

Eight Easy Keto Recipes that make it easy to go Keto!

I want to share my favourite recipes that have made it easy for me to transition to a low-carb way of eating. They're divided here into the following categories for easy reference:

1. My favourite low-carb rice and potato substitutes
2. My favourite low-carb bread substitutes
3. My favourite low-carb desserts

My Favourite Low-Carb Rice and Potato Substitutes

Southern Fried Cabbage



Cabbage is one of my favourite vegetables! It is versatile and I find myself using more and more as a rice substitute when planning my meals. Forget bland, boring shredded cabbage. Reject soggy, overcooked cabbage. Try this one!

Ingredients

- ½ lb bacon cut into small pieces
- 1 medium head cabbage shredded coarsely
- 1 medium onion
- 2 cloves garlic
- ½ medium sweet pepper
- ½ ripe scotch bonnet pepper

- 2 tbsp virgin coconut oil
- 1 tsp salt or 1 tsp your favourite seasoning salt (or to taste) *instead of* regular salt
- 1 tsp black pepper

Directions:

1. Fry bacon in heated oil in large skillet until it reaches your desired state of crispiness. Pour of any excess oil. Leave enough fat in the skillet to allow for an even stir-fry.
2. Add onion, garlic, sweet pepper and scotch bonnet pepper
3. Sautee for 1 1/2 minutes
4. Add cabbage and salt or seasoning salt
5. Stir fry on high heat until cabbage is just tender.
6. Remove from heat and enjoy!

1 cup uncooked cabbage = 3.8g carbs

Cauliflower Fried Rice



Rice was my crack! I would eat rice for breakfast, lunch and dinner before I started eating low-carb. My mental and physical health paid the price though. Imagine my delight when I discovered a credible alternative to rice that provided the mouth-feel of rice and a familiar pairing with the rest of my meal! This is very easy and quick to make and really completes the meal, finding favour with non low-carbers in the family.

Ingredients:

- 1 medium head of cauliflower
- ½ onion
- 2 cloves garlic
- 1 stalk celery
- ½ small sweet pepper
- 2 tbsp virgin coconut oil
- 1 tsp salt/your favourite seasoning salt

Directions

1. Pulse all the ingredients except the oil and salt in your food processor for 30 seconds. Alternatively, you can finely chop by hand with a sharp knife.
2. Heat the oil in a frying pan. When hot, simply add what you chopped up in the food processor to the frying pan. Stir fry for 2 minutes.
3. Add salt/seasoning salt. Stir fry for another minute or two until just tender. Voila: rice!

PRO TIP: *You can add egg or veggies or shrimp or chicken to this basic recipe to create one pot meals that are delicious, simple, convenient and totally low carb.*

1 cup uncooked cauliflower = 5g carbs

Cheesy Mashed Cauliflower



Ever had one of those days when you just need comfort food? Think braised short ribs and mashed potatoes... Well with potatoes in any form being a no-no on a low-carb way of eating, may I present a very credible alternative in the form of cheesy mashed cauliflower. This is delicious, fills that comfort-food-need void, and is fast and easy to make!

Ingredients

- 1 medium head cauliflower
- 1 small clove garlic
- 3 oz plain cream cheese
- 2 oz butter
- ½ cup your favourite cheese grated (a sharp cheddar is great!)
- Salt to taste

Directions

1. Wash and separate cauliflower head into florets
2. Steam until fork tender (do not boil it!)
3. Add the cooked cauliflower and all the other ingredients to the food processor
4. Pulse until smooth

PRO TIP: *The cheese really is optional. Butter and garlic and perhaps 2 tbsp chopped chives will give you another variation that is equally enjoyable.*

1 cup uncooked cauliflower = 5g carbs

My Favourite Low-Carb Bread Substitutes

90 Second Mug Bread



This is a bread, made in a mug, done in the microwave. It really has a bread-like mouthfeel and is great for those times when you simply must have a sandwich or a slice of toast! It is quick and easy and also versatile as you'll see in my pro-tip at the end.

