheets with parchment paper or silpat liners.
5. Divide the dough into 8 portions and roll each into a ball. Arrange them on the baking sheets, slightly flattening each (leave quite a bit of space between each because the cookies spread out). Bake until the cookies are golden on the bottom and around the outside, about 15 minutes.
6. Cool completely on the trays before removing.

Macros Per Serving: 290kcal, 24.1g carbs, 6.3g fiber, 13.1g sugar alcohols, 4.7g net carbs, 27.2g fat, 7g protein



Peppermint Chocolate No Bake Cheesecake Bites

Yields 10 servings

Prep Time: 30 minutes

Cook Time: N/A

Chocolate Crust:

1 cup (112g) almond flour, toasted (see Note)
2 1/2 tablespoons unsweetened cocoa powder
1 1/2 tablespoons powdered erythritol
1 pinch sea salt
4 tablespoons unsalted butter, melted
1/2 teaspoon pure vanilla extract
10 drops liquid stevia

Peppermint Cheesecake:

8 oz (227g) cream cheese, at room temperature
6 tablespoons unsalted butter, at room temperature
6 tablespoons powdered erythritol
10 drops liquid stevia
1 1/2 teaspoons pure vanilla extract
1 1/2 teaspoons pure peppermint extract
1/2 cup unflavored collagen peptides

Other:

2 oz (57g) 90% dark chocolate, melted
Sugar-free peppermint candies, for garnish (optional)

For the Crust:

1. Mix together the almond flour, cocoa powder, powdered erythritol, and salt in a medium bowl. Stir in the butter, vanilla and liquid stevia.
2. Line the bottom and sides of a 9 by 5-inch loaf pan with parchment paper so it hangs over all 4 sides (so you can lift out the cheesecake later. Transfer to the fridge to chill for 10 minutes.

For the Peppermint Cheesecake:

3. Beat together all ingredients, and pour the filling onto the crust. Refrigerate until fully chilled, about 8 hours in the fridge or 4 hours in the freezer.

To Finish:

4. Cut the cheesecake into 8 bars and drizzle the melted chocolate on top. Garnish with peppermint candies, if desired.

NOTES

How to Toast Almond Flour: Add the almond flour to a nonstick skillet over medium heat and cook until light golden brown, about 5 to 6 minutes, stirring frequently.

Macros Per Serving: 276kcal, 16.3g carbs, 2g fiber, 11.3g sugar alcohols, 3g net carbs, 27g fat, 4g protein



Classic Chocolate Chip Blondies

Yields 1 (8 by 8-inch) pan

Prep Time: 10 minutes

Cook Time: 15 minutes

6 oz (170g) cacao butter, melted and cooled slightly
4 tablespoons Swerve Confectioners
2 large eggs
2 teaspoons pure vanilla extract
1 teaspoon vanilla bean paste
1 teaspoon blackstrap molasses
1/4 teaspoon stevia glycerite
3/4 cup (84g) almond flour
2 tablespoons whey protein powder
1 tablespoon golden flaxseed meal
1/4 + 1/8 teaspoon salt
1/4 + 1/8 teaspoon baking powder
1/4 cup stevia-sweetened chocolate chips

1. Preheat the oven to 350F; line an 8 by 8-inch baking dish with parchment paper.
2. Whisk together the cacao butter and Swerve Confectioners, eggs, vanilla extract, vanilla bean extract, molasses, and stevia glycerite in a medium bowl.
3. Whisk together the almond flour, whey protein powder, golden flaxseed meal, salt, and baking powder in a small bowl.
4. Add the dry ingredients to the wet and stir to combine.
5. Pour the batter into the prepared dish and bake 14 minutes.
6. Sprinkle the chocolate chip on top and bake 1 minute more. The blondies will be golden along the outside and jiggly in the center; be careful not to over-bake.
7. Let the blondies cool completely before cutting.

Macros Per Serving: 291.65kcal, 14.6g carbs, 3.4g fiber, 8g sugar alcohols, 3.2g net carbs, 27g fat, 6.71g protein