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50 HOLIDAY KETO

RECIPES



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GARLIC BUTTER HERB ROASTED TURKEY

INGREDIENTS:

- 2 gallons Water *
- 2 1/2 cups Kosher salt *
- 12 lb Whole turkey *
- 1/2 cup Butter (softened; use ghee for dairy-free, paleo or whole30)
- 1 tbsp Fresh sage (chopped finely)
- 1 tbsp Fresh rosemary (chopped finely)
- 1 tbsp Fresh thyme (leaves only)
- 4 cloves Garlic (minced)
- 1 tsp Lemon zest
- 1/2 tbsp Sea salt
- 1/2 tsp Black pepper

INSTRUCTIONS:

1. In a large stock pot large enough to fit the turkey, stir together 2 gallons (7.5 L) of water and 2 1/2 cups (128 g) kosher salt. Submerge the turkey in the brine. Refrigerate for 10 to 12 hours.
2. When the turkey is done brining, drain the water and pat dry. Place the turkey onto a roasting pan with a roasting rack.
3. Position the oven rack on a low position, so that there is enough room for the turkey. The top of the turkey should end up just slightly higher than the middle when placed in the oven later. Preheat the oven to 350 degrees F (177 degrees F).
4. In a small bowl, mash together the softened butter, sage, rosemary, thyme, minced garlic, lemon zest, sea salt and black pepper.
5. Use your hands under the skin of the turkey to separate the skin from the meat underneath. (Be careful not to tear the skin.)
6. Spread half of the butter all over the turkey underneath the skin. Spread the other half over the skin all over.
7. Check the chart in the notes below for the amount of time to roast without foil and the remaining time with foil. For a 12 lb turkey, that's 45 minutes uncovered followed by about 2 1/4 hours covered. To cover, tent the top of the turkey with foil, shiny side out, making sure no turkey is peeking out, and return to the oven.
8. Check that the roasted turkey is done with a meat thermometer - it should read 165 degrees for the safest option. For the most juicy turkey, aim for 150-155 degrees, and then cover in foil immediately after removing from the oven. Let the turkey rest, covered in foil, for about 20 minutes to come up to 165 to 170 degrees before serving.

Notes: Find roasting and brining times for various turkey sizes here: <https://www.wholesomeyum.com/easy-garlic-butter-herb-roasted-turkey-recipe/>

Makes 12 servings | 3 hours, 10 minutes

Serving size: 1 lb per person including bone weight, or about 6 oz of cooked, boneless turkey | Nutrition info below is per serving.
Calories 241 | Fat 14g | Protein 26g | Total Carbs 0g | Net Carbs 0g | Fiber 0g | Sugar 0g



SLOW COOKER TURKEY BREAST

INGREDIENTS:

- 1 7-lb Bone-in turkey breast (2 halves joined at the breast bone)
- 1/4 cup Butter (softened; plus more for greasing the slow cooker)
- 2 tsp Sea salt
- 1/2 tsp Black pepper
- 4 cloves Garlic (minced)
- 2 tsp Fresh rosemary
- 2 tsp Fresh thyme
- 2 tsp Fresh parsley
- 1/2 tsp Paprika
- 1 large Yellow onion (cut into large, thick slices)
- 1/2 cup Chicken broth



INSTRUCTIONS:

1. In a small bowl, mash together the butter, salt, pepper, garlic, rosemary, thyme, parsley, and paprika.
2. Use paper towels to pat the turkey VERY dry, so that the herb butter sticks better. Rub the butter all over the top and sides of the turkey breast. (It's ok if it doesn't fully spread, just pat it down as best you can.)
3. Grease the bottom of the slow cooker with more butter. Place the onion inside and pour the chicken broth over it. (The onion will help keep the turkey raised.) Place the turkey breast on top of the onion.
4. Cover and cook for 6-8 hours on low or 4-5 hours on high, until internal temperature reaches at least 160 degrees F (71 degrees C) inside (it will rise another 5 degrees during broiling and resting). If you can, lift the lid about an hour into cooking and use a pastry brush to spread the herb butter more evenly over the top and sides of the turkey. (Don't use melted butter from the beginning because it will all drip off the cold turkey.)
5. When the turkey is done, discard the onions but save the liquid below, which you can use as chicken broth in recipes!
6. Toward the end, preheat the broiler and place the rack close to it, with just enough room for the turkey to fit underneath. Transfer the turkey breast to a baking dish or roasting pan, and broil for 4-8 minutes, until browned. Rest for 10 minutes before slicing.

Makes 6 servings | 4 hours, 10 minutes

Serving size: ~6-8 oz cooked turkey, or 1/6 of entire recipe | Nutrition info below is per serving.

Calories 317 | Fat 17g | Protein 39g | Total Carbs 1g | Net Carbs 1g | Fiber 0g | Sugar 0g

CLASSIC PRIME RIB ROAST

INGREDIENTS:

- 1 4-bone Standing rib roast (~8 lbs including bones)
- 1 1/2 tbsp Sea salt
- 1 tsp Black pepper
- 6 tbsp Butter (3/4 stick, melted)
- 2 tbsp Italian seasoning
- 1 head Garlic (minced; about 10-12 cloves or 5-6 tsp minced)



INSTRUCTIONS:

1. Place the prime rib, fatty side up, onto a roasting pan fitted with a roasting rack. Season liberally with sea salt and black pepper. Let it rest come to room temperature for 1 hour.

2. Preheat the oven to 450 degrees F (232 degrees C).

3. In a small bowl, stir together the butter, Italian seasoning, and minced garlic. Pour the mixture over the prime rib and use a basting brush to spread evenly.

4. Roast the prime rib in the oven, uncovered, for 20 to 30 minutes, until the garlic on top is dark golden brown, but not burnt. Tent the top of the prime rib with foil. Reduce oven temperature to 350 degrees F (176 degrees C) and continue roasting until the prime rib reaches your desired internal temperature:

* 110 F (43 C) for rare - approximately 55 to 65 minutes

* 115 F (46 C) for medium rare - approximately 60 to 70 minutes

* 125 F (51 C) for medium - approximately 65 to 80 minutes

For medium rare, it will take approximately an additional 8 to 9 minutes per pound of meat, at 350 degrees F (176 degrees C), after the initial high-temp roast at 450 degrees F (232 degrees C). The above meat temperatures are not final temperatures, just the temperature to reach in the oven. Internal temperature will rise another 20 degrees in the next step.

5. Remove the prime rib from the oven. Let it rest for an additional 20 minutes before carving, to come up to the right temperature and finish cooking.

Makes 20 servings | 2 hours, 20 minutes

Serving size: ~6.5 ounces, or approximately 1/20 of entire roast | Nutrition info below is per serving.

Calories 575 | Fat 51g | Protein 24g | Total Carbs 0g | Net Carbs 0g | Fiber 0g | Sugar 0g

BEST EVER FILET MIGNON

INGREDIENTS:

- 2 tbsp Butter (softened, divided)
- 1/2 tbsp Fresh rosemary
- 1/2 tbsp Fresh thyme
- 1 clove Garlic (minced)
- Four 8-oz Filet mignon (beef tenderloin) (at room temperature)
- Sea salt
- Black pepper



INSTRUCTIONS:

1. Mash together half of the butter (1 tablespoon, 14 g), rosemary, thyme, and garlic. (Sprinkle in a little sea salt if using unsalted butter.) Form into a log and refrigerate until the last step.
2. Preheat the oven to 400 degrees F (204 degrees C).
3. Trim any connective tissue around the edges of the beef tenderloins. Season the filets liberally with sea salt and black pepper on both sides.
4. Heat the cast iron skillet over medium-high heat, until the skillet is very hot. Melt the remaining butter (1 tablespoon, 14 g) in the skillet.
5. Add the filets. Sear for 2 minutes on each side, without moving them around.
6. Transfer the skillet to the preheated oven. Bake to desired level of doneness. (I recommend medium rare.) For a 2 in (5 cm) thick filet, that is 5 minutes for rare, 6 minutes for medium rare, 7 minutes for medium, or 8 minutes for medium well. Use a meat thermometer to check for the right temperature - 125 degrees F (52 degrees C) for rare, 130 degrees F (54 degrees C) for medium rare, 140 degrees F (60 degrees C) for medium, and 155 degrees F (68 degrees C) for medium well. The temperature will rise by another 5 degrees F while resting (see next step).
7. Remove the filets from the oven and transfer to a plate. Top each with 1/2 tablespoon (7 g) of herb butter (slice the log of herb butter into four parts and put one on each steak). Let the steaks rest for 5 minutes before cutting.

Makes Eight 4-oz servings | 15 minutes

Serving size: 4 oz, or 1/2 of an 8-oz filet | Nutrition info below is per serving.

Calories 350 | Fat 29g | Protein 20g | Total Carbs 0.2g | Net Carbs 0.16g | Fiber 0.04g | Sugar 0.01g

LEFTOVER TURKEY CASSEROLE

INGREDIENTS:

- 3 cup Turkey (cooked, cubed or shredded)
- 4 cup Green beans (cooked, lightly salted)
- 1 cup Cheddar cheese (shredded)
- 2 cloves Garlic (minced)
- 1/2 cup Mayonnaise (can also use Greek yogurt)
- 1 1/2 cup Sugar-free cranberry sauce
- 1/2 cup Goat cheese (crumbled)
- 1/2 cup Walnuts (chopped - optional)



INSTRUCTIONS:

1. Preheat the oven to 350 degrees F (177 degrees C). If your 9x13 in (23x33 cm) casserole dish is not glass or stoneware, line it with foil.
2. In a large bowl, stir together the turkey, green beans, shredded cheddar cheese, minced garlic, and mayonnaise. Spread evenly in the casserole dish.
3. Spread the cranberry sauce over the casserole. Top with goat cheese and walnuts (if using).
4. Bake for 20-30 minutes, until the casserole is hot and edges are bubbly.

Makes 10 servings | 30 minutes

Serving size: 1 cup | Nutrition info below is per serving.