Ingredients

- 1 tablespoon butter
- 1/3 cup blanched almond flour
- 1 egg
- 1/2 teaspoon baking powder
- 1 pinch salt

Directions

1. Place butter in a microwave-safe mug. Microwave until melted, about 15 seconds. Swirl mug until fully coated.
2. Combine almond flour, egg, baking powder, and salt in the mug; whisk until smooth.
3. Microwave at maximum power until set, about 90 seconds. Let cool for 2 minutes before slicing.

PRO TIP: *This basic recipe can be modified into a cheesy, savory type bread or a sweet, dessert like bun! To get the cheesy bread, add ¼ cup grated cheese of your choice to the mixture in the mug, along with a pinch of garlic powder, pinch of onion powder, ¼ tsp dried Italian herb mix.*

To make the sweet bun-like variation, add 1 sachet of your favourite low-carb sweetener, ¼ tsp of vanilla essence, ¼ tsp of mixed spice for baking.

I slice mine and then toast after it is done in the microwave. The toasting kills any eggy taste that may linger.

Each mug bread = 9.8g carbs. I typically eat half a mug bread. The rest can be frozen or refrigerated or shared with the other low-carber in your life.

Fat Head Dough Rolls



Fathead dough is a great keto/low carb alternative that uses almond flour and then mozzarella to replace the missing gluten, resulting in an amazing pizza crust! In this variation of fat head dough, a few tweaks to the basic recipe yield delicious rolls or depending on how you roll and shape them, bread sticks! They're filling and yummy and not at all complicated to make.

Ingredients

- 2 oz cream cheese
- 3/4 cup shredded mozzarella
- 1 egg beaten
- 1/4 tsp garlic powder
- 1/3 cup almond flour
- 2 tsp baking powder
- 1/2 cup shredded cheddar cheese

Directions

1. Preheat the oven to 425°
2. In a small bowl, add cream cheese and mozzarella. Microwave on high for 20 seconds at a time until melted.
3. In a separate bowl, whisk egg until beaten. Add dry ingredients and mix well.
4. Work mozzarella/cc mixture into dough. Dough will be sticky. Stir in cheddar cheese.
5. Spoon dough onto plastic wrap. Dust the top of it with almond flour.
6. Fold the plastic wrap over the dough and gently start working into a ball.
7. Cover and refrigerate 30 minutes.
8. Cut dough ball into 4. Roll each section into a ball. Cut the ball in half. This is your top and bottom bun !
9. Sit cut side down on parchment paper or very well greased sheet pan.
10. Bake 10-12 minutes or until golden and set up.

PRO TIP: I add a teaspoon of dried Italian herb medley to the mixture. Instantly transported to a fine Italian feast!

2 rolls = 2.5g carbs

My Favourite Low-Carb Desserts

I'm not much of a dessert person, but after Sunday dinner, I'm in the mood for a sweet treat. I much prefer cooking to baking as I find baking way too technical and exact a science for me! These recipes are therefore simple and easy to make.

Low-Carb Peanut Butter Cookies

These are delicious and find favour even with those not on a low-carb way of eating.



Ingredients

- 1 cup creamy salted peanut butter
- 2/3 cup powdered erythritol sweetener
- 1/4 cup blanched almond flour
- 1 large egg

Directions

1. Preheat the oven to 350 F.
2. Prepare a baking sheet lined with parchment paper or a baking mat.
3. In a mixing bowl, combine all ingredients and stir together until well-mixed. The resulting dough should be thick and dense.
4. Scoop about 1-2 tablespoons of dough and form into a small 1-inch ball, placing the ball onto the baking sheet. Repeat until the dough is used up, resulting in about 18 balls.
5. Arrange the balls on the baking sheet so that they are about 2 inches apart from each other. Flatten each ball by pressing down using a fork and rotating 90 degrees to press down again, forming a criss-cross pattern. Repeat for all balls until they are flattened.
6. Bake at 350 F for 10-12 minutes or until the edges of the cookies are browning.
7. Let the cookies cool before serving.

