

**Ketgenic Cookbook: Ketogenic Diet Recipes, Food, Snacks  
Cooking Book**

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*Smashwords Edition*

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## SOME OTHER BOOKS

## **Chapter 1 – Ketogenic Diet Recipes Book**

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Recently I came to know that ketogenic diet was one of the most followed diets on the planet. Well it didn't surprise me because the diet has got plenty of benefits ranging from weight loss, to heart safety etc.

There are other tons of benefits which are there but for now, let's focus only on the awesome recipes.

# Stunning Breakfast Keto Hash

## What you need:

- One medium zucchini (six.9 oz)
- Two pieces bacon
- ½ small white onion or One clove garlic
- 1 tablespoon. ghee or may be coconut oil
- 1 tbsp. freshly chopped parsley or may be chives
- ¼ tsp. salt
- 1 large egg, free-range or organic on sprinkle
- Half avocado

## Instructions:

1. First of all, finely cut the onion (or garlic) and then cut the bacon.
2. Now cook the onion above medium heat and add the bacon. Keep cooking until lightly browned.
3. Meanwhile, dice the zucchini into medium pieces.
4. Now combine the zucchini to the pan and keep cooking for 10-15 minutes.
5. Remove and add sliced parsley.
6. Enjoy!

# **King sized Keto Breakfast Banana Chia Seed Pudding**

Enjoy this amazing recipe and eat it in one go.

## **Ingredients:**

- 1-2 tsp. Vanilla Extract
- One Medium or small size banana, ripe
- 1/4 cup Chia Seeds
- 1 Can Coconut Milk full fat
- 1/2-1 tsp. Salt
- One/2-teaspoon. Cinnamon

## **Method of preparation:**

1. Assemble entire ingredients at one place.
2. Take a medium sized bowl and mash the banana until soft
3. One thing remains to be done now.
4. Mix the rest of the items and blend until added.
5. Cover and place in the refrigerator overnight (or at least 2 hours)
6. Smell the aroma and then serve.

# Supreme Keto Diet Cinnamon Rolls

This one is one of the best recipes out there. Shhhhh. Don't tell this recipe to anyone. It is a secret recipe.

## Ingredients:

- One-two tsp. cinnamon
- One-half Tsp. baking powder
- Three-four Tbsps. dried currants
- 1 scoop Vanilla Whey Protein
- 1 1/4 Cup Whole Grain Soy Flour
- 1 half Cups water
- Two Cups all Purpose Low-Carb Baking mix
- Six-seven Tbsps. granular sugar substitute, divided within 4 Tbsps. for dough and 2 Tbsps. for filling
- One/two-1 teaspoon. salt
- One/two Cup chopped pecans
- Eight-nine Tbsps. unsalted butter, melted and cooled, divided
- 1-2 tbsp. heavy cream
- One/three Cup sugar-free praline syrup or other flavor

## Low Carb Baking blend:

- 1/4 Cup Wheat Bran (Crude)
- 2 egg yolks, divided
- One Serving Organic 100% Whole Ground Golden Flaxseed Meal
- Five Oz Vital Wheat Gluten

## Instructions:

1. Assemble all the ingredients at one place.
2. For the dough: add the baking mix, baking powder, salt, water, four Tbsps. butter, four Tbsps. sugar substitute and One egg yolk in a large bowl, till texture is smooth. Cover with plastic wrap and allow it to set for 1 hour.
3. Spread dough with a rolling pin so that it forms a rectangle measuring 10"x15".



4. Now we can proceed to the most important step.
5. For the filling: in a small bowl, blend together 4 Tbsps. butter, 2 Tbsps. sugar substitute and the cinnamon.
6. Spread the filling evenly above the dough, leaving a half border at the bottom. Combine the nuts and currants.
7. From the sprinkle, roll dough on the long side, making sure to stretch it while rolling. Tightly seal the dough and make sure shape is even throughout.
8. Now cut dough roll within one-two even pieces.
9. Place slices on a nonstick baking sheet and cover with plastic wrap; let it rise for 45 minutes. Preheat the oven to 376°F while the dough is setting.
10. Blend together 1 egg yolk and the cream. Lightly brush every dough slice.
11. Put in the oven and bake for 32 minutes until lightly browned.
12. One thing remains to be done now.
13. Allow to cool for approximately seven minutes and then spread the praline syrup over the pieces
14. Enjoy warm or at room temperature.
15. Smell the aroma and serve.