Calories 244 | Fat 17g | Protein 13g | Total Carbs 9g | Net Carbs 6g | Fiber 3g | Sugar 3g

PRESSURE COOKER CORNED BEEF

CORNED BEEF & CABBAGE:

- 4 lb Corned beef brisket (ready-to-cook and brined, with seasoning packet)
- 2 cups Beef bone broth
- 1 large head Cabbage (cored and cut into 12 wedges)
- 2 large Onions (peeled and each cut into 6 large pieces)
- 1 lb Celery root (weight peeled, from ~1.5 lb with peel and stems; cut into 2 inch chunks)
- Sea salt
- Black pepper

HORSERADISH SAUCE:

- 3/4 cup Sour cream
- 1/2 cup Mayonnaise
- 1/4 cup Prepared horseradish
- 2 tsp Lemon juice
- 1/2 tsp Garlic powder

INSTRUCTIONS:

1. Unwrap the corned beef brisket and set aside the seasoning packet. Rinse corned beef under cold water, then pat dry. (It will be too salty if you don't rinse it.) If you prefer, trim any excess fat from the brisket - this is up to you as fat is not an issue for keto, but I prefer a leaner corned beef. (Trimming is more necessary for a point cut brisket, less so for a flat cut.) At minimum, leave about 1/4 inch of fat for flavor.
2. Place the brisket, fat side up, into the 10 QT Crock-Pot Express Easy Steam Release Pressure Cooker. Sprinkle the seasonings from the packet over the brisket and pat gently to help them stick.
3. Pour the beef bone broth into the pressure cooker, around the brisket but not over it, to avoid disturbing the seasonings.
4. Cover and turn the lid to seal. Press Manual Pressure (defaults to High) and increase time to 1 hour 15 minutes. Press Start. When time is up, use the Quick Release to release pressure. Once no steam is coming out, open the lid.
5. Meanwhile, stir together the horseradish sauce ingredients. Cover and chill in the fridge until the corned beef is ready.
6. After opening the lid of the pressure cooker, add the chopped onion, celery root, and cabbage into the broth around the beef, in that order (cabbage should be on top). Lightly season the cabbage with salt and pepper on top.
7. Cover and cook on High pressure again for 15 more minutes. Allow pressure to release naturally (preferred for more tender corned beef), which will take about 10 minutes, and after that use Quick Release.
8. Slice the corned beef into 1/2-inch slices, or if desired, first transfer it to a roasting pan and place under the broiler in the oven for a few minutes to brown (optional).
9. To serve, place the sliced corned beef and cabbage (along with onions and celery root) onto a platter. Drizzle with cooking liquid, if desired. Serve with horseradish sauce.

Makes 12 servings | 1 hour 40 minutes

Serving size: 1/3 lb corned beef + 1 piece each of cabbage and celery root + 2 tbsp sauce | Nutrition info below is per serving.

Calories 433 | Fat 33g | Protein 25g | Total Carbs 9g | Net Carbs 6g | Fiber 3g | Sugar 4g



ROSEMARY GARLIC PORK TENDERLOIN

INGREDIENTS:

- 1 lb Pork tenderloin (boneless, trimmed)
- 1 tsp Sea salt
- 1/4 tsp Black pepper
- 3 tbsp Olive oil (divided into 2 tbsp and 1 tbsp)
- 4 cloves Garlic (crushed)
- 1 tbsp Fresh rosemary (chopped)
- 1 tsp Italian seasoning
- 1/2 tsp Lemon zest



INSTRUCTIONS:

1. Preheat the oven to 400 degrees F (204 degrees C).
2. Season the pork tenderloin with sea salt and black pepper on both sides.
3. In a small pinch bowl, stir together 2 tablespoons (29 ml) olive oil, crushed garlic, fresh rosemary, Italian seasoning, and lemon zest. Brush the mixture all over the pork tenderloin on all sides.
4. Heat the remaining tablespoon olive oil in a cast iron skillet over medium-high heat. Add the pork tenderloin and sear for 3-4 minutes without moving, until browned on the bottom. Flip and sear on the other side.
5. Place the skillet into the oven. Roast for 10-15 minutes, or until internal temperature reaches 145 degrees F (63 degrees C).
6. Remove the pork tenderloin from the oven and let it rest for 5 minutes (temperature will increase to 150 degrees F (66 degrees C)).

Makes 4 servings | 21 minutes

Serving size: 1/4 lb | Nutrition info below is per serving.

Calories 236 | Fat 15g | Protein 24g | Total Carbs 2g | Net Carbs 1g | Fiber 1g | Sugar 1g

BROILED LOBSTER TAILS

INGREDIENTS:

- 4 Lobster tails (10 oz each)
- 1/4 cup Salted butter (melted; 1/2 stick)
- 2 cloves Garlic (crushed)
- 2 tsp Lemon juice
- 1/2 tsp Smoked paprika
- 1 pinch Cayenne pepper



INSTRUCTIONS:

1. If tails are frozen, thaw them overnight in the fridge, or in a bag submerged in cold water on the counter for about 30 minutes.
2. Preheat the oven to Broil (500 degrees F or 260 degrees C). Rinse the defrosted lobster shells. Set the oven rack such that lobster tails placed on a baking sheet would be 4 to 5 inches away from the broiler.
3. Butterfly the lobster tails. Using kitchen shears, cut down the center of the shell lengthwise, starting from the end opposite the tail fins, continuing down until you reach the tail but without cutting the tail. You want to cut through the top of the shell, but don't cut through the bottom shell. Use your thumbs and fingers to spread open the shell on top, then gently pull the lobster meat upward, separating it away from the bottom shell, leaving the end attached to the tail fin intact. Slightly push together the empty shell underneath and place the row of meat on top. Place the butterflied lobster tail onto the baking sheet.
4. In a small bowl, whisk together the melted butter, garlic, lemon juice, smoked paprika, and cayenne. Brush the butter mixture over the lobster meat.
5. Broil the lobster tails until the meat is opaque and lightly browned, about 1 minute per ounce of individual tail. (For example, broil for 10-ounce lobster tails for 10 minutes.)

Makes 4 servings | 20 minutes

Serving size: One 10-ounce lobster tail | Nutrition info below is per serving.

Calories 337 | Fat 13g | Protein 50g | Total Carbs 0g | Net Carbs 0g | Fiber 0g | Sugar 0g

PRESSURE COOKER BROCCOLI CHEESE CASSEROLE

INGREDIENTS:

- 1 tbsp Butter
- 4 cloves Garlic (minced)
- 1 cup Chicken broth
- 8 cups Broccoli florets (~2 large heads)
- 1/4 tsp Sea salt
- 1/4 tsp Black pepper
- 8 oz Cream cheese (softened, cut into large cubes)
- 2 1/2 cups Cheddar cheese (divided into 2 cups and 1/2 cup)



INSTRUCTIONS:

1. Press the Saute button on the pressure cooker. Add the butter and wait for it to melt. Use a spatula to shift it to the center if it goes off to the sides. Add the minced garlic. Saute for about 1 minute, until fragrant.
2. Add the chicken broth right away once the garlic is done, to prevent burning it. Then, add the broccoli florets. Stir.
3. Cover the pressure cooker with the lid in the locked position. Turn the steam release valve to the seal position.
4. Press the Steam button. Use the minus button to reduce the time to 1 minute. Press Start. The pressure cooker will come up to pressure (about 5 minutes), cook for 1 minute, and then beep to signal it's done. It will switch to the Warm setting and start counting up.
5. Once you hear the beep, use the quick pressure release right away to stop cooking - rotate the Steam Release Dial into the Release position. Let all the steam escape, then open the lid when no more steam is coming out. (The lid should twist open and release easily.) Broccoli will be bright green and tender.
6. Gently stir in the cubed cream cheese and 2 cups (256 grams) shredded cheddar cheese, until smooth. (It will take a couple minutes of stirring.) If desired, adjust salt and pepper to taste.
7. Sprinkle the remaining 1/2 cup (64 grams) shredded cheese on top. Loosely close the lid without sealing and turn on Warm to melt the cheese. Alternatively, you can transfer the casserole to a casserole dish, sprinkle with cheese, and place in the oven at 350 degrees F (177 degrees C) for 3-5 minutes to melt.

Makes 8 servings | 20 minutes

Serving size: 3/4 cup | Nutrition info below is per serving.

Calories 288 | Fat 23g | Protein 13g | Total Carbs 8g | Net Carbs 6g | Fiber 2g | Sugar 2g

WHOLE ROASTED CAULIFLOWER

INGREDIENTS:

- 1 head Cauliflower
- 1/3 cup Olive oil
- 3 cloves Garlic (crushed)
- 1/4 cup Grated Parmesan cheese (divided)
- 1 tsp Dried basil
- 1 tsp Dried parsley
- 1 tsp Dried thyme
- 1/2 tsp Sea salt (or more to taste)
- 1/4 tsp Black pepper



INSTRUCTIONS:

1. Preheat the oven to 400 degrees F (204 degrees C).
2. Rinse the cauliflower head and pat dry. Remove the outer leaves. Carefully cut off the bottom so that it's flat and most of the woody stem is removed, being careful not to cut off so much that it falls apart. Be sure the head stays intact.
3. In a small bowl, make the garlic Parmesan sauce. Stir together the olive oil, minced garlic, 2 tablespoons (28.3 grams) grated Parmesan (half of the total amount), basil, parsley, thyme, sea salt, and black pepper.
4. Place the trimmed cauliflower head upside down (core side up) onto a 6-quart (5.6 liters) dutch oven. Drizzle 1/2 of the sauce over the cauliflower, tilting it to let it drip down the core and all around. Flip over and drizzle the remaining sauce over the top. Use a pastry brush to brush on any that had dripped down to the pan or didn't spread well.
5. Cover the dutch oven with a lid and bake for 35-45 minutes, until the cauliflower is tender and pierces easily with a skewer, knife or fork.
6. Remove the lid. Sprinkle the top of the cauliflower with the remaining 2 tablespoons grated Parmesan cheese. Place the cauliflower under the broiler and broil for about 5 minutes, until the cheese is browned.

Makes 4 servings | 50 minutes

Serving size: 1/4 head of cauliflower | Nutrition info below is per serving.

Calories 227 | Fat 20g | Protein 5g | Total Carbs 8g | Net Carbs 5g | Fiber 3g | Sugar 2g

PAN FRIED BRUSSELS SPROUTS WITH BACON

INGREDIENTS:

- 4 slices Bacon
- 1 lb Brussels sprouts (sliced in half)
- 3 tbsp Olive oil (not extra virgin)
- 3/4 tsp Sea salt
- 1/4 tsp Black pepper
- 2 tbsp Balsamic Vinegar



INSTRUCTIONS:

1. Place the bacon slices onto a large, cold saute pan on the stove. Turn heat to medium. Fry bacon for a few minutes on each side, until crispy.
2. Remove bacon and set aside to drain on paper towels. Leave the bacon grease in the pan.
3. Add 2 tbsp (30 mL) olive oil to the pan and swirl around. Add brussels sprouts. Season with sea salt and black pepper, and stir to distribute.
4. Increase heat to medium-high. Arrange brussels sprouts in a single layer in the pan, with as many surfaces touching the pan as possible. Sear for about 3-4 minutes, without moving, until well browned on the bottom. Flip or stir, and repeat on the other side. Repeat as necessary to brown all sprouts.
5. Meanwhile, chop the bacon while waiting for the sprouts to brown.
6. Add balsamic vinegar and remaining 1 tbsp olive oil to the pan. Cover and cook for 2 to 3 more minutes.
7. Return chopped bacon to the pan.

