



Keto

Holiday Survival Guide

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Seven Layer Salad

- 1 pound bacon
- 1 large head iceberg lettuce - rinsed, dried, and chopped
- 1 red onion, chopped
- 1 (10 ounce) package frozen green peas, thawed
- ****Keto Alteration:** 1 Small Head Broccoli instead of peas
- 10 ounces shredded Cheddar cheese
- 1 cup chopped cauliflower
- 1 ¼ cups mayonnaise
- 2 tablespoons stevia
- ⅔ cup grated Parmesan cheese



Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Crumble and set aside. In a large flat bowl, place the chopped lettuce and top with a layer of onion, peas (or broccoli), shredded cheese, cauliflower and bacon. Prepare the dressing by whisking together the mayonnaise, stevia and Parmesan cheese. Drizzle over salad and refrigerate for 2-3 hours.

BROCCOLI SALAD

Ingredients

- 5-6 cups broccoli florets
- 1 lb, this was about 2 1/2 heads of broccoli for me (450g)
- 1 cup sharp cheddar cheese thicker, not finely shredded
- 2/3 cup dried cranberries
- 1/2 cup crumbled bacon
- 1/2 cup salted sunflower seeds
- 1/3 cup red onion diced into small pieces

Dressing

- 3/4 cup mayo I use olive oil mayo
- 1/4 cup sour cream
- 1 1/2 Tablespoon white wine vinegar
- 3 Tablespoons stevia
- 1/4 teaspoon salt
- 1/4 teaspoon pepper



Directions

Combine broccoli florets, cheddar cheese, dried cranberries, bacon, sunflower seeds, and onion in a large bowl. In a separate, small bowl, whisk together mayo, sour cream, vinegar, stevia, salt, and pepper until smooth and well-combined. Pour dressing over broccoli combination and toss or stir well. Broccoli salad may be served immediately, but for best flavor refrigerate for at least one hour before serving. Make sure to toss broccoli salad thoroughly again before serving. Keep refrigerated if not consuming right away.

KETO CHRISTMAS SALAD

Ingredients

- Arugula & Spinach 2 cups
- Prosciutto 2 slice
- Brie Cheese 2 tablespoon
- Olive Oil 2 tablespoon
- Balsamic Vinegar 1 tablespoon
- Walnuts ½ cup, halves
- Black Pepper ⅛ teaspoon
- Craisins Dried Cranberries Reduced Sugar by Ocean Spray ½ tablespoon



Directions

1. Add the prosciutto to a dry pan and cook until completely crispy. Set aside.
2. Whilst the prosciutto is cooking, add the walnuts to a dry pan and toast over a low heat until fragrant - about 2 minutes.
3. Add the mixed leaves to a serving bowl. Finely chop the cranberries and add to the bowl along with the toasted walnuts and toss to combine.
4. Whisk together the olive oil, balsamic vinegar and black pepper. Drizzle over the salad and mix well.
5. Crumble the brie over the salad.
6. Break the crisp prosciutto into bite sized chunks and stir through the salad to serve.

CREAMY CUCUMBER SALAD

CREAMY CUCUMBER SALAD

INSTRUCTIONS:

- 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)



Directions

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.

Winter Kale & Brussels Sprouts

Ingredients

1/2 bunch Curly kale
1/2 lb Brussels sprouts
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

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



Directions

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.



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Dips & Snacks & Small Sides

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Sugar Free Cranberry Sauce

Ingredients

12 oz Cranberries
1 cup Powdered Erythritol (
3/4 cup Water
1 tsp Orange zest
1/2 tsp Vanilla extract



Directions

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.

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)



Directions

- 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.

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



Directions

- 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

CHEESE BALL W/ PORK RINDS

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)



Directions

- 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.

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



Directions

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.