# Legendary Keto Diet Cinnamon Breakfast Balls

This recipe is one of the best things you could ask for. It is one of my favorites.

## Ingredients:

- One/2 Cup unsweetened coconut milk
- Two-three Tbsps. coconut flour
- One/four-1 tsp. baking powder
- 3-4 Tbsps. granular sugar substitute, divided
- 1/2 Cup almond flour
- One/eight tsp. salt
- 1 large egg
- 1-2 tablespoon. unsalted butter
- Two-three Tsp. ground cinnamon, divided

## What to do:

1. Gather all items at one place.
2. Heat up two-three inches of oil in a large skillet.
3. In a small bowl mix thoroughly the almond flour, baking powder, coconut flour, 1 teaspoon. cinnamon and salt.
4. Now heat up the coconut milk, butter and one tablespoon sugar in a small pan till it boils and remove it from heat.
5. Combine the flour mixture to the sauce pan and stir till it thickens and forms a ball. Let it cool for 5 minutes.
6. Now you should add in 1 egg when it's cool and blend until it forms a very thick paste.
7. Using a tbsp., combine 4-eight spoonful into the preheated skillet and fry till golden and crispy; Turn 1 half - two minutes in. Repeat till batter done. It should make approximately sixteen balls. Put on a paper towel once cooked to absorb the excess oil.
8. Blend together the left 2 Tbsps. of sugar with one tsp. of cinnamon.
9. One thing remains to be done now.
10. Roll every cooked ball in the sugar-cinnamon mixture and place on a platter.

11. Enjoy while still warm or conserve at room temperature for a maximum of 1 day. Also great to prepare and freeze for up to four months or may be keep refrigerated for up to two weeks.

12. Smell the aroma and serve.

# Historic Keto Tomato Bacon Egg & Cheese Scramble

## What you need:

- 2-3 Tbsps. shredded Cheddar
- One/two Cup chopped green bell pepper
- 1 large tomato, chopped
- Two Pieces sliced bacon
- Two-three large eggs

## Instructions:

1. Assemble entire items at 1 place.
2. Slice the tomato into thick pieces and set it on a plate. Combine salt and black pepper to taste.
3. Now prepare the bacon making sure they are crispy. Absorb the excess oil and put the strips of bacon on sprinkle of the tomato pieces.
4. Now we can proceed to the subsequent most important step.
5. Withdraw the excess oil in the pan from cooking the bacon and then prepare the bell pepper; Keep cooking for about 5 minutes.
6. Whisk the eggs and now you should add to the pan with the bell pepper. Keep cooking thoroughly.
7. Layer the scrambled eggs on top of the layers of tomato and bacon. Add the shredded cheese on sprinkle; melt the cheese by placing the plate in the heated broiler for a minute or may be place in the microwave for thirty two seconds.

# Amazing Keto Diet Veggie & Gruyère Cheese Omelet

My mom used to prepare this for me. It always tasted delicious.

## Ingredients:

- One/eight Cup fresh shredded parsley
- 4 -5 Tbsps. red onion, diced
- One/four Cup shredded Gruyère cheese
- One/eight -1teaspoon. dried thyme
- Two half-3/One/2 oz. morel mushrooms
- ½-1 tablespoon. unsalted butter
- 1/8 tsp. Dijon mustard
- 2 large eggs
- 1/2 garlic clove, minced

## Method of preparation:

1. Assemble entire items at one place.
2. In a small nonstick pan, melt the butter over medium heat; combine the onion, mushrooms, garlic and thyme and start cooking for 6 minutes or till tender.
3. Mix in the mustard and then you should add salt and pepper to taste; remove from the pan and set away.
4. Now we can proceed to the following most important step.
5. In a medium bowl, beat the eggs and blend in the parsley and cheese.
6. Using the same pan, melt butter above medium heat and then spread the eggs evenly in the pan.
7. Start cooking through and combine the grated cheese and the mushroom mixture.
8. One thing remains to be done now.
9. Fold the omelet and slip onto a serving plate.
10. Decorate with parsley.
11. Smell the aroma and then you can serve.