Makes 4 cups | 25 minutes

Serving size: 1 cup | Nutrition info below is per serving.

Calories 240 | Fat 19g | Protein 6g | Total Carbs 11g | Net Carbs 7g | Fiber 4g | Sugar 3g

CREAMY COLESLAW

INGREDIENTS:

- 4 cups Shredded coleslaw mix (primarily cabbage with small amount of carrots)
- 1/4 cup Mayonnaise
- 2 tbsp Apple cider vinegar
- 1 tbsp *Powdered Erythritol*
- 1 tsp Celery seed
- Sea salt (to taste)
- Black pepper (to taste)



INSTRUCTIONS:

1. Place the shredded coleslaw mix into a large bowl. Set aside.
2. In a small bowl, whisk together the mayonnaise, apple cider vinegar, erythritol, and celery seed. Season with sea salt and black pepper to taste.
3. Stir the dressing into the shredded coleslaw mix and toss to coat.
4. If you have time, refrigerate the coleslaw for at least an hour (or overnight) to let the flavors develop. Stir again before serving. Serve chilled.

Makes 6 servings | 5 minutes

Serving size: 3/4 cup | Nutrition info below is per serving.

Calories 87 | Fat 8g | Protein 1g | Total Carbs 4g | Net Carbs 2g | Fiber 2g | Sugar 2g

GARLIC PARMESAN BISCUITS

INGREDIENTS:

- 1 cup Blanched Almond Flour
- 1/3 cup Coconut Flour
- 3/4 cup Grated Parmesan cheese
- 2 tsp Gluten-free baking powder
- 6 cloves Garlic (minced)
- 1 tbsp Dried parsley
- 5 large Egg
- 1/2 cup Coconut oil (measured solid, then melted; can also use butter)



INSTRUCTIONS:

1. Preheat the oven to 350 degrees F (177 degrees C). Line a baking sheet with parchment paper.
2. Mix dry ingredients together in a large bowl. Stir in wet ingredients. Let the mixture sit for a couple of minutes to thicken.
3. Scoop tablespoonfuls of the dough onto the lined baking sheet and form into rounded biscuit shapes (flatten slightly). A large cookie scoop makes this process faster, but you can use your hands too. Dust with additional parmesan cheese on top. Bake 15 to 20 minutes, until firm and golden. Cool on the baking sheet.

Makes 14 biscuits | 25 minutes

Serving size: 3/4 cup | Nutrition info below is per serving.

Calories 169 | Fat 15g | Protein 5g | Total Carbs 4g | Net Carbs 3g | Fiber 1g | Sugar 0g

CLASSIC GREEN BEAN CASSEROLE

INGREDIENTS:

Casserole

- 1 tbsp Avocado oil (or any oil of choice)
- 1 large Onion (chopped)
- 10 oz Mushrooms (sliced)
- 2 lb Green beans (cut in half, making shorter pieces)
- 3 cup Homemade cream of mushroom soup (see notes for recipe)

TOPPING:

- 1/2 cup Blanched Almond Flour
- 2 tbsp Dried minced onion
- 1 tbsp Avocado oil (or any oil of choice)

INSTRUCTIONS:

1. Preheat the oven to 375 degrees F (191 degrees C).
2. Saute the mushrooms & onions: In a skillet over medium heat, saute the onions and mushrooms in avocado oil for about 7-10 minutes, until lightly browned. Remove from heat.
3. Cook the green beans: Cook the green beans either in the microwave or on the stove until they are crisp-tender. For the microwave, place the green beans in a large bowl with 1/2 cup water (118 mL) and nuke, stirring at 2 minute intervals, until done (about 6-8 minutes total). For the stove, boil the green beans covered in water for 3-5 minutes.
4. Assemble the casserole: Place the cooked green beans, mushroom/onion mixture, and cream of mushroom soup into a glass or ceramic 3-quart casserole dish. Stir together until well combined.
5. Make the topping: In a small bowl, stir together the almond flour, and dried minced onions. Stir in the avocado oil until crumbly. Crumble the topping over the casserole.
6. Bake: Bake for 18-20 minutes, until the topping is golden.

Notes:

- Find homemade cream of mushroom soup recipe here: <https://www.wholesomeyum.com/recipes/gluten-free-cream-of-mushroom-soup-low-carb-keto/>

Makes 12 servings | 40 minutes

Serving size: 1/2 cup | Nutrition info below is per serving.

Calories 159 | Fat 12g | Protein 4g | Total Carbs 11g | Net Carbs 7g | Fiber 4g | Sugar 2.5g



PALEO CAULIFLOWER STUFFING

INGREDIENTS:

- 1 large head Cauliflower (cut into small florets)
- 1 large Onion (sliced)
- 1/4 cup Celery (chopped thinly)
- 2 cloves Garlic (minced)
- 1/4 cup Olive oil (can also use butter or ghee)
- 1/2 tsp Poultry seasoning
- 1/2 tsp Dried thyme
- 1/2 tsp Ground sage
- 1 tsp Sea salt (or less if your poultry seasoning contains salt)
- 1/4 tsp Black pepper
- 2 tbsp Fresh parsley (chopped)
- 1/4 cup Pecans (chopped)



INSTRUCTIONS:

1. Preheat the oven to 450 degrees F (232 degrees C). Line a baking sheet with parchment paper, or line with foil and grease well.
2. In a large bowl, stir together the chopped cauliflower, onions, celery, and garlic. Toss with olive oil, poultry seasoning, sage, thyme, sea salt, and black pepper.
3. Spread the mixture in a single layer on the lined baking sheet. (You may need two sheets depending on the size. You want as many of the cauliflower florets and onions in contact with the pan as possible.) Roast in the oven for about 15 minutes, until the onions are soft and cauliflower is starting to brown a little.
4. Add the fresh parsley and pecans to the pan, and stir everything together. Roast for 10-15 more minutes, until the pecans are lightly toasted, cauliflower is well browned, and onions are starting to caramelize.

Makes 10 servings | 40 minutes

Serving size: 1/2 cup | Nutrition info below is per serving.

Calories 95 | Fat 7g | Protein 2g | Total Carbs 7g | Net Carbs 4g | Fiber 3g | Sugar 3g

BRUSSELS SPROUTS AU GRATIN

INGREDIENTS:

- 2 lb Brussels sprouts (halved)
- 1 tbsp Olive oil
- 1 tsp Sea salt (scant, not quite full, divided into 2 parts)
- 1/2 tsp Black pepper (divided into 2 parts)
- 1/2 cup Unsweetened almond milk
- 1/2 cup Heavy cream
- 2 tbsp Butter
- 1 1/2 cup Cheddar cheese (shredded, divided into 1 cup and 1/2 cup)
- 1/4 cup Bacon bits



INSTRUCTIONS:

1. Preheat the oven to 400 degrees F (204 degrees C). Line two 9x13 in (23x33 cm) pans with foil, parchment paper, or silicone mats.
2. Toss the brussels sprouts with olive oil. Season with half of the sea salt and black pepper. Arrange on the pans in a single layer. Roast side-by-side for 35-45 minutes, rotating halfway through, until edges are browned and crispy.
3. Meanwhile, melt the butter in a bowl in the microwave or in a saucepan on the stove. Add the almond milk and heavy cream. Heat again until hot.
4. Stir in one cup (2/3 of the recipe) of the shredded cheddar cheese, until melted. Season with the remaining sea salt and black pepper.
5. When the brussels sprouts are finished roasting, transfer them into a smaller 8x11 in (20x28 cm) or 9x9 in (23x23 cm) pan (line it unless it's ceramic or stoneware). Pour the sauce over the brussels sprouts. Sprinkle bacon bits and the remaining shredded cheese on top.
6. Bake for 10-15 minutes, until bubbly.

Makes 10 servings | 55 minutes

Serving size: 1 cup | Nutrition info below is per serving.

Calories 196 | Fat 15g | Protein 8g | Total Carbs 8g | Net Carbs 5g | Fiber 3g | Sugar 2g

THE BEST MASHED CAULIFLOWER

INGREDIENTS:

- 1 large head Cauliflower (6 cups florets, cut off most of the stems)
- 2 tbsp Butter (cut into chunks)
- 2 tbsp Cream cheese (cut into chunks)
- 4 cloves Garlic
- 3/4 tsp Sea salt (to taste)
- Chives (optional, for garnish)



INSTRUCTIONS:

Option 1 - Microwave Method

1. Place the cauliflower florets into a large bowl with 1/2 cup (118 mL) water. Cover the top with plastic wrap.
2. Microwave for 10 to 15 minutes, until very soft and mushy. Drain and pat dry.

Option 2 - Steam Method

1. Fill a large saucepan or pot with enough salted water to come right below a steamer basket fitted over it. Bring the water to a boil.
2. Place the cauliflower florets into the steamer basket and fit on top of the pan. Cover the basket with a lid.
3. Reduce water to a simmer and cook, covered, for 10 to 15 minutes, until cauliflower is very soft and mushy.

Make the Mashed Cauliflower

1. Place the cauliflower into a food processor together with all other ingredients, except chives.
2. Puree for a couple of minutes, until smooth. Scrape the sides occasionally as needed.
3. Adjust salt and pepper to taste.
4. Garnish with chives if desired. You can also drizzle some melted butter on top if you'd like.

Makes 4 servings | 15 minutes

Serving size: 1/2 cup | Nutrition info below is per serving.