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)



Directions

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

Sweet & Spicy Bacon Wrapped Meatballs

Ingredients

1 lb bacon, cut in half
36 meatballs
1 cup Truvia brown sugar
3 tablespoons chili powder



Directions

Preheat the oven to 350 degrees. Mix together brown sugar and chili powder in a small bowl. Spray a broiler pan with nonstick cooking spray. Cut a pound of bacon strips in half and wrap them around meatballs (I used store bought, fully cooked Italian style meatballs that I thawed in the microwave before wrapping them with bacon.), securing the bacon in place with a toothpick. Dredge the bacon wrapped meatballs in the sugar and chili mixture, pressing to coat it well. Place them on the greased broiler pan and bake at 350 degrees for 30-45 minutes, depending on how you like your bacon. I like mine crispy, so I baked them for 45 minutes.

Ham & Olive Bites

Ingredients

1 - 2 packages of sliced ham
8 ounces cream cheese (or Boursin cheese)
1 or 2 jars Martini olives or green olives with pimento
Fun picks or skewers



Directions

Lay the ham slice flat and spread with a thin layer of cream cheese. Then roll tightly, slice in rounds and skewer ham side up with the olive. These can be prepared an hour or so before serving. Keep refrigerated.

Jalapeno Dip

Ingredients

- 2 packages (8 ounces each) cream cheese - softened
- 1 cup shredded sharp cheddar cheese
- 1 envelope dry ranch dressing mix
- 1 large red bell pepper - finely diced
- 5 jalapeño peppers* - seeded and finely diced
- 1 bag pork rinds



Directions

In a medium bowl mix together the cream cheese, sharp cheddar cheese, ranch dressing mix, red pepper, and jalapeños until evenly combined. Place prepared dip into a dish. Serve with pork rinds.

Baked Cream Cheese Crab Dip

Ingredients

8 ounces lump crab meat
8 ounces cream cheese softened
½ cup avocado mayonnaise
1 tablespoon lemon juice
1 teaspoon Worcestershire sauce
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon salt
¼ teaspoon dry mustard
¼ teaspoon black pepper



Directions

Combine all ingredients into small baking dish and spread out evenly. Bake at 375°F for 25-30 minutes. Enjoy with low carb crackers, vegetables, or pork rinds.



Keto

SIDE DISHES

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Cauliflower Casserole

Ingredients

2 medium heads cauliflower , chopped into small florets (about 3-4 cups)
1/3 cup chopped celery
2 teaspoons olive oil
4 ounces cream cheese softened
1/3 cup sour cream
1/2 teaspoon fine sea salt , or to taste
1/4 teaspoon freshly cracked black pepper
1 teaspoon garlic powder
1/2 teaspoon onion powder
1 cup Monterey Jack cheese
1/3 cup cooked and crumbled bacon
1/2 cup sharp cheddar cheese , shredded
1/2 cup crumbled Parmesan cheese crisps , optional for topping (I used Whisps) or can also use pork rinds
2 tablespoons chopped fresh green onions , for topping
1 tablespoon chopped fresh parsley , for topping



Directions

Preheat oven to 375°F. Lightly grease a 9x13 casserole pan and set aside. Spread cauliflower and chopped celery in a single layer on a large baking sheet. Drizzle with olive oil and roast for 20-25 minutes, or until tender. Meanwhile, in a mixing bowl, combine the cream cheese and sour cream. Beat until smooth. Season with salt, pepper, garlic powder and onion powder. Fold in half of the Monterey Jack cheese and half of the bacon bits, if using. Once the cauliflower is tender, stir into the cheese bowl until combined. Transfer the cauliflower to prepared casserole pan and spread into an even layer. Sprinkle with remaining Monterey Jack cheese, cheddar cheese and crumbled Parmesan cheese crisps (or crumbled pork rinds), if using. Bake in the oven for another 10-15 minutes. Top with green onions, parsley and serve hot.



Pan Fried Brussels 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



Directions

- 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.
- Remove bacon and set aside to drain on paper towels. Leave the bacon grease in the pan.
- 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.
- 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.
- Meanwhile, chop the bacon while waiting for the sprouts to brown.
- Add balsamic vinegar and remaining 1 tbsp olive oil to the pan. Cover and cook for 2 to 3 more minutes.
- Return chopped bacon to the pan.

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 Besti Powdered Erythritol

1 tsp Celery seed

Sea salt (to taste)

Black pepper (to taste)



Directions

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.

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)



Directions

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.