# Delightful Tantalizing Donuts

This is one of the most subtle and definitive recipe, i've ever known. Go for It. Trust me.

## Ingredients:

- Three oz. cream cheese
- One to 2 tablespoon. coconut flour
- Eleven drops liquid stevia
- One to 2 tsp. baking powder
- Three to four tablespoon. almond flour
- Four to five tablespoon. erythritol
- 1 to 2 teaspoon. vanilla extract
- 3 large eggs

## How to prepare

1. Assemble all items at one place.
2. Add entire ingredients to a bowl or may be pitcher and mix with an immersion blender. A food processor will also work for this step if you don't have an immersion blender.
3. Make sure that all items are well blended and smooth.
4. You should have done all this before proceeding to the heating part.
5. Heat your donut maker and spray with your grease of choice. Coconut oil always gives your cooking a savory finish!
6. Now we can proceed to the following most important step.
7. Pour your mixture into the donut maker. Don't fill it entirely; leave some room (say 10%) to give your donuts some space to rise.
8. Let the mixture cook for 3 minutes, and then flip and cook another 3 minutes.
9. Remove the cooked donuts and repeat steps 3 to 5 for the rest of your batter.

Serving : Two to three servings

# **Tempting Waffles with Pumpkin Touch**

Have an awesome start of the day with this perfect recipe.

## **What you need:**

- 2 to 3 tbsp. flaxseed meal
- One to 2 tsp. vanilla extract
- 7 drops liquid stevia
- One to two tsp. pumpkin pie spice
- 1/3 cup coconut milk
- 1 tsp. baking powder
- Half cup almond flour
- Three to four tablespoon. swerve sweetener
- ¼ cup canned pumpkin
- 2 large eggs

## **How to prepare:**

1. To avoid confusion, assemble all items at one place.
2. Now blend your wet ingredients in a large bowl. Be sure to blend well till no egg whites are visible.
3. Combine entire dry ingredients in a sifter.
4. Sift entire dry ingredients within the wet items and mix as you go. If you don't have a sifter, simply mix entire items in a bowl. Slowly sprinkling them into the wet items will work too.
5. Blend the wet and dry ingredients until they are fully blended. Your mixture will be a little watery, but don't worry!
6. Heat up your waffle iron and grease.
7. Now comes the part of garnishing and toppings.
8. Coconut spray gives your waffles a fantastic hint of coconut!
9. Pour your mixture into the iron and cook till the built in alarm goes off, or the stream of steam begins to dissipate.
10. Serve 'em up with your favorite syrup or may be fruit!

Serving size: Two to three servings.

# Dashing Broccoli and Sausages Breakfast Recipe

Ever wondered what makes the cooks prepare so delicious food? Well the answer is the supreme recipes that they employ.

## What you need

- 1 onion, diced
- Twelve oz breakfast sausages, pre-cooked, sliced
- Lard or butter
- 2 cups broccoli florets
- One cup Cheddar Cheese, shredded
- Eight eggs
- One cup coconut milk
- 1 to 2 teaspoon dry mustard
- Salt and pepper to taste

## What to do

1. Assemble entire items at one place.
2. Grease or coat a 6 quart slow cooker with lard or butter.
3. In a bowl, crush together the eggs, milk, salt, dry mustard, and pepper to taste.
4. Now comes the part of garnishing.
5. Place the broccoli florets in the bottom of the slow cooker, and top with the onion pieces. Season with salt and pepper to taste.
6. At the top, put the sausages and the shredded cheese. Then pour in the egg mixture above.
7. Cook on low for 5 to 6 hours. Serve hot.
8. At last you can enjoy it.