Calories 128 | Fat 8g | Protein 4g | Total Carbs 11g | Net Carbs 7g | Fiber 4g | Sugar 3g

LOW CARB SWEET POTATO CASSEROLE

INGREDIENTS:

Veggies

- 4 cups Butternut squash (peeled, cubed)
- 1 medium head Cauliflower (chopped into florets)
- 2 tbsp Butter (measured solid, divided into 2 parts, and then melted; can use avocado oil or ghee for dairy-free)
- 1 tsp Cinnamon
- 3/4 tsp Garlic salt
- 1/2 tsp Black pepper
- 1 tbsp [Besti Monk Fruit Allulose Blend](#)

Topping

- 2 cups Pecans (divided into 1 1/2 cups and 1/2 cup)
- 1/4 cup Besti Monk Fruit Allulose Blend
- 1 tsp Cinnamon
- 1/8 tsp Garlic salt
- 2 tbsp Butter (measured solid and then melted; can use avocado oil or ghee for dairy-free)



INSTRUCTIONS:

Roasting

1. Preheat the oven to 400 degrees F (204 degrees C). Line two baking sheets with foil (greased lightly) or parchment paper.
2. In a large bowl, toss together the cubed butternut squash, cauliflower florets, a tablespoon of melted butter, garlic salt, cinnamon, and black pepper.
3. Arrange the vegetables in a single layer on the lined baking sheets. Roast in the oven for about 30-35 minutes, rotating the pans halfway through, until both are very soft and golden. (If your pans don't fit in the oven side by side, you can try a single larger pan or roast them in batches, but either way make sure veggies are in a single layer.)

Topping

1. Meanwhile, pulse 1/2 cup (64 g) pecans in a food processor until a powder forms. (Don't overmix or you'll make nut butter. If there are a few larger pieces left, that's fine.) Chop the remaining 1 1/2 cups (192 g) pecans. Place both in a small bowl.
2. Add the sweetener, cinnamon, and garlic salt. Stir in the butter until the mixture is crumbly.

Assembly

1. When the vegetables are done roasting, remove them from the oven, but don't turn it off.
2. Puree the veggies in a food processor or high-power blender, until smooth. (You may need to do this in batches if they don't all fit at once). Transfer the puree into a 2 quart (1.9 L) ceramic or glass casserole dish.
3. Stir the sweetener and remaining tablespoon of melted butter into the puree. Taste and adjust salt and pepper if desired.
4. Smooth the top with a spoon or spatula. Sprinkle the pecan crumble topping over the casserole.
5. Roast the casserole in the oven for about 20 minutes, until the top is golden.

Makes 16 servings | 1 hour, 10 minutes

Serving size: 1/2 cup | Nutrition info below is per serving.

Calories 146 | Fat 13g | Protein 2g | Total Carbs 8g | Net Carbs 5g | Fiber 3g | Sugar 2g

PAN FRIED GREEN BEANS ALMONDINE

INGREDIENTS:

- 4 slices Bacon
- 1 tbsp Butter (or ghee)
- 2 cloves Garlic (minced)
- 1/3 cup Almonds (sliced)
- 2 tsp Lemon juice
- 1 lb Green beans (trimmed)
- Sea salt
- Black pepper



INSTRUCTIONS:

1. Boil salt water in a large saucepan or pot. Add green beans. Cook for 3-4 minutes, until bright green and crisp tender. Drain, then immediately plunge the green beans into ice water to stop cooking. Leave the green beans in the water for a couple of minutes, then drain. Set aside.
2. Meanwhile, use kitchen shears or a knife to cut the bacon slices into 1/2 in (1 cm) square pieces.
3. Add the bacon to a large saute pan at room temperature. Place on the stove and fry over medium-low heat for about 10 minutes, until the bacon is crispy and releases its fat. Use a slotted spoon to remove the bacon pieces, leaving the bacon fat in the pan. Set aside the bacon.
4. Reduce heat to low. Add the butter to the pan with the bacon fat. Heat until melted.
5. Add the sliced almonds. Saute for a few minutes, until the almonds are golden.
6. Add the garlic. Saute for about another minute, until fragrant. Stir in the lemon juice.
7. Add the green beans and bacon pieces to the saute pan. Toss everything to coat. Season with sea salt and black pepper. Cook for a few minutes, until hot.

Makes 6 servings | 25 minutes

Serving size: 1/2 cup | Nutrition info below is per serving.

Calories 132 | Fat 10g | Protein 5g | Total Carbs 8g | Net Carbs 5g | Fiber 3g | Sugar 1g

CHEESY LOADED CAULIFLOWER

INGREDIENTS:

- 1 large head Cauliflower (cut into small florets)
- 2 tbsp Butter (melted)
- Sea salt
- Black pepper
- 2/3 cup Sour cream
- 1/4 cup Heavy cream
- 2 cloves Garlic (minced)
- 1 1/2 cup Cheddar cheese (shredded, divided)
- 6 tbsp Bacon bits (cooked, divided)
- 1/4 cup Green onions (chopped, divided)



INSTRUCTIONS:

1. Preheat the oven to 450 degrees F (232 degrees C).
2. In a large bowl, toss the cauliflower florets with butter. Season with sea salt and black pepper.
3. Transfer the cauliflower to a small 1.5 quart (1.4 L) casserole dish in a single layer. (Line the pan unless it's glass or stoneware. If there's too much cauliflower to fit in a single layer, roast on a larger baking sheet instead.) Roast in the oven for 15-20 minutes, until crisp-tender.
4. Meanwhile, in the same bowl, whisk together the sour cream and heavy cream, until smooth. Stir in the minced garlic, half of the cheddar cheese, half of the bacon bits, and half of the green onions. If desired, season sauce with sea salt and black pepper. (Don't oversalt - it will get more salty as the cheese melts later.)
5. When the cauliflower is done roasting, take it out and leave the oven on. Add the cauliflower to the bowl and mix with the sauce.
6. Return the cauliflower mixture to the casserole dish. Top with remaining cheese and bacon bits.
7. Bake for 5-10 minutes, until the cheese melts. Top with remaining green onions.

Makes 8 servings | 30 minutes

Serving size: 1/2 cup | Nutrition info below is per serving.

Calories 231 | Fat 18g | Protein 10g | Total Carbs 7g | Net Carbs 4g | Fiber 3g | Sugar 3g

OVERNIGHT 7-LAYER SALAD

INGREDIENTS:

- 8 oz Romaine lettuce (shredded)
- 1 lb Grape tomatoes (halved)
- 2 large Bell pepper (chopped; orange and/or yellow for rainbow effect)
- 8 large Egg (hard boiled, chopped or sliced)
- 1 small Red onion (sliced)
- 2/3 cup Mayonnaise
- 1/3 cup Sour cream
- 6 oz Cheddar cheese (shredded)
- 1 oz Bacon bits (cooked)



INSTRUCTIONS:

1. In a large clear glass bowl, or a trifle bowl, layer the lettuce, tomatoes, bell peppers, eggs, and red onions, in that order.
2. Whisk together the mayonnaise and sour cream. Spread over the top of the salad. (It can be a little hard to spread over the onions without sticking. Just dollop a little at a time and spread a little, add a little more, and repeat.)
3. Sprinkle shredded cheese and cooked bacon bits on top.
4. Cover and refrigerate for at least 2 hours, or overnight.

Makes 8 servings | 30 minutes

Serving size: 1/2 cup | Nutrition info below is per serving.

Calories 231 | Fat 18g | Protein 10g | Total Carbs 7g | Net Carbs 4g | Fiber 3g | Sugar 3g

BROCCOLI CAULIFLOWER SALAD

SALAD:

- 2 1/2 cups Broccoli (cut into small florets; ~6.5 oz)
- 2 1/2 cups Cauliflower (cut into small florets; ~10.5 oz)
- 1 cup Red bell pepper (cut into coarse pieces; ~1 large pepper)
- 1/3 cup Bacon bits (cooked)

DRESSING:

- 1/2 cup Mayonnaise
- 2 tbsp Olive oil
- 1 tbsp Lemon juice
- 1 tbsp Fresh thyme
- 1/2 tsp Garlic powder
- 1/2 tsp Sea salt
- 1/4 tsp Black pepper

INSTRUCTIONS:

1. In a large bowl, stir together the broccoli, cauliflower, red bell pepper, and bacon bits.
2. In a small bowl, whisk together all the dressing ingredients, until smooth.
3. Add the dressing to the large bowl with the veggies and toss to coat.
4. You can serve immediately, but for even better flavor, chill for a few hours.



Makes 6 cups | 30 minutes

Serving size: 1 cup | Nutrition info below is per serving.

Calories 269 | Fat 22g | Protein 6g | Total Carbs 11g | Net Carbs 7g | Fiber 4g | Sugar 3g

CHOPPED ANTIPASTO SALAD

INGREDIENTS:

- 8 oz Salami (chopped)
- 8 oz Fresh mozzarella balls
- 6 oz Prosciutto (chopped)
- 2 cups Grape tomatoes (halved)
- 1 cup Peppercini peppers (drained, chopped)
- 1 14-oz can Artichoke hearts (drained, chopped)
- 1/2 cup Kalamata olives
- 3 tbsp Olive oil
- 1 tbsp White wine vinegar
- 1/4 tsp Sea salt (to taste)
- 1/4 tsp Black pepper (to taste)
- 1/4 cup Fresh basil (cut into ribbons)



INSTRUCTIONS:

1. In a large bowl, whisk together the olive oil, white wine vinegar, sea salt and black pepper. Tilt the bowl if needed.
2. Add all remaining ingredients, except basil, and toss to combine.
3. Add fresh basil right before serving. (You can make the salad ahead and store in the fridge without the basil.)

Makes 8 servings | 10 minutes

Serving size: 1 cup | Nutrition info below is per serving.

Calories 345 | Fat 30g | Protein 14g | Total Carbs 3g | Net Carbs 2g | Fiber 1g | Sugar 1g

BROCCOLI CRANBERRY SALAD

SALAD:

- 1 bunch Broccoli (chopped into small florets)
- 1/4 cup Red onion (sliced)
- 1/2 cup Sugar-free dried cranberries (or any dried cranberries)
- 1/2 cup Walnuts (chopped; or pumpkin seeds for nut-free)
- 1/2 cup Bacon bits (cooked)

DRESSING:

- 1/2 cup Mayonnaise
- 1 tbsp Olive oil
- 1 tbsp Lemon juice
- 1 tsp Orange zest
- 1/2 tsp Garlic powder
- 1 1/2 tbsp Powdered Erythritol
- 1/2 tsp Poppy seeds (optional)
- Sea salt (to taste)
- Black pepper (to taste)



INSTRUCTIONS:

1. Combine the chopped broccoli, red onion, cranberries, walnuts, and bacon bits in a large bowl.
2. In a small bowl, whisk together the mayonnaise, olive oil, lemon juice, garlic powder, orange zest, sweetener, and poppy seeds (if using). Adjust sweetener to taste. Season with sea salt and black pepper to taste.
3. Stir the dressing into the vegetable mixture. Refrigerate for an hour for better flavor (optional).