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)



Directions

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.

Classic Green Bean Casserole

Ingredients

- 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
Homemade soup:

<https://alldayidreamaboutfood.com/brown-butter-mushroom-soup/>

Topping:

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



Directions

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.

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)



Directions

- 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.

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)



Directions

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.

Low Carb Sweet Potato Casserole

Ingredients

- 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)
- 1 tsp Cinnamon
- 3/4 tsp Garlic salt
- 1/2 tsp Black pepper
- 1 tbsp Monk Fruit Allulose Blend
- 2 cups Pecans (divided into 1 1/2 cups and 1/2 cup)
- 1/4 cup Monk Fruit Allulose Blend
- 1 tsp Cinnamon
- 1/8 tsp Garlic salt
- 2 tbsp Butter (measured solid and then melted)



Directions

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.

Pan Fried Green Bean

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



Directions

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.

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)



Directions

- Preheat the oven to 450 degrees F (232 degrees C).
- In a large bowl, toss the cauliflower florets with butter. Season with sea salt and black pepper.
- 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.
- 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.)
- 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.
- Return the cauliflower mixture to the casserole dish. Top with remaining cheese and bacon bits.
- Bake for 5-10 minutes, until the cheese melts. Top with remaining green onions



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Main Dishes

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Roast 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



Directions

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.
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 near 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.

Slow Roasted Turkey

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



Directions

- In a small bowl, mash together the butter, salt, pepper, garlic, rosemary, thyme, parsley, and paprika.
- 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.)
- 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.
- 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.)
- When the turkey is done, discard the onions but save the liquid below, which you can use as chicken broth in recipes!
- 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.

Classic Prime Rib

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)



Directions

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.

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



Directions

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

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)



Directions

- 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.
- In a large bowl, stir together the turkey, green beans, shredded cheddar cheese, minced garlic, and mayonnaise. Spread evenly in the casserole dish.
- Spread the cranberry sauce over the casserole. Top with goat cheese and walnuts (if using).
- Bake for 20-30 minutes, until the casserole is hot and edges are bubbly

Instapot Corned Beef

Ingredients

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
Sea salt & Black pepper
3/4 cup Sour cream
1/2 cup Mayonnaise
1/4 cup Prepared horseradish
2 tsp Lemon juice
1/2 tsp Garlic powder



Directions

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. 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. Meanwhile, stir together the horseradish sauce ingredients. Cover and chill in the fridge until the corned beef is ready. 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. 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). 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.

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



Directions

- Preheat the oven to 400 degrees F (204 degrees C).
- Season the pork tenderloin with sea salt and black pepper on both sides.
- 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.
- 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.
- Place the skillet into the oven. Roast for 10-15 minutes, or until internal temperature reaches 145 degrees F (63 degrees C).
- Remove the pork tenderloin from the oven and let it rest for 5 minutes (temperature will increase to 150 degrees F (66 degrees C)).

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



Directions

- 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.)



Keto

Desserts

TSTransformations.com



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 Erythritol (or other granular sweetener of choice)
1 tsp Vanilla extract



Directions

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).

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 Erythritol (or other granular sweetener of choice)
1 tsp Vanilla extract
1 tsp Blackstrap molasses
1/2 cup Sugar-free dark chocolate chips



Directions

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.

Pumpkin Cheesecake

Ingredients

- 1 1/2 cup Blanched Almond Flour
- 1/2 cup whey protein powder
- 3 tbsp 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



Directions

- 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.)
- To make the almond flour cheesecake crust, stir the almond flour, collagen or protein powder, and erythritol together.
- 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.
- 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.
- 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.)
- 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.)
- Bake for about 40-50 minutes, until the center is almost set, but still jiggly.
- 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.)
- Serve with whipped cream and/or a sprinkle of cinnamon.