Servings: Six to seven

Total Time: Five to six hours



# **Tasty Dish Sausage, Broccoli & Egg Casserole**

## **Ingredients**

- One cup Cheddar cheese, shredded
- One head broccoli, chopped
- Ghee or may be lard
- 3/4 cup whipping cream
- Eleven eggs
- Twelve oz sweet sausages of your choice, cooked and sliced
- Two cloves garlic, minced
- Salt and pepper to taste

## **Method of preparation**

1. Assemble all items at one place.
2. Grease your Crock Pot well with lard or ghee.
3. Layer one half of the broccoli, 1/2 of the sausage and half of the cheese into your Crock Pot. Repeat with leftover broccoli, sausage and cheese.
4. Now we can proceed to the next most important step.
5. In a bowl, whisk eggs with whipping cream, garlic, salt and pepper to taste. Then pour above layered items.
6. Cover and cook on low for five hours or may be on high for three hours.
7. Now you can serve hot and enjoy!

Serve: Seven to nine

Overall Time: Four to six hours

# Historic Squash Casserole

It is awesome as well as super yummy. I used to stand in kitchen, while my cook used to prepare this recipe. I once saw him making this recipe and I knew how he prepared it. This is the one recipe that you should look for.

## What you need

- Eight oz shredded Mozzarella cheese
- Twelve eggs
- Lard or ghee
- 1/4 teaspoon pepper
- Six green onions, sliced and divided in 1/2
- Eight oz shredded Cheddar cheese
- 2 cups summer squash, diced
- 1/2 cup milk
- Half to nine teaspoon salt
- One to two pound gluten-free sausage, browned & drained

## Method of preparation

1. Assemble all items at one place.
2. Grease a large crock pot with lard or may be ghee.
3. Place half summer squash cubes within the bottom. Layer in half the cooked sausage, half the cheeses, and 1/2 the green onions, then repeat summer squash diced, sausage, and cheese layers.
4. Now we can proceed to the succeeding most important step.
5. In a large bowl, whisk together eggs, milk, salt, and pepper, then drizzle over sprinkle.
6. One thing remains to be done now.
7. Cook on high for three to four hours, or low for eight hours.
8. Now you can serve hot.

Serve: Nine to ten

Total Time: Seven to nine hours

# Ultra Crock Pot Breakfast Pizza Recipe

This is the most subtle and definitive recipe, I've ever known. I learned this from one of my friends.

## Ingredients

- One to 2 tsp minced garlic
- 1 & 1/4 cup frozen spinach
- Salt and pepper to taste
- 1 cup Parmesan Cheese
- 12 to thirteen large eggs
- five oz Mozzarella Cheese
- One oz smoked sausages
- Three to four Tbs Olive oil
- 1/4 to half tsp nutmeg

## What to do

1. Assemble entire items at one place.
2. Defrost spinach in a microwave stove. Set apart.
3. Blend together entire olive oil, eggs and spices. Whisk well till everything is added.
4. Add in parmesan cheese, and spinach.
5. Now we can proceed to the next most important step.
6. Pour the mixture within your Crock Pot, then top Mozzarella cheese above the sprinkle. Combine smoked sausage slices on top.
7. Cover and cook on low for 4 to 5 hours.
8. Slice and enjoy.

Serve: 7 to 9

Total Time: 4 to 5 hours

# FANTASTIC RARE CLAMS

## What you need

- One to two teaspoon dried oregano or may be 1 to 2 tbsp minced fresh oregano, in case you have it half to 1 tsp Tabasco sauce, or may be to savor
- 1/4 cup plain pork rind crumbs
- 2 to 3 tablespoons minced onion
- 37 clams within the shell
- One to two tbsp minced fresh parsley
- 1/2 cup butter
- Four cloves garlic, crushed

## Instructions

1. Assemble entire ingredients at one place.
2. Put every little thing. Make sure that the combination is nicely blended. Now place a teaspoon of this combination on every clam. Prepare in a baking pan. At this level, you might cover & refrigerate.
3. Whenever you're able to cook them, first allow them to come to room temperature.
4. One thing remains to be done now.
5. Preheat oven to 379° & bake for twelve minutes, then broil four inches or may be so from the warmth for an additional three to five minutes, till it gets golden.
6. Now serve sizzling!