Makes 10 servings | 10 minutes

Serving size: 1/2 cup | Nutrition info below is per serving.

Calories 141 | Fat 1g | Protein 4g | Total Carbs 5g | Net Carbs 3.5g | Fiber 1.5g | Sugar 1.5g

CREAMY CUCUMBER SALAD

INGREDIENTS:

- 1/2 cup Sour cream
- 2 tbsp Fresh dill (chopped)
- 1 tbsp Olive oil
- 1 tbsp Lemon juice
- 1/2 tsp Garlic powder
- 1/2 tsp Sea salt
- 1/4 tsp Black pepper
- 6 cups Cucumber (chopped)
- 1 small Red onion (thinly sliced)



INSTRUCTIONS:

1. In a large bowl, whisk together the sour cream, dill, olive oil, lemon juice, and garlic powder. Season with sea salt and black pepper to taste.
2. Stir in the chopped cucumbers and red onions.

Makes 6 servings | 10 minutes

Serving size: 1 cup | Nutrition info below is per serving.

Calories 86 | Fat 6g | Protein 2g | Total Carbs 7g | Net Carbs 6g | Fiber 1g | Sugar 3g

WINTER KALE & BRUSSELS SPROUT SALAD

KALE BRUSSELS SPROUT SALAD:

- 1/2 bunch Curly kale (~3.5 ounces or ~5.5 cups, stems removed)
- 1/2 lb Brussels sprouts (~2.5 cups, outer leaves and stems removed)
- 1/2 cup Sugar-free dried cranberries*
- 6 slices Cooked bacon (chopped or crumbled)
- 1/2 cup Walnuts (or pumpkin seeds for nut-free)
- 1/4 cup Blue cheese crumbles (optional - skip for paleo or whole30)

SALAD DRESSING:

- 1/3 cup Olive oil
- 2 tbsp Lemon juice
- 1 tbsp Dijon mustard
- 1/2 tsp Garlic powder
- 1/4 tsp Sea salt
- 1/4 tsp Black pepper

INSTRUCTIONS:

1. Place the Brussels sprouts into a food processor fitted with a slicing blade (NOT a shredding or knife blade!). Push the sprouts into the food processor while running, using the pusher (not your hands). Turn it off.
2. Turn the food processor back on and push the kale leaves into the running food processor. Pulse until shredded. (Alternatively, you can chop the brussels sprouts and kale by hand with a knife.)
3. In a large bowl, whisk together the olive oil, mustard, lemon juice, garlic powder, salt and pepper, until emulsified. (Tilt the bowl if necessary).
4. Add the shredded Brussels sprouts and kale to the bowl. Add the cranberries, cooked bacon, walnuts (if using), and blue cheese (if using). Toss to coat the kale Brussels sprout salad in dressing.

*Learn how to make sugar-free dried cranberries here: <https://www.wholesomeyum.com/recipes/how-to-make-dried-cranberries-no-sugar/>



Makes 8 servings | 10 minutes

Serving size: 1 cup | Nutrition info below is per serving.

Calories 192 | Fat 17g | Protein 6g | Total Carbs 6g | Net Carbs 4g | Fiber 2g | Sugar 1g

SUGAR-FREE CRANBERRY SAUCE

INGREDIENTS:

- 12 oz Cranberries
- 1 cup Powdered Erythritol (recommended; can also use granulated)
- 3/4 cup Water
- 1 tsp Orange zest (optional; add more if you like more orange flavor)
- 1/2 tsp Vanilla extract



INSTRUCTIONS:

1. Combine the cranberries, water, erythritol, and orange zest in a medium saucepan. Bring to a boil, then reduce heat to a gentle simmer. Simmer for 10-15 minutes, until the cranberries pop and a sauce forms.

2. Remove from heat. Stir in the vanilla extract.

Makes 6 servings | 10 minutes

Serving size: 1/4 cup | Nutrition info below is per serving.

Calories 32 | Fat 0g | Protein 0g | Total Carbs 6g | Net Carbs 4g | Fiber 2g | Sugar 2g

BACON WRAPPED ASPARAGUS

INGREDIENTS:

- 24 stalks Asparagus (~10 oz, trimmed)
- 12 slices Bacon (center cut preferred)
- 1 tsp Olive oil
- Garlic salt
- Black pepper



INSTRUCTIONS:

1. Preheat the oven to 400 degrees F (204 degrees C). Place an oven-safe wire rack (either greased or non-stick) onto a cookie sheet. (These racks work great!)
2. Trim the woody ends of the asparagus. Drizzle with olive oil. Sprinkle with garlic salt and black pepper to taste. (You don't need a lot of oil, just enough for the salt and pepper to stick.)
3. Cut the bacon slices lengthwise to make narrower strips. Wrap each bacon strip tightly around an asparagus stalk, only slightly overlapping the bacon on each stalk (it will shrink during cooking, creating a "striped" pattern). Place seam side down onto the wire rack.
4. Bake for 10 minutes. Use tongs to turn over. Bake for 10-15 minutes more, until the bacon is almost crispy. Set the oven to broil, then place under the broiler for 1-2 minutes to crisp up more.

Makes 6 servings | 30 minutes

Serving size: 4 pieces | Nutrition info below is per serving.

Calories 202 | Fat 18g | Protein 6g | Total Carbs 3g | Net Carbs 2g | Fiber 1g | Sugar 1g

SPINACH ARTICHOKE DIP

INGREDIENTS:

- 4 oz Spinach (chopped)
- 4 oz Cream cheese
- 2 tbsp Mayonnaise
- 2 tbsp Sour cream (or additional 2 tbsp mayo)
- 1/4 cup Grated parmesan cheese
- 1 (14.5 oz) can Artichoke hearts in water (drained, chopped, and squeezed to release extra moisture)
- 4 cloves Garlic (minced)
- 1/4 tsp Black pepper
- 2/3 cup Mozzarella cheese (shredded, divided into 2 parts)



INSTRUCTIONS:

1. Heat a greased pan over medium heat. Add the chopped spinach. Cook, stirring occasionally, until the spinach is wilted and bright green. (Alternatively, wilt the spinach for about 2-3 minutes in the microwave.) Set aside to cool. If you want to speed up the cooling process, you can place the bowl into a larger bowl containing ice (optional).
2. While the spinach cools, preheat the oven to 350 degrees F (177 degrees C).
3. Meanwhile, heat the cream cheese in the microwave or in a small saucepan on the stove over low heat. Once it melts enough to stir, add in the mayonnaise, sour cream, grated parmesan cheese, chopped artichoke hearts, minced garlic, black pepper, and half of the shredded mozzarella. Stir to combine.
4. When the spinach is cool enough to handle, gather it into a ball and squeeze several times, making sure to get out as much water as possible. Add the spinach to the artichoke mixture.
5. Transfer the dip to a small ceramic appetizer dish or large ramekin. Smooth the top with a spatula. Sprinkle the remaining shredded mozzarella on top.
6. Bake for about 30 minutes, until hot and bubbly. Serve warm.

Makes 10 servings | 40 minutes

Serving size: 1/4 cup | Nutrition info below is per serving.

Calories 142 | Fat 12g | Protein 4g | Total Carbs 3g | Net Carbs 2g | Fiber 1g | Sugar 1g

CREAMY KETO GRAVY

INGREDIENTS:

- 1/2 cup Butter
- 2 cups Turkey drippings (from cooking a whole turkey or turkey breast)
- 2 cups Chicken broth
- 3 tbsp Unflavored gelatin powder
- 1 cup Cold water



INSTRUCTIONS:

1. After removing the turkey from the roasting pan (or slow cooker for a turkey breast), pour the contents through the fine mesh sieve over a bowl, so that the drippings end up in the bowl. Discard the solids.
2. In a small bowl, sprinkle the gelatin powder over the cold water. Set aside to bloom.
3. In a medium saucepan over medium heat, melt the butter.
4. Add the chicken broth and turkey drippings to the pan. Bring to a boil, then simmer for about 20 minutes, until the volume is reduced by half.
5. Add the gelatin into the pan, whisking constantly, until dissolved.
6. Allow the gravy to cool from hot to lukewarm - it will thicken as it cools. It may form a film on top, but just whisk it and it will go away. It will gel and be too thick if it gets completely cold - just reheat it to make it pourable again.

Makes 12 servings | 25 minutes

Serving size: 2 tablespoons | Nutrition info below is per serving.

Calories 379 | Fat 41g | Protein 1g | Total Carbs 0g | Net Carbs 0g | Fiber 0g | Sugar 0g

BACON PECAN CHEESE BALL

INGREDIENTS:

- 16 oz Cream cheese (softened)
- 3/4 cup Cheddar cheese (shredded)
- 3/4 cup Bacon bits
- 1/4 cup Green onions (chopped)
- 1/4 cup Pecans (chopped)



INSTRUCTIONS:

1. Whip the cream cheese and cheddar cheese together in a high power blender, food processor, or stand mixer with a paddle attachment.
2. Form the cheese into a ball, wrap tightly in plastic wrap, and refrigerate for 1-2 hours, until firm.
3. In a medium bowl, stir together the bacon bits, green onions, and pecans. Roll the cheese ball in the mixture.
4. Wrap the ball tightly in plastic wrap. Refrigerate until ready to serve.

Makes 16 servings | 10 minutes

Serving size: 2 heaping tablespoons | Nutrition info below is per serving.

