



EGG-LESS KETO IDEAS FOR YOU

Eggs are great! At only 1.1g carbs per egg, they are a staple for keto and low-carb dieters. Additionally, one egg has only 75 calories but 7 grams of high-quality protein, 5 grams of fat, and 1.6 grams of saturated fat, along with iron, vitamins, minerals, and carotenoids. The egg is a powerhouse of disease-fighting nutrients like lutein and zeaxanthin. They cook up in a variety of ways, quickly too, and are very affordable.

But there are those who are allergic to eggs and others who don't like the taste of eggs. And sometimes, you just want a break from eggs. No problem. I've curated a bunch of recipes & ideas for those of you who want to eat keto/low-carb but without eggs:

- Smoothies/shakes
- Breads and crackers
- Cereal and porridge
- Granola bars & nut mixes
- Meat n vegetable bakes

SMOOTHIES & SHAKES

Smoothies or shakes have become very convenient breakfast & meal replacement foods because they're convenient, portable and delicious. However, many smoothies call for the addition of fruit which is not so good for those of us trying to cut carbs! Here's some smoothie inspiration for you.

Low-Carb Berry Smoothie *If you want it sweeter than this recipe, add a pack or 2 of your favourite low-carb sweetener to taste.*

INGREDIENTS

- 14 oz. coconut milk
- ½ cup frozen blueberries or fresh blueberries or strawberries
- 1 tbsp lemon juice
- ½ tsp vanilla extract

INSTRUCTIONS

1. Place all ingredients in a blender and mix until smooth. Using canned coconut milk makes a creamier, more satisfying smoothie.
2. Taste, and add more lemon juice if desired.

VARIATIONS ON THE BERRY THEME:

More Flavours!

You can change this basic recipe up! Still use the coconut milk, but add 2 tbsp coffee and leave out the lemon juice. Add low-carb sweetener. Coffee flavoured! Or add 2 tbsp Roma unsweetened cocoa for a chocolate flavoured treat, or mix the coffee AND the cocoa to get mocha! They both taste great with coconut milk. 2 tbsp unsweetened peanut butter make a great peanut punch!

Almond milk is good too!

You can also use unsweetened almond milk instead of coconut milk.

Get your protein on!

Amp up your protein by adding a good quality **whey protein isolate** to your mixture. It shouldn't add extra carbs and unflavoured is best.

(Inspired by dietdoctor.com)



Low Carb Berry Smoothies. Photo courtesy Atkins

BREADS & CRACKERS

Bread and crackers are great for portable meals too and serve as excellent vehicles for your favourite toppings, spreads and dips. But so many low-carb bread recipes call for eggs and many of the breads actually have an eggy taste. Here are some recipes that those of you running away from the eggy taste may find useful!

EGG-LESS DINNER ROLLS from

<https://www.sweetashoney.co/keto-bread-rolls-vegan-no-eggs/>

INGREDIENTS:

- 1 1/4 cup almond flour
- 1/4 cup coconut flour
- 1/4 cup + 3 tablespoons ground psyllium husk
- 1/2 teaspoon salt
- 2 teaspoon baking powder
- 2 teaspoon apple cider vinegar
- 1 tablespoon olive oil
- 1 cup hot water - think hot bath temperature like 40C
- 2 tablespoons sesame seeds - optional

DIRECTIONS:

1. Preheat oven to 375F (180C) Lay a baking tray with parchment paper. Set aside.
2. In a large mixing bowl add all the dry ingredients first : almond flour, coconut flour, ground psyllium husk, baking powder and salt. Stir to combine.
3. Add apple cider vinegar, olive oil and stir in the hot water. Combine for 1 minutes with a spatula, the water will absorb gradually, drying out the mixture to create the bread dough. It should stay a bit soft and sticky that is normal but you should be able to form a ball with your hand. If not add slightly more husk 1 teaspoon at a time. You want the ball to hold together, it is ok if it is moist. Don't add more than 1 tablespoon of husk.
4. Set aside 10 minutes to let the fibre absorb the liquid . The dough should be elastic, soft and easy to divide into 6 small balls.
5. Roll each small ball between your hands and place them one by one on the baking tray. No need to leave more than half thumb between each bread as they won't expand while baking.
6. With a pastry brush, brush the top of each bread balls with a bit of tap water.
7. Sprinkle some sesame seeds on top of each bread - optional but delicious!
8. Bake 40-45 minutes at 180C (375F). I recommend you place the tray at the very BOTTOM of the oven for 30 minutes then swap to TOP level of the oven for 10-15 extra minutes. If you love your bread crusty turn onto grill mode for an extra 5 minutes after the 40-45 minutes baking time. Watch them closely to avoid the top to burn - if you use the grill method.
9. Fully cool down a cooling rack.