Yield: 6 to 7 serves

# POWERFUL SALMON & CITRUS VINAIGRETTE RECIPE

This recipe is super cool and it is not hard on your pocket, so cheers!!

## What you need

- One teaspoon brown mustard
- 1/4 teaspoon orange extract
- 1/2 cup (1 hundred 20 ml) lemon juice
- 1 to 2 tablespoon coconut oil
- 2 to 3 tablespoons Splenda, or may be the equal in liquid Splenda two tbsps lime juice
- Two pounds salmon fillet, cut within 4 serve 1/2 cup French dressing
- 1 to 2 tsp chili powder

## What to do

1. Assemble entire ingredients at one place.
2. Coat an enormous skillet with nonstick cooking spray & place it over medium flame. Throw within the coconut oil & when it's melted, swirl it round and after that combine the salmon.
3. Whereas the salmon is getting slightly color of gold, throw every part else within the blender & run the factor.
4. Okay now, return & toss your salmon. Let it get a bit gold on the opposite facet, too.
5. Now we can proceed to the following most important step.
6. Combine the French dressing combination to the skillet & switch the burner as much as medium-high. Let the all thing cook for additional 5 minutes.
7. Plate the salmon & switch up the burner. Boil the sauce arduous till it's lowered & begins to get a little bit syrupy. Now pour above the salmon & now serve.

Quantity: 4 to 5 serves

## **Mouth watering Avocado Bonanza**

### **What you need:**

- One tin sardines, drained
- 1/4-1/2 teaspoon. salt
- 1 large avocado
- One medium spring onion or may be chives
- 1/4 lemon juice
- One-2 tablespoon. mayonnaise
- 1/4-1/2 tsp. turmeric powder or 1 teaspoon. freshly ground turmeric root

### **Instructions:**

1. Assemble entire items at one place.
2. Withdraw the avocado seed.
3. Open the can of sardines and drain it. Put them in a bowl.
4. Leave around 1 inch of avocado flesh as you scoop the middle portion of the avocado.
5. In a separate bowl, put in mayonnaise, grated turmeric root, and spring onions. Mix them thoroughly.
6. six. Now we can proceed to the following most important step.
7. seven. In the mixture, now you should add the avocados and mashed them to your liking. Then, sprinkle with salt and fresh lemon juice.
8. eight. Once all what you need are thoroughly mixed, scoop the avocado mixture into each avocado halve.

## **Crispy Asparagus with Pork chops Combo**

Just wonder about a superb, awesome and delicious recipe that it just a treat for your tounge and tummy. Guess what, your wait is over.

### **What you need:**

- Pink Himalayan salt
- Salt
- 1 large bunch asparagus
- One-two tbsp. ghee
- One medium pork cut
- Fresh lemon juice
- 1-2 tbsp. lard

### **Directions:**

1. Assemble all items at one place.
2. Now prepare the asparagus, pan-roasted in ghee, then pour some fresh lemon juice and top with little salt.
3. Now we can proceed to the succeeding most important step.
4. Pan-roast the pork chop mixed with pink Himalayan salt in lard or may be ghee
5. Enjoy a low-carb dinner. You may also combine one oz. or may be 30g of macadamia nuts or may be almonds.
6. Smell the aroma and serve

# Extraordinary Keto Fetta, Zucchini and Red Capsicum Fritata

This is the king recipe out there. There are no words to express this recipe.

## What you need:

- One-two g fetta crumbled
- 2-three Tbsps. of olive oil
- Zucchini
- 2-3 cups coarsely chopped vegetables
- Red capsicum
- Pumpkin
- 3-four eggs
- ¼ cup cream

## Instructions:

1. Assemble all items at one place.
2. Now cut and steam vegetables until tender. Then set it away.
3. Beat eggs with cream, set apart.
4. Now you should add oil to a thick base fry pan and put on a very low heat.
5. Mix in half of egg mixture to pan, place vegetables and crumbled fetta in pan and cover with left egg mixture.
6. Cover with lid and cook on very low heat until cooked through.
7. Place uncovered fry pan under grill till sprinkle of frittata turns golden brown.
8. Smell the aroma and serve.