Calories 159 | Fat 14g | Protein 6g | Total Carbs 1g | Net Carbs 0.8g | Fiber 0.2g | Sugar 0.2g

SUGAR-FREE DRIED CRANBERRIES

INGREDIENTS:

- Water
- 12 oz Cranberries
- 2/3 cup Powdered Erythritol
- 1/4 tsp Xanthan gum
- 1 tbsp Avocado oil



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INSTRUCTIONS:

1. Preheat the oven to 225 degrees F (107 degrees C). Line a baking sheet with parchment paper.
2. Bring a large pot of water to a boil. Turn off heat and add cranberries (do not boil them). Set aside for 10 minutes. They will soften and start to pop.
3. In a small saucepan, stir the powdered erythritol with 1/3 cup (79 mL) water. Bring to a boil. Reduce heat and simmer for about 5 minutes, until dissolved and translucent.
4. Pour the mixture from the saucepan into a blender. Sprinkle the xanthan gum on top. (It's important to sprinkle, don't just dump it in!) Blend until combined. Wait for a couple of minutes for the syrup to thicken.
5. Add the oil to the blender. Blend again until smooth.
6. Drain the water from the pot with cranberries. Pat dry with paper towels.
7. Pour the syrup into the pot with the cranberries. Gently toss/stir to coat. Be gentle to avoid smashing the berries. If you want sweeter dried cranberries, you can sprinkle additional powdered sweetener on top very lightly and stir again. (Don't add too much, or it will clump.)
8. Spread out the berries on the lined baking sheet. Use the tip of a knife or a toothpick to pop any berries that have not popped yet.
9. Place the baking sheet into the oven for 3-4 hours, until the cranberries are shriveled and mostly dry.
10. When done, they are ready to eat if you're in a hurry but will not be completely dry. For best results, turn off the oven and leave the cranberries in there. Prop the door open with a wooden spoon. Leave like this for several hours or overnight, until completely cool and dry.

Makes 8 servings | 4 hours 10 minutes

Serving size: 1/4 cup dried cranberries | Nutrition info below is per serving.

Calories 39 | Fat 2g | Protein 0g | Total Carbs 5g | Net Carbs 3g | Fiber 2g | Sugar 2g

SMOKED SALMON CUCUMBER BITES

INGREDIENTS:

- 6 oz Cream cheese (softened)
- 1/4 cup Full-fat Greek yogurt
- 1/4 tsp Garlic powder
- 2 tbsp Fresh dill (chopped; plus more for garnish)
- 1 large English cucumber (sliced slightly diagonally, 1/4 inch thick)
- 4 oz Smoked salmon (sliced thinly and cut into pieces)



INSTRUCTIONS:

1. In a small bowl, mash together the cream cheese, Greek yogurt, and garlic powder. Stir in the fresh dill.
2. Transfer the cream cheese mixture into a piping bag (or make your own by snipping the corner of a zip lock bag).
3. Arrange the cucumber slices in a single layer on a platter. Pipe about 1/2 tablespoon of cream cheese mixture onto each cucumber slice. Top with a folded-over piece of smoked salmon. Garnish with additional dill if desired.

Makes 10 servings | 15 minutes

Serving size: 4 cucumber bites, or 1/10 entire recipe | Nutrition info below is per serving.

Calories 80 | Fat 6.4g | Protein 3.8g | Total Carbs 2.2g | Net Carbs 2g | Fiber 0.2g | Sugar 1.3g

SPINACH STUFFED MUSHROOMS

INGREDIENTS:

- 1 lb Cremini mushrooms (about 24 mushrooms, stems removed)
- 1 tbsp Olive oil
- 8 oz Spinach (chopped)
- 1/2 cup Feta cheese (crumbled)
- 4 cloves Garlic (minced)
- 1 tbsp Fresh parsley (minced)
- Sea salt
- Black pepper



INSTRUCTIONS:

1. Preheat the oven to 400 degrees F (204 degrees C). Line a baking sheet with foil or parchment paper (grease lightly if using foil).
2. Place the spinach in a bowl with a few tablespoons of water and cover with plastic wrap. Steam in the microwave for 2 minutes, until wilted. (You can also steam the spinach on the stove if you prefer.) Drain extra water and set aside to cool.
3. Arrange the mushrooms cavity side up on the baking sheet in a single layer. Drizzle with olive oil. Season with sea salt and black pepper.
4. When the spinach is cool enough to handle, squeeze it tightly several times to drain as much moisture as possible. It should turn into a small, tight ball.
5. In a medium bowl, mix the spinach, feta cheese, garlic, and parsley. Add sea salt and black pepper to taste if desired. Spoon the mixture into the mushrooms.
6. Bake for about 15-20 minutes, until the mushrooms are soft and golden.

Makes 6 servings | 30 minutes

Serving size: 4 spinach stuffed mushrooms | Nutrition info below is per serving.

Calories 82.2 | Fat 5.4g | Protein 4.6g | Total Carbs 5.5g | Net Carbs 3.6g | Fiber 1.9g | Sugar 2.6g

SAVORY SAUSAGE BALLS

INGREDIENTS:

- 2 cups Blanched Almond Flour
- 2 cups Cheddar cheese (shredded)
- 2 tsp Italian seasoning
- 2 tsp Gluten-free baking powder
- 1 lb Ground pork sausage
- 8 oz Cream cheese (at room temperature, cut into small chunks)
- 2 cloves Garlic (minced; optional)



INSTRUCTIONS:

1. Preheat the oven to 400 degrees F (204 degrees C). Line a baking sheet with foil and grease well.
2. In a large bowl, stir together the almond flour, shredded cheddar, Italian seasoning, and baking powder.
3. Add the sausage, cream cheese, and minced garlic, if using. Mix until just combined. Do not over-mix.
4. Use a small cookie scoop to form 1 inch balls (2.5 cm) and place onto the baking sheet.
5. Bake for 8 minutes, then twist the balls in place to reduce sticking. Bake for another 7-8 minutes, until just barely cooked through.
6. Place the pan under the broiler for another 2 minutes to brown more.

Makes 14 servings | 24 minutes

Serving size: 4 sausage balls | Nutrition info below is per serving.

Calories 313 | Fat 27g | Protein 13g | Total Carbs 5g | Net Carbs 4g | Fiber 1g | Sugar 1g

BACON DEVILED EGGS

INGREDIENTS:

- 6 large Eggs
- 1/4 cup Mayonnaise
- 1 tsp Dijon mustard
- 1 tsp Apple cider vinegar
- 1/4 tsp Garlic powder
- 1/8 tsp Sea salt
- 4 slices Cooked bacon (finely chopped)
- Smoked paprika (for sprinkling)
- Fresh chives (chopped, for sprinkling)



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INSTRUCTIONS:

1. Boil eggs. Place in ice water for 10 minutes to cool, then peel.
2. Slice the eggs in half the long way. Remove the yolks and place them into a large bowl. Mash with a fork.
3. Add the mayonnaise, Dijon mustard, apple cider vinegar, garlic powder, and sea salt to the eggs. Mix well.
4. Pipe the egg yolk mixture back into the egg white halves. Top with a sprinkle of smoked paprika, crumbled bacon, and fresh chives.

Makes 14 servings | 24 minutes

Serving size: 1 deviled egg | Nutrition info below is per serving.

Calories 85.4 | Fat 7.1g | Protein 4.5g | Total Carbs 0.4g | Net Carbs 0.4g | Fiber 0g | Sugar 0.2g

KETO SHORTBREAD COOKIES

INGREDIENTS:

- 2 1/2 cups Blanched Almond Flour 6 tbsp Salted
- butter (softened; can use coconut oil for dairy-free, but flavor and texture will be different)
- 1/2 cup Besti Erythritol (or other granular sweetener of choice)
- 1 tsp Vanilla extract



INSTRUCTIONS:

1. Preheat the oven to 350 degrees F (177 degrees C). Line a cookie sheet with parchment paper.
2. Use a hand mixer or stand mixer to beat together the butter and erythritol, until it's fluffy and light in color.
3. Beat in the vanilla extract. Beat in the almond flour, 1/2 cup (64 g) at a time. (The dough will be dense and a little crumbly, but should stick when pressed together.)
4. Scoop rounded tablespoonfuls of the dough onto the prepared cookie sheet. Flatten each cookie to about 1/3 in (.8 cm) thick. (You can make them thicker or thinner to your liking. Keep in mind they will not spread or thin out during baking, so make them as thin as you want them when done.)
5. Bake for about 12 minutes, until the edges are golden. Allow to cool completely in the pan before handling (cookies will harden as they cool).

Makes Eighteen 2 1/4" cookies | 22 minutes

Serving size: 1 cookie | Nutrition info below is per serving.

Calories 124 | Fat 12g | Protein 3g | Total Carbs 3.3g | Net Carbs 1.7g | Fiber 1.6g | Sugar 1g

CLASSIC CHOCOLATE CHIP COOKIES

INGREDIENTS:

- 2 1/2 cup Blanched Almond Flour
- 6 tbsp Salted butter (softened; can use coconut oil for dairy-free, but flavor and texture will be different)
- 1 large Egg
- 1/2 cup Besti Erythritol (or other granular sweetener of choice)
- 1 tsp Vanilla extract
- 1 tsp Blackstrap molasses
- 1/2 cup Sugar-free dark chocolate chips



INSTRUCTIONS:

1. Preheat the oven to 350 degrees F (177 degrees C). Line a cookie sheet with parchment paper.
2. Use a hand mixer or stand mixer to beat together the butter and erythritol, until it's fluffy and light in color.
3. Beat in the egg, vanilla extract, and blackstrap molasses. Beat in the almond flour, 1/2 cup (118 mL) at a time.
4. Fold in the chocolate chips.
5. Use a medium cookie scoop to drop rounded tablespoonfuls of the dough onto the prepared cookie sheet. Flatten each cookie to about 1/3 in (.8 cm) thick. (You can make them thicker or thinner to your liking. Keep in mind they only spread a little and don't thin out during baking, so make them as thin as you want them when done.)
6. Bake for about 12 minutes, until the edges are golden. (Time will vary based on your oven and thickness of your cookies.) Allow to cool completely in the pan before handling.

Makes Twenty 2 1/4" cookies | 22 minutes

Serving size: 1 cookie | Nutrition info below is per serving.