Notes

Purple bread: note that some psyllium husk brand turns your baking into a purple-ish color. If it happens, it is still good to eat, simply use a different brand to avoid this next time.



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FLAT BREAD MADE FROM COCONUT FLOUR *(from*

<https://www.sweetashoney.co/coconut-flour-flatbread-vegan-keto-paleo/>)

INGREDIENTS

- 2 tablespoons psyllium husk (9g)
- 1/2 cup coconut flour fine, fresh, no lumps (60g)
- 1 cup lukewarm water (240ml)
- 1 tablespoon olive oil (15ml)
- 1/4 teaspoons baking soda
- 1/4 teaspoons salt - optional

DIRECTIONS

MAKE THE DOUGH

- In a medium mixing bowl, combine the psyllium husk and coconut flour (if lumps are in your flour use a fork to smash them BEFORE measuring the flour, amount must be precise).
- Add in the lukewarm water (use tap water about 40C/bath temperature), olive oil, and baking soda. Give a good stir with a spatula, then use your hands to knead the dough. Add salt now if you want. Never add the salt in contact with baking soda to avoid deactivating the leavening agent.
- Knead for 1 minute. The dough is moist and it gets softer and slightly dryer as you go. It should come together easily to form a dough as on my picture. If not, too sticky, add more husk, 1/2 teaspoon at a time, knead for 30 sec and see how it goes. The dough will always be a bit moist but it shouldn't stick to your hands at all. It must come together as a dough.
- Set aside 10 minute in the mixing bowl.
- Now the dough must be soft, elastic and hold well together, it is ready to roll.

ROLL/ SHAPE THE FLATBREAD

- Cut the dough into 4 even pieces, roll each piece into a small ball.

- Place one of the dough balls between two pieces of parchment paper, press the ball with your hand palm to stick it well to the paper and start rolling with a rolling pin as thin as you like your bread. These are 20 cm diameter (8 inches) and recipe makes 6 flatbreads.
- Un-peel the first layer of parchment paper from your flatbread. Use a lid to cut out round flatbread. Keep the outside dough to reform a ball and roll more flatbread - that is how I make 2 extra flatbread from the 4 balls above!

COOK IN NON STICK PAN

- Warm a non stick tefal crepe/ pancake pan under medium/high heat- or use any non stick pan of your choice, the one you would use for your pancakes.
- Add one teaspoon of olive oil or vegetable oil of your choice onto a piece of absorbent paper. Rub the surface of the pan to make sure it is slightly oiled. Don't leave any drops of oil or the bread will fry!
- Flip over the flatbread on the hot pan and peel off carefully the last piece of parchment paper.
- Cook for 2-3 minutes on the first side, flip over using a spatula and cook for 1-2 more minutes on the other side.
- Cool down the flatbread on a plate and use as a sandwich wrap later or enjoy hot as a side dish. I recommend a drizzle of olive oil, crushed garlic and herbs before serving ! (optional but delish!)
- Repeat the rolling, cooking for the next 3 flatbread. Make sure you rub the oiled absorbent paper onto the saucepan each time to avoid the bread to stick to the pan.
- Store in the pantry in an airtight box or on a plate covered with plastic wrap to keep them soft, for up to 3 days.
- Rewarm in the same pan or if you want to give them a little crisp rewarm in the hot oven on a baking sheet for 1-2 minutes at 150C.



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CRUNCHY KETO CRACKERS from scratch *(I can't remember where I got this recipe from, so I'm unable to credit the author :()*

INGREDIENTS

- 1/3 cup almond flour
- 1 1/2 cups of your favorite seed combinations (sunflower and pumpkin seeds are great!)
- 1 tablespoon ground psyllium husk powder
- 1 teaspoon pink salt
- 4 tablespoons melted coconut oil
- 1 cup boiling water
- Optional: Fresh Rosemary for extra flavor

DIRECTIONS

1. Mix all the ingredients together.
2. Spread the dough out on a piece of parchment paper on a baking sheet and bake it on 300 degrees for about 40 to 45 minutes (careful carefully because some seeds cook faster than others).
3. When they are fresh out of the oven and hot, I like to sprinkle a bit more salt on the top of them before they cool.
4. You can use a pizza wheel to cut squares in the dough after you bake it or you can break off pieces when it's done.
5. All the crackers to completely cool before serving them.

CEREAL & PORRIDGE

CREAMY LOW CARB PORRIDGE (*recipe & photo from <https://sugarfreelondoner.com/creamy-keto-low-carb-porridge/>*)

INGREDIENTS

2 tbsp flaxseed ground / flaxmeal
2 tbsp almond flour
2 tbsp ground sesame seeds
1/2 cup / 120 ml almond milk unsweetened
1 tsp your favourite low carb sweetener
berries, to decorate optional

DIRECTIONS

1. Place the flaxmeal, almond flour and ground sesame seeds in a bowl and mix.
2. Add 1/2 cup of unsweetened almond milk and microwave on high for 1 minute. Stir. Then microwave another 1 minute.
3. Add more almond milk to loosen if necessary.
4. Sprinkle with sweetener and berries and serve.