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)



Directions

- Line a 28 oz rectangular glass container with parchment paper, so that the parchment hangs out over the sides.
- Using a hand mixer at LOW speed, beat the coconut oil and sweetener together, just until fluffy and combined.
- Beat in the cocoa powder, vanilla and sea salt to taste. Adjust sweetener to taste. Do not overmix.
- Transfer the mixture to the lined container. Smooth the top with a spatula or spoon.
- Refrigerate the keto fudge for about 45-60 minutes, until solid.
- Sprinkle the top of the fudge with sea salt flakes and press gently.
- Run a knife along the edge and take out using the edges of the parchment paper. Slice carefully - see post above for slicing tips.
- 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

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 (
- 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)



Directions

1. Make the sweet almond flour pie crust according to your favorite recipe
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 jiggly 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

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 Allulose Blend
- 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 opping)



Directions

1. Preheat the oven to 350 degrees F (177 degrees C).
2. Make the almond flour pie crust according to the instructions here: <https://www.wholesomeyum.com/recipes/almond-flour-pie-crust-recipe-paleo-low-carb-gluten-free/>
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.

Candied Pecans

Ingredients

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



Directions

- Grease a 4 quart (4 L) slow cooker and place the pecans inside.
- 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.
- In a medium bowl, combine the sweetener and cinnamon. Evenly pour the mixture over the pecans and stir to coat all the nuts again.
- Cook on low for 3 hours, stirring at 20 minute intervals. In the last 20 minutes, stir in the water.
- 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.
- 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.

Pumpkin Mousse

Ingredients

- 12 ounces cream cheese, softened
- 1 15 ounce can unsweetened pumpkin puree
- ½ cup confectioners erythritol
- 2 teaspoons pure vanilla extract
- 2 tablespoons Pumpkin Pie Spice, more to taste
- ¾ cup heavy cream



Directions

In a large mixing bowl, combine the cream cheese and pumpkin puree. Using a hand mixing, cream the two together until there are no visible clumps and the mixture is smooth and creamy. Add the erythritol, vanilla extract, pumpkin pie spice and heavy cream. Mix until all ingredients are well incorporated. Refrigerate for an hour before serving.

Peanut Butter Dirt Pie

Ingredients

Crust:

- 1 1/4 cup almond flour
- 5 tbsp cocoa powder
- 5 tbsp powdered Swerve Sweetener
- 3 1/2 tbsp butter melted

Peanut Butter Layer:

- 3/4 cup whipping cream divided
- 1/4 tsp liquid stevia extract
- 8 oz cream cheese softened
- 3/4 cup peanut butter
- 1/2 cup powdered Swerve Sweetener

Chocolate Pudding Layer:

- 1 cup unsweetened almond milk
- 1 cup whipping cream
- 1/2 cup powdered Swerve Sweetener
- 4 egg yolks
- 1/2 tsp xanthan gum
- 1/4 cup cocoa powder
- 1 1/2 oz unsweetened chocolate chopped
- 3 tbsp butter in 3 pieces
- 1/2 tsp vanilla extract



Directions

Crust:

In a medium bowl, whisk together almond flour, cocoa powder, and sweetener. Add melted butter and stir until well combined. Remove about 1/4 cup of crust mixture and set aside. Press remaining crust firmly and evenly into the bottom of a 9 inch springform pan.

Peanut Butter Layer:

In a large bowl, whip 1/2 cup of the whipping cream with the stevia extract until it holds stiff peaks. In another large bowl, beat cream cheese with powdered sweetener until smooth. Beat in peanut butter and remaining whipping cream until well combined. Gently fold in whipped cream until combined. Spread peanut butter mixture carefully over crust. Refrigerate while preparing pudding layer.

Chocolate Pudding Layer:

In a medium saucepan over medium heat, combine almond milk, whipping cream and sweetener. Bring to a simmer, stirring to dissolve sweetener. In a bowl, whisk egg yolks until smooth. Slowly whisk about 1/2 cup of the hot cream mixture into the yolks to temper. Then slowly whisk tempered yolks back into saucepan. Reduce heat to medium low and sprinkle surface with xanthan gum, whisking vigorously to combine. Whisk in cocoa powder and cook until thickened, about 3 or 4 minutes. Remove from heat and stir in chopped chocolate and butter until smooth. Stir in vanilla extract. Let cool about 15 minutes and then spread evenly over peanut butter layer. Sprinkle with reserved crust ingredients. Refrigerate until set, at least 3 hours. To serve, run a sharp knife around the inside of the pan and remove sides. Run the knife under hot water to cut nice even slices.