Calories 133 | Fat 12g | Protein 4g | Total Carbs 6g | Net Carbs 4g | Fiber 2g | Sugar 1g

KETO PUMPKIN CHEESECAKE

CRUST:

- 1 1/2 cup Blanched Almond Flour
- 1/2 cup Collagen peptides or whey protein powder
- 3 tbsp Besti Erythritol
- 1/3 cup Butter (melted)
- 1 tsp Vanilla extract

FILLING:

- 24 oz Cream cheese (softened)
- 1 cup Pumpkin puree
- 1 1/4 cup Powdered Erythritol
- 3 large Eggs (at room temperature)
- 1 tsp Pumpkin pie spice
- 1/2 tsp Cinnamon
- 1 tsp Vanilla extract

INSTRUCTIONS:

1. Preheat the oven to 350 degrees F (177 degrees C). Line the bottom of a 9 in (23 cm) springform pan with parchment paper. (You can also try greasing well.)
2. To make the almond flour cheesecake crust, stir the almond flour, collagen or protein powder, and erythritol together.
3. Whisk together the melted butter and vanilla, then stir into the dry ingredients, pressing with the spoon or spatula, until well combined. The dough will be slightly crumbly.
4. Press the dough into the bottom of the prepared pan. Prick gently with a fork all over. Bake for about 12-15 minutes, until barely golden. Let cool at least 10 minutes.
5. Meanwhile, beat the cream cheese and powdered sweetener together at low to medium speed until fluffy. Beat in the pumpkin puree, pumpkin pie spice, cinnamon and vanilla. Beat in the eggs, one at a time. (Keep the mixer at low to medium the whole time; too high speed will introduce too many air bubbles, which we don't want.)
6. Pour the filling into the pan over the crust. Smooth the top with a spatula. (Use a pastry spatula for a smoother top if you have one that fits into the pan.)
7. Bake for about 40-50 minutes, until the center is almost set, but still jiggle.
8. Remove the cheesecake from the oven. If the edges are stuck to the pan, run a knife around the edge. (But, do not remove the springform edge just yet.) Cool the cheesecake in the pan on the counter to room temperature, then refrigerate for at least 4 hours (preferably overnight), until completely set. (Do not try to remove the cake from the pan before chilling.)
9. Serve with whipped cream and/or a sprinkle of cinnamon.

Makes 16 servings | 1 hour 10 minutes

Serving size: 1 slice (1/16 of recipe) | Nutrition info below is per serving.

Calories 280 | Fat 24g | Protein 10g | Total Carbs 6g | Net Carbs 5g | Fiber 1g | Sugar 2g



LEMON POPPY SEED BUNDT CAKE

CAKE:

- 3/4 cup Butter (softened)
- 1 cup Besti Erythritol
- 4 large Egg (at room temperature)
- 3/4 cup Sour cream
- 2 tbsp Lemon extract (mine is mild and doesn't taste like alcohol; if yours is potent, you'll need less, maybe 1-2 tsp)
- 2 tsp Vanilla extract (optional)
- 3 cup Blended Almond Flour
- 2 tsp Gluten-free baking powder
- 3 tbsp Poppy seeds
- 1/2 tsp Sea salt

GLAZE:

- 3/4 cup Besti Powdered Erythritol
- 1/4 cup Lemon juice
- 1/4 tsp Vanilla extract (optional)

INSTRUCTIONS:

1. Preheat the oven to 350 degrees F (177 degrees C). Grease a bundt pan and set aside.
2. In a large, use a hand mixer to beat together the butter and sweetener until fluffy.
3. Beat in the eggs, sour cream, lemon extract and vanilla extract.
4. In another bowl, stir together the almond flour, baking powder, poppy seeds, and sea salt. Beat the dry ingredients into the wet, about a cup at a time.
5. Transfer the batter to the pan and smooth the top. Bake for about 40 minutes, or until the top is dark golden brown. Cover loosely with foil and continue baking for 20-35 minutes, or until an inserted toothpick comes out clean. Let cool for at least 15 minutes in the pan, then turn out onto a cooling rack and cool completely.
6. To make the glaze, whisk together the powdered sweetener, lemon juice and vanilla extract. Drizzle over the cake.



Makes 16 servings | 1 hour 15 minutes

Serving size: 1 slice (1/16 of recipe) | Nutrition info below is per serving.

Calories 248 | Fat 23g | Protein 7g | Total Carbs 6g | Net Carbs 4g | Fiber 2g | Sugar 1g

SIMPLE CREAM CHEESE COOKIES

INGREDIENTS:

- 1/4 cup Butter (softened)
- 2 oz Cream cheese (softened)
- 1/2 cup Besti Erythritol (or up to 3/4 cup if you like them very sweet)
- 1 large Egg white
- 2 tsp Vanilla extract
- 3 cup Blanched Almond Flour
- 1/4 tsp Sea salt



INSTRUCTIONS:

1. Preheat the oven to 350 degrees F (177 degrees C). Line a large cookie sheet with parchment paper.
2. Use a hand mixer or stand mixer to beat together the butter, cream cheese, and erythritol, until it's fluffy and light in color.
3. Beat in the vanilla extract, salt and egg white.
4. Beat in the almond flour, 1/2 cup (64 g) at a time. (The dough will be dense and a little crumbly, but should stick when pressed together.)
5. Use a medium cookie scoop (about 1 1/2 tbsp, 22 mL volume) to scoop balls of the dough onto the prepared cookie sheet. Flatten with your palm.
6. Bake for about 15 minutes, until the edges are lightly golden. Allow to cool completely in the pan before handling (cookies will harden as they cool).

Makes Twenty-four 2" cookies | 25 minutes

Serving size: One 2" cookie | Nutrition info below is per serving.

Calories 106 | Fat 9g | Protein 3g | Total Carbs 3g | Net Carbs 2g | Fiber 1g | Sugar 0g

4-INGREDIENT FUDGE

INGREDIENTS:

- 1 cup Coconut oil (solid)
- 1/4 cup Powdered Erythritol (to taste)
- 1/4 cup Cocoa powder
- 1 tsp Vanilla extract
- 1/8 tsp Sea salt
- Coarse sea salt flakes (optional - for topping)



INSTRUCTIONS:

1. Line a 28 oz rectangular glass container with parchment paper, so that the parchment hangs out over the sides.
2. Using a hand mixer at LOW speed, beat the coconut oil and sweetener together, just until fluffy and combined.
3. Beat in the cocoa powder, vanilla and sea salt to taste. Adjust sweetener to taste. Do not overmix.
4. Transfer the mixture to the lined container. Smooth the top with a spatula or spoon.
5. Refrigerate the keto fudge for about 45-60 minutes, until solid.
6. Sprinkle the top of the fudge with sea salt flakes and press gently.
7. Run a knife along the edge and take out using the edges of the parchment paper. Slice carefully - see post above for slicing tips.
8. Keep the fudge refrigerated and bring to room temperature right before serving. You can also freeze it - see tips above. Do not leave at room temperature for prolonged periods, as it will melt easily.

Makes 12 servings | 55 minutes

Serving size: 1 cube, or 1/12 of entire recipe | Nutrition info below is per serving.

Calories 161 | Fat 18g | Protein 0g | Total Carbs 1g | Net Carbs 0.4g | Fiber 0.6g | Sugar 0g

SUGAR-FREE PUMPKIN PIE

INGREDIENTS:

- 1 recipe Almond flour pie crust (or your favorite pie crust recipe)
- 1 15-oz can Pumpkin puree
- 1/2 cup Heavy cream (or coconut cream for dairy-free/paleo)
- 2 large Egg (at room temperature)
- 2/3 cup Powdered Erythritol
- 2 tsp Pumpkin pie spice
- 1/4 tsp Sea salt
- 1 tsp Vanilla extract (optional)
- 1 tsp Blackstrap molasses (optional)



TRANSFORM YOU FITNESS

INSTRUCTIONS:

1. Make the sweet almond flour pie crust according to the directions here: <https://alldaydreamaboutfood.com/easy-low-carb-press-in-pie-crust/>
2. Meanwhile, beat together all remaining ingredients at medium-low speed, until smooth. (Don't overmix.)
3. When the pie crust is done baking, reduce the oven temperature to 325 degrees F (163 degrees C). Cool the crust on the counter for at least 10 minutes, longer if you have time.
4. Pour the filling into the crust. Gently tap on the counter to release air bubbles.
5. Bake for 40-50 minutes, until the pie is almost set but still slightly jiggle in the center. (Check on it occasionally, and if you see the crust start to brown, cover the crust edge with foil and return to the oven until the filling is done. It should still jiggle a bit in the center, like a custard before it sets.)
6. Cool completely on the counter, then refrigerate at least an hour before slicing. Pie can be refrigerated overnight.

Makes 12 servings | 1 hour

Serving size: 1 slice, or 1/12 of entire pie | Nutrition info below is per serving.

Calories 244 | Fat 21g | Protein 7g | Total Carbs 8g | Net Carbs 4g | Fiber 4g | Sugar 2g

KETO PECAN PIE

INGREDIENTS:

- 1 recipe Almond flour pie crust (or coconut flour pie crust)
- 3/4 cup Butter
- 3/4 cup Powdered Monk Fruit
- 1 1/2 cup Heavy cream
- 1 tsp Sea salt
- 1/2 tbsp Vanilla extract
- 3/4 tsp Maple extract
- 1 large Egg (at room temperature)
- 2 1/2 cups Pecans (2 cups chopped coarsely + 1/2 cup halves for topping)



INSTRUCTIONS:

1. Preheat the oven to 350 degrees F (177 degrees C).
2. Make the almond flour pie crust according to the instructions here: <https://alldayidreamaboutfood.com/easy-low-carb-press-in-pie-crust/>
3. Meanwhile, make the filling. In a large saute pan (not a saucepan!) over medium-low heat, heat the butter and sweetener for about 5 minutes, stirring frequently, until dark golden brown.
4. When golden, add the cream and sea salt. Bring to a gentle simmer. Simmer for 15 to 20 minutes, until bubbly, dark golden and thick. The caramel sauce should coat the back of a spoon.
5. Remove the sauce from heat. Stir in the vanilla and maple extracts.
6. Let pie crust and caramel sauce cool separately for 15 to 20 minutes, until warm but not hot. While they are cooling, you can either leave the oven on (you will need it again) or preheat it to 350 degrees F (177 degrees C) again when the 20 minutes is close to up.
7. Once caramel sauce has cooled enough not to cook an egg being added to it (warm is fine), whisk in the egg.
8. Place chopped pecans evenly into the crust. Pour the caramel/egg mixture over the pecans. Top with pecan halves.
9. Cover the edges of the pie crust with foil, leaving the center open.
10. Bake for about 40 to 50 minutes, until the top is dark brown and the filling is set, except some bubbles on the top.
11. Cool completely, then chill for at least an hour before slicing.

Makes 12 servings | 1 hour, 20 minutes

Serving size: 1 slice, or 1/12 of entire pie | Nutrition info below is per serving.