If you don't use a microwave, gently heat on the stove in a non-stick pot until the mixture thickens. Add more almond milk to loosen if necessary.

VARIATIONS ON THIS PORRIDGE THEME

- **Raspberry Swirl:** Mash a handful of raspberries with a fork and add 1 tsp of sweetener. Swirl into the porridge after cooking.
- **Peanut Butter Fudge:** After microwaving for 1 minute, stir in 1 tbsp of peanut butter and 1 tbsp of double cream or coconut cream.
- **Cinnamon Swirl:** Melt 1 tsp of butter with 1 tsp of cinnamon and stir into 1 tbsp of sugar free syrup. Swirl into the porridge.

- *Chocolate Chip:* Add 1 tsp unsweetened cocoa powder and 1 tbsp erythritol to the mix before microwaving. Loosen with some additional milk or cream. Top with sugar free chocolate chips or shavings from a dark chocolate bar (at least 85% cocoa solids).



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VARIOUS CHIA TYPE BREAKFASTS *(like overnight oats)* From WholesomeYum

INGREDIENTS

Mocha Chia

- 3/4 cup coffee already brewed
- 3/4 cup coconut cream or milk
- 1 tbsp tahini or another nut butter
- 1 tsp vanilla
- 2 tbsp granulated sweetener, of choice or more, to your taste (Ideal or Stevia)
- 1/4 cup chia seeds
- cinnamon to taste

Cinnamon Coconut Chia

- 1 1/4 cups coconut cream
- 1/2 cup water
- 1/4 cup chia seeds
- 4 tbsp almond meal/flour
- 2 tbsp desiccated/shredded coconut unsweetened
- 1 tsp vanilla
- 1 tbs granulated stevia to taste or sweetener of choice
- 2 tsp ground cinnamon

Berry Coconut Chia

- 1 1/4 cups coconut cream
- 1/2 cup water
- 1/4 cup chia seeds
- 1/2 cup berries
- 2 tbsp granulated sweetener, of choice or more to your taste

Chocolate Coconut Chia

- 1 1/4 cups coconut cream
- 1/2 cup water
- 1/4 cup chia seeds
- 2 tbsp cocoa powder
- salt

- 2 tbsp granulated sweetener, of choice or more to your taste
- cinnamon to taste

DIRECTIONS

Mocha Chia

1. Put all the ingredients in a bowl. Mix and refrigerate overnight.

Cinnamon Coconut Chia

1. Put all the ingredients in a bowl. Mix and refrigerate overnight.

Berry Coconut Chia

1. Break up the berries with a fork, then mix all the ingredients together until nice and pink.
2. Refrigerate overnight until set.

Chocolate Coconut Chia

1. Put all the ingredients in a bowl. Mix and refrigerate overnight.

KETO GRANOLA CEREAL *(inspired by dietdoctor.com)*

INGREDIENTS *(you can feel free to add or subtract the nuts and seeds you like but keep the proportions of dry to wet ingredients the same as the recipe below! So if you don't want sesame seeds, add more coconut or sunflower seeds)*

- 8 oz. pecans or hazelnuts or almonds
- ¾ cup unsweetened shredded coconut
- 1 cup sunflower seeds
- 4 tbsp pumpkin seeds
- 4 tbsp sesame seeds
- ¾ cup flaxseed
- 1 tbsp turmeric
- 1 tbsp ground cinnamon
- 2 tsp vanilla extract
- ½ cup almond flour

- 1 cup water
- 4 tbsp coconut oil
- Your favourite low-carb sweetener to taste

DIRECTIONS

1. Preheat the oven to 300°F (150°C). Chop the nuts coarsely in a food processor or with a sharp knife. Mix all ingredients in a bowl.
2. Spread out on a baking sheet lined with parchment paper. Roast in the oven for 20 minutes. Be sure to set a timer. Nuts and seeds are heat sensitive and should not get burned.
3. Remove from the oven and stir the mixture, then return to the oven for about 20 minutes more. Check again. When the granola feels almost dry, turn off the heat and let the granola cool in the residual heat of the cooling oven.

GRANOLA BARS & NUT MIXES

GRANOLA BARS (recipe and photo from

<https://www.sweetashoney.co/low-carb-granola-bars-sugar-free-no-bake-keto/>)

These are no-bake bars! Make these ahead and store them to grab and go.