PRO TIP: I make my own peanut butter! That way I avoid added sugars and other not-so-good-for-you additives. Simply add roasted, lightly salted peanuts to your food processor and pulse. In less than 5 minutes, voila! Delicious, all-natural peanut butter!!!

Each cookie = 2g net carbs

Whipped Cream and Toasted Assorted Nuts



Real whipped cream (not from the can) is too easy to make and utterly delicious. Put down the can! And what smells better than nuts being toasted! Put them together and enter low-carb heaven.

Ingredients

1 250mL box of whipping cream
1 cup mixed nuts (I mix my own: pecans, walnuts and almond are my go-tos)
1 tsp essence of vanilla
Your favourite low-carb sweetener added to taste
1 tbsp virgin coconut oil
¼ tsp mixed spice for baking

Directions:

1. On high speed, use your mixer to whip the cream which you've emptied into a bowl until thick. Stir in vanilla and sweetener to taste.
2. Mix nuts with coconut oil and then spread mixture on a flat baking sheet.
3. Toast in oven or toaster oven until just brown. Stir constantly and monitor carefully. They burn quickly.
4. Once out of the oven, add a pinch of salt, a little of your favourite low-carb sweetener to taste, and the mixed spice for baking

A ½ cup of the whipped cream with a ¼ cup of the toasted nuts is a fantastic dessert.

PRO TIP: For a variation on this theme, add 4 tbsp of unsweetened cocoa powder to the whipping cream before whipping. The result is delicious chocolate whipped cream!

1 cup whipping cream = 7g carbs

Total carb count for this dessert will vary depending on the nuts you use.

Low-Carb No-Bake Cheesecake



This is a calorie dense treat that I reserve for special occasions even though it is low-carb. I've received rave reviews from non low-carbers too!

Ingredients for the crust

- ½ cup pecans
- ½ cup walnuts
- ½ cup sunflower seeds
- 2 tbsp butter
- Your artificial sweetener of choice to taste (I use 2 sachets of stevia)

Directions for the crust

1. Lightly toast the mixed nuts and seeds in a toaster oven.
2. Melt butter in microwave.
3. Pulse toasted nuts and seeds in food processor. Alternatively, you can put them in a large ZipLoc bag and crush them with a rolling pin or quart bottle.
4. Combine nut/seed crumble, butter and sweetener in a pie dish. Mix well, then press to coat bottom of dish and come up along the sides as far as possible.

Ingredients for the filling

- 8 oz cream cheese
- 4 oz butter
- ½ cup sour cream

- 1 tsp vanilla essence
- Your sweetener of choice to taste (I use ¼ cup sugar free French vanilla flavoured syrup and 4 sachets of stevia)

Directions for the filling

1. Combine all the ingredients and mix with a hand mixer until smooth and creamy.
2. Spread in crust lined pie dish.
3. Refrigerate for 1 hour.

Ingredients for the topping

- 250ml whipping cream
- 1 tsp vanilla essence
- Your sweetener of choice to taste (I use 2 tbsp sugar free French vanilla flavoured syrup, and 2 sachets of stevia)

Directions for the topping

1. Using hand mixer, whip all the above ingredients until peaks form.
2. Spread on the now set cream cheese filling in the nut/seed pie crust and refrigerate for at least one hour before enjoying.

PRO TIP: You can add fresh strawberries which are keto approved due to their low glycemic index for a fresh twist to this treat. You can also add unsweetened cocoa powder to the whipping cream to create a delicious chocolate cream topping that goes well with the filling and crust.

*So now you can start your meal planning by replacing your traditional high carb favourites with these low-carb totally doable substitutes. Get ready to eat better and feel better with the low-carb way of eating!
Questions? No prob! Contact me [here](#) and let's work through it.*

Kelly