Calories 533 | Fat 54g | Protein 9g | Total Carbs 8g | Net Carbs 4g | Fiber 4g | Sugar 2g

SUGAR-FREE GINGERBREAD COOKIES

INGREDIENTS:

- 2 cups Blanched Almond Flour
- 1 tbsp Cinnamon
- 1 1/2 tsp Ground ginger
- 1/4 tsp Ground cloves
- 1/4 tsp Nutmeg
- 1/2 tsp Gluten-free baking powder
- 1/4 cup Besti Erythritol
- 1/4 cup Butter (softened)
- 1 large Egg
- 1 tsp Vanilla extract



INSTRUCTIONS:

1. In a medium bowl, stir together the almond flour, cinnamon, ground ginger, ground cloves, nutmeg, and baking powder.
2. In a large bowl, use a hand mixer to beat the butter and erythritol for 1-2 minutes, until fluffy. Beat in the egg and vanilla extract. Beat in the almond flour mixture until a dough forms.
3. Form the dough into a ball and refrigerate for at least 30 minutes, or until ready to bake.
4. Preheat the oven to 350 degrees F (177 degrees C). Line a cookie sheet with parchment paper (you may need to do this twice for all the cookies).
5. Place the ball of dough between two large pieces of parchment paper. Roll out to 1/4 in (.6 cm) thickness. Use a cookie cutter to cut out cookie shapes and transfer them to the parchment paper. (Transferring can be tricky because the dough is very soft. You can use a thin turner or flat spatula to help transfer each one.) When you've cut out all the shapes you can, re-form the remaining dough into a ball, roll it out again, and repeat, until you've used up all the dough.
6. Bake for 10-15 minutes, until golden on the edges. Cool on the cookie sheet before handling.

Makes 10 servings | 25 minutes

Serving size: 1 large cookie | Nutrition info below is per serving.

Calories 180 | Fat 16g | Protein 6g | Total Carbs 6g | Net Carbs 3g | Fiber 3g | Sugar 1g

SUPER SOFT PUMPKIN BARS

BARS:

- 1 cup Pumpkin puree
- 1/4 cup Coconut oil
- 2 oz Cream cheese
- 2 large Egg
- 1 tsp Vanilla extract
- 1 cup Blanched Almond Flour
- 2/3 cup Monk Fruit Allulose Blend
- 2 tsp Gluten-free baking powder
- 1 tsp Pumpkin pie spice
- 1/2 tsp Sea salt

CREAM CHEESE FROSTING:

- 6 oz Cream cheese (softened, cubed)
- 1/3 cup Powdered Monk Fruit
- 1 tsp Vanilla extract
- 1 tbsp Heavy cream (optional, for easier frosting)

INSTRUCTIONS:

1. Preheat the oven to 350 degrees F (177 degrees C). Line a 9x9 in (23x23 cm) baking pan with parchment paper.
2. Using a bowl in the microwave or a double boiler on the stove, melt together the cream cheese and coconut oil, until you can stir them together easily.
3. In a large bowl, combine the pumpkin puree, melted coconut oil/cream cheese mixture, eggs and vanilla. Beat with a hand mixer at medium speed, until smooth.
4. In another bowl, stir together the almond flour, sweetener, baking powder, pumpkin pie spice, and salt.
5. Add the dry flour mixture to the wet ingredients. Beat with the hand mixer at low speed, until just combined.
6. Transfer the batter to the lined baking pan and smooth the top. Bake for 20-30 minutes, until an inserted toothpick comes out clean. Cool completely.
7. To make the frosting, use a hand mixer to beat together the cream cheese, sweetener, and vanilla, until smooth. (You can thin it out with a little milk or cream if you'd like.) Let the bars cool completely before frosting and cutting.



Makes 16 bars | 30 minutes

Serving size: 1 bar, or 1/16 of entire recipe | Nutrition info below is per serving.

Calories 139 | Fat 13g | Protein 3g | Total Carbs 3g | Net Carbs 2g | Fiber 1g | Sugar 1g

LOW CARB GINGER SNAPS

INGREDIENTS:

- 6 tbsp Butter (softened; can use coconut oil for dairy-free, but flavor and texture will be different)
- 1/3 cup Monk Fruit Erythritol Blend
- 2 tsp Cinnamon
- 1/2 tbsp Ground ginger
- 1/4 tsp Sea salt
- 1 tsp Vanilla extract
- 2 1/2 cups Blanched Almond Flour



INSTRUCTIONS:

1. Preheat the oven to 350 degrees F (177 degrees C). Line a baking sheet with parchment paper.
2. Using a hand mixer at medium speed, cream butter and sweetener together until fluffy.
3. Beat in the cinnamon, ginger, sea salt, and vanilla extract.
4. Beat in the almond flour, 1/2 cup (64 g) at a time.
5. Use a medium cookie scoop to scoop the dough and press into the scoop. Release onto the lined baking sheet and flatten using your palm. Arrange cookies at least 1.5 inches (4 cm) apart.
6. Bake for about 15 to 20 minutes, until golden. Cool completely before moving. Cookies will crisp up as they cool.

Makes 15 2" cookies | 25 minutes

Serving size: One 2" cookie | Nutrition info below is per serving.

Calories 149 | Fat 13g | Protein 4g | Total Carbs 4g | Net Carbs 2g | Fiber 2g | Sugar 0g

PUMPKIN PIE CUPCAKES

INGREDIENTS:

Cupcakes

- 2 cups Pumpkin puree
- 1/2 cup Coconut cream
- 2 large Egg
- 1 tsp Vanilla extract
- 6 tbsp Coconut Flour
- 1 tbsp Pumpkin pie spice
- 1/2 tsp Gluten-free baking powder
- 1/2 cup Besti Erythritol (or any granular sweetener of choice)
- 1/8 tsp Sea salt

Crumble topping

- 2 tbsp Besti Erythritol (or any granular sweetener of choice)
- 2 tbsp Coconut Flour
- 1/4 tsp Cinnamon
- 2 tbsp Coconut cream (heated slightly to soften if very stiff)

INSTRUCTIONS:

1. Preheat oven to 350 degrees F (177 degrees C). Place 10 parchment paper muffin cups in a muffin pan.
2. In a medium bowl, whisk together the wet ingredients (pumpkin puree, coconut cream, eggs, and vanilla extract).
3. Stir the dry ingredients (coconut flour, erythritol, pumpkin pie spice, baking powder, and sea salt) into the batter. Spoon the batter into the muffin cups, filling almost all the way up (the muffins will rise as they bake, but sink soon after).
4. To make the crumble topping, mix together the erythritol, coconut flour, and cinnamon in a small bowl. Stir in the coconut cream and break apart the pieces with a spoon, until the mixture is crumbly. (If it's too powdery, gradually add a little more cream until it's crumbly.) Sprinkle the crumbles evenly on top of the cupcakes, pressing down slightly with the back of a spoon.
5. Bake for about 30 minutes (the cupcakes will be set but slightly jiggly underneath the crumble topping). Cool completely in the pan, then refrigerate for at least an hour to finish setting.

Makes 10 cupcakes | 45 minutes

Serving size: 1 cupcake | Nutrition info below is per serving.

Calories 88 | Fat 5g | Protein 4g | Total Carbs 10g | Net Carbs 5g | Fiber 5g | Sugar 3g



SUGAR-FREE CANDIED PECANS

INGREDIENTS:

- 4 cups Pecans
- 1 medium Egg white
- 2 tsp Vanilla extract
- 1 cup Brown Sweetener
- 1 1/2 tbsp Cinnamon
- 1/4 cup Water



INSTRUCTIONS:

1. Grease a 4 quart (4 L) slow cooker and place the pecans inside.
2. In a small bowl, whisk together egg white and vanilla extract until it's foamy. Pour the mixture over the nuts and stir to coat all the nuts.
3. In a medium bowl, combine the sweetener and cinnamon. Evenly pour the mixture over the pecans and stir to coat all the nuts again.
4. Cook on low for 3 hours, stirring at 20 minute intervals. In the last 20 minutes, stir in the water.
5. When done cooking, arrange the nuts in a single layer on parchment paper to cool. If there are any clusters stuck together, you can break them apart after cooling. Store in an airtight container.
6. Optional step: To make the nuts extra crispy, plus add a toasted aroma and taste, place them in a preheated oven at 400 degrees F (204 degrees C) for 4-7 minutes.

Makes 12 servings | 3 hours, 5 minutes

Serving size: 3/4" thick slice | Nutrition info below is per serving.

Calories 257 | Fat 26g | Protein 4g | Total Carbs 6g | Net Carbs 2g | Fiber 4g | Sugar 2g

FRENCH ALMOND CAKE

CAKE

- 3 1/2 cups Blanched Almond Flour
- 1/2 tbsp Gluten-free baking powder
- 1/4 tsp Sea salt
- 1/3 cup Butter (softened)
- 1/2 cup Monk Fruit Erythritol Blend
- 4 large Eggs
- 3/4 cup Sour cream
- 1/2 tsp Vanilla extract
- 1/2 tsp Almond extract

GLAZE

- 3 tbsp Butter (melted)
- 2 tbsp Powdered Monk Fruit Erythritol Blend (plus more for sprinkling)
- 1/4 tsp Almond extract
- 1/4 tsp Vanilla extract

TOASTED ALMONDS

- 1/2 cup Sliced almonds

INSTRUCTIONS:

1. Preheat the oven at 350 degrees F (177 degrees C). Line the bottom of a springform pan or cake pan with parchment paper.
2. Arrange almonds in a single layer on a baking sheet. Toast for 3-4 minutes, until golden. Remove from the oven and allow to cool. Leave the oven on.
3. Meanwhile, beat butter and sweetener together.
4. Beat in almond flour, baking powder, and sea salt.
5. Beat in eggs, sour cream, vanilla and almond extracts.
6. Bake at 350 degrees (177 degrees C) for 28-32 minutes, until the top is golden and springs back, and inserted toothpick comes out clean.
7. Allow the cake to cool for at least 10 minutes in the pan, until warm but no longer hot.
8. Meanwhile, whisk together the glaze ingredients.
9. Run a knife along the edges of the pan to release any parts that have stuck. If you used a springform pan, release and remove the sides (you can keep it sitting on the bottom part). If you used a cake pan, carefully flip over a towel, then flip again so that the cake is right side up.
10. Place the cake onto a wire rack. While the cake is still warm, use a pastry brush to brush the glaze over the top and sides of the cake, reserving 1 tablespoon (14 ml) of glaze.
11. Sprinkle toasted almonds over the cake and pat into the glaze. Drizzle the remaining tablespoon of glaze on top of the almonds to help seal them.
12. Let the cake cool completely. If desired, sprinkle with more powdered sweetener for serving.

Makes 12 servings | 3 hours, 5 minutes

Serving size: 1 slice, or 1/12 entire recipe | Nutrition info below is per serving.

Calories 339 | Fat 31g | Protein 10g | Total Carbs 8g | Net Carbs 4g | Fiber 4g | Sugar 1g