INGREDIENTS

WET INGREDIENTS

- 1/2 cup smooth peanut butter or almond butter if paleo
- 1/4 cup extra virgin coconut oil
- 2 teaspoons vanilla extract

DRY INGREDIENTS

- 1/3 cup your favourite low-carb sweetener
- 1/2 cup sliced almonds + extra 1 tablespoon to decorate on top
- 1/3 cup flaxseed meal
- 1 tablespoon chia seeds

- 1/3 cup pumpkin seeds
- 1/4 cup unsweetened shredded coconut
- 1/2 teaspoon cinnamon

CHOCOLATE DRIZZLE

- 3 tablespoon sugar free dark chocolate chips
- 1 teaspoon extra virgin coconut oil

INSTRUCTIONS

- Line a loaf pan, size 9 inches x 5 inches, with parchment paper. Set aside.
- In a medium mixing bowl or saucepan, place all the wet ingredients: peanut butter, coconut oil and vanilla.
- Microwave by 30 seconds burst, stir and repeat until the coconut oil is fully melted and combine with the nut butter. It should not take more than 1 minute 30 seconds. Otherwise, melt the ingredients in a saucepan under medium heat, stirring often to avoid the mixture to stick to the pan.
- Stir in the sugar free sweetener, stir and microwave an extra 30 seconds to incorporate well.
- In a large mixing bowl, add all the rest of the dry ingredients: sliced almonds, flaxseed meal, chia seeds, pumpkin seeds, shredded coconut and cinnamon. Stir to combine.
- Pour the nut butter mixture onto the dry ingredients. Stir with a spatula to combine. You want to cover all the dry ingredients with the nut butter mixture.
- Transfer the mixture into the prepared loaf pan. Press evenly the mixture with your hand to leave no air. Flatten the surface with a spatula.
- Freeze for 20 minutes until the breakfast bars are hard and set.
- Remove from the freezer, lift the parchment paper to pull out the bar from the loaf pan. Place on a plate. Sprinkle extra sliced almonds on top.
- In a small bowl, microwave the sugar free dark chocolate and coconut oil until fully melted.
- Drizzle the melted chocolate on top of the bar, return into the freezer 1-3 minutes until the chocolate is set.
- Cut into 8 breakfast bars.
- Wrap each bars individually in plastic wrap. Store in the fridge up to 8 days.



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SPICY SAVORY NUT MIX *(I can't remember where I got this recipe from, so I'm unable to credit the author :()*

Enjoy a-top full fat plain Greek yoghurt.

INGREDIENTS

- 8 oz. pecans or almonds or walnuts or sunflower or pumpkin seeds (and you can mix your favourite combinations)
- 1 tsp salt
- 1 tbsp olive oil or coconut oil
- 1 tsp ground cumin
- 1 tsp paprika powder or chili powder

INSTRUCTIONS

1. Mix all ingredients in a medium frying pan, and cook on medium heat until warmed through.
2. Let cool. Store in a container with lid at room temperature.

Note: *you'll want to practice portion control with these nuts. No more than 1/3 cup is what I suggest.*

SWEET NUT MIX *(I can't remember where I got this recipe from, so I'm unable to credit the author :()*

Again, this is great with full-fat, plain Greek yoghurt.

INGREDIENTS

- 8 oz. pecans or almonds or walnuts or sunflower or pumpkin seeds (and you can mix your favourite combinations)
- 1/4 tsp salt
- 1 tbsp coconut oil
- 1 tsp ground cinnamon & nutmeg
- 2 sachets of sugar substitute

DIRECTIONS

3. Mix all ingredients in a medium frying pan, and cook on medium heat until warmed through.
4. Let cool. Store in a container with lid at room temperature.

Note: *you'll want to practice portion control with these nuts. No more than 1/3 cup is what I suggest.*

SAUSAGE/CHICKEN & VEGETABLE BAKE

People who eat eggs can enjoy the convenience of meat/veggie egg muffins. They can be made in advance and frozen or refrigerated. An alternative for those who don't eat eggs, is a simple sheet pan meal that bakes quickly with minimal prep needed, and it can be frozen for future reference.

INGREDIENTS

- 4 100% meat sausages OR 2 finely chopped chicken breasts
- 1 cup broccoli florets
- 1 cup string beans
- 1/2 cup coarsely chopped onions
- 1/2 cup coarsely chopped sweet pepper
- 1/4 cup coconut or olive oil
- 1/2 tsp salt
- 1/2 tsp garlic powder

DIRECTIONS

1. Slice sausages into 1/4 inch thick slices OR marinate chopped chicken breasts in your favourite marinade (vinegar, salt, Italian herbs, garlic powder, olive oil)
2. Combine with all other ingredients in a large mixing bowl and mix together
3. Spread on baking sheet
4. Bake at 350 until veggies are just charred and tender, about 35-40min.
5. Divide into 3 portions and refrigerate/freeze