Keto Coconut Macaroons

Ingredients

- 2 1/2 cups unsweetened shredded coconut, divided
- 1/2 cup almond flour
- 1/2 cup erythritol or monk fruit sweetener
- 1/2 cup aquafaba
- 1 tsp almond extract
- pinch of salt
- 1/2 cup dairy-free, sugar-free dark chocolate chips (or 90% dark)



Directions

Preheat oven to 350 degrees Fahrenheit and place 1 cup of the unsweetened shredded coconut on a parchment paper lined baking sheet. Spread out. Toast in the oven for 4-5 minutes, watching carefully to make sure it toasts to a golden brown and doesn't burn. Mix almond flour, toasted & untoasted shredded coconut, sweetener, aquafaba, almond extract and salt in a bowl and mix well. Scoop a tablespoon at a time and form ball shapes and place on your parchment lined baking sheet. Bake for 18-20 minutes or until golden brown. Remove from oven and let cool before moving to the next step. In a microwave safe bowl, melt your dark chocolate. Carefully pick up the macaroons one at a time, and dip into the chocolate before returning to the parchment lined baking sheet. Continue this until all the macaroons are dipped. Should you have any extra dark chocolate, simply drizzle the tops of each macaroon for an added touch. Refrigerate to let the chocolate set, then enjoy!

KETO CHOCOLATE SILK PIE

Ingredients

For the crust:

- 1 ½ cups almond flour
- ½ teaspoon baking powder
- 1/8 teaspoon salt
- 1/3 cup granulated stevia/erythritol blend
- 3 tablespoons butter
- 1 medium egg
- 1 ½ teaspoons vanilla extract
- 1 teaspoon butter, for greasing the pan

For the filling:

- 16 ounces cream cheese, room temperature
- 4 tablespoons sour cream
- 4 tablespoons butter
- 1 tablespoon vanilla extract
- ½ cup granulated stevia/erythritol blend
- ½ cup cocoa powder
- 1 cup whipping cream
- 2 teaspoons granulated stevia/erythritol blend, for whipped cream
- 1 teaspoon vanilla extract, for whipped cream



Directions

Preheat oven to 375 degrees Fahrenheit. Generously butter a 9" pie pan with 1 tsp. butter.

In a medium mixing bowl, combine almond flour, baking powder, salt and 1/3 cup stevia/erythritol blend. Using a whisk, blend the dry ingredients together.

Add butter to dry ingredients. Using a pastry blender, whisk or a fork, cut the butter into dry ingredients until the mixture forms into coarse crumbs.

Add egg and vanilla extract and stir until the dough forms into a ball.

Transfer the dough to the prepared pan and spread out the dough using your fingers until it evenly covers the bottom and sides of the pan. Wetting your hands with cold water can help prevent the dough from sticking to your fingers. Flute edges if desired.

Using a fork, poke holes in the bottom and sides of crust to prevent bubbles from forming as it bakes.

Place crust in the oven and bake for 11 minutes. Remove crust from the oven and loosely cover edges with foil. Return it to oven for 5 to 8 more minutes or until the bottom of the crust is golden brown. Allow the crust to cool completely before filling. To prepare the filling, place cream cheese, sour cream, butter, vanilla extract, ½ cup stevia/erythritol blend and cocoa powder in a medium bowl.

Using a mixer on low speed, blend ingredients to combine, then increase to high speed and beat until fluffy.

Place the whipping cream in a separate small bowl. Using clean mixer beaters, whip the cream on high speed until soft peaks form. Add the 2 tsp. sweetener and 1 tsp. vanilla extract and beat until stiff peaks form. Gently fold 1/3 of the whipped cream mixture into the cream cheese mixture to lighten. Add remaining whipped cream mixture and fold it in gently. The idea is to blend the two mixtures together without breaking the bubbles in the cream. Scoop the filling into the crust and smooth the top with a spoon. Cover and refrigerate your keto chocolate silk pie for at least 3 hours before serving.