# Mind blowing Ketogen Pancakes

As the name suggests, this recipe is surely gonna blow your mind.

## Ingredients:

- Two-three Tbsps. water
- One-two egg
- One scoop of KetogenX Vanilla
- One-two tbsp. of almond or hazelnut meal

## Instructions:

1. Assemble all the ingredients at one place.
2. Now you should add everything together in a bowl.
3. In a non-stick pan, start cooking on moderate heat for approx 4 minutes on each side. (Watch carefully as it may burn quickly.)
4. Serve buttered with a handful of mixed berries.

# Forgotten Ox tails Delight

## What you need:

- One-two teaspoon. thyme (dried)
- 3-4 tbsp. tomato paste
- 2 cups beef broth
- Salt and pepper to taste
- 1-2 teaspoon. onion powder
- 2-3 tablespoon. soy sauce
- One-two tsp. garlic (minced)
- 1/2-One tsp. ginger (ground)
- One/three cup butter
- 2 lbs. oxtails
- One-two tablespoon. fish sauce
- One/two-1 teaspoon. guar gum

## Directions:

1. Gather all the items at 1 place.
2. Now heaten up the beef broth on the stove, then combine the fish sauce, soy sauce, tomato paste, and butter.
3. Once fully heated and mixed, you should add the mixture to a slow cooker and season with all your spices.
4. Combine the oxtails to the slow cooker and mix well.
5. Set the slow cooker on low and let cook for 6 hours.
6. Withdraw just the oxtails from the slow cooker, and set aside.
7. One thing remains to be done now.
8. Add the guar gum to what remains in the slow cooker, and use an immersion blender to pulse your mixture.
9. Now you can serve your oxtails and sauce along with your favorite side dish.
10. At last you can enjoy it.

Serving size: Three-four servings.

# Cool Pumpkin Loaf Awesomeness

## Ingredients:

- 2 to 3 tsp baking powder
- Half cup pumpkin puree
- 1 to 2 teaspoon pumpkin pie spice
- Half cup coconut milk
- One to two cup almond flour
- ¼ cup psyllium husk powder
- ¼ cup swerve sweetener
- One tsp kosher salt

## How to prepare:

1. Assemble all the ingredients at one place.
2. Use a bowl to sift entire dry ingredients and then keep the oven ready by preheating at 353 degrees and then keep a cup of water on the bottom rack.
3. Now we can proceed to the succeeding most important step.
4. Add the pumpkin puree and coconut milk with the dry items and blend in with them to form the dough.
5. Now spread the dough within a greased loaf pan and bake for One to two hr.
6. Allow cooling down before slicing and then serve.

Total time: One hr twenty two minute

Serve: Eleven slices

# **Super amazing Keto Spanish Omelette**

## **What you need:**

- Half-1 cup finely chopped vegetables e.g. olives, capsicum, parsley, onions, chives, spinach, zucchini
- 3-4 eggs
- Cayenne or black pepper

## **Instructions:**

1. Assemble all items at one place.
2. In a medium pan lightly whisk-fry vegetables in extra virgin olive oil and withdraw.
3. Cook eggs with 1 tablespoon of water and pinch of pepper.
4. When almost cooked sprinkle with vegetables and toss to heat through.
5. Smell the aroma and serve.

## Out of the world Keto Eggs Florentine

I remember the time I learnt this recipe and since then I am in love with it.

### **What you need:**

- One-two tablespoon. white vinegar
- 2 eggs
- Sea salt and pepper to taste
- 1 cup washed, fresh spinach leaves
- Two-three Tbsps. freshly grated parmesan cheese

### **What to do:**

1. Assemble entire ingredients at one place.
2. Cook spinach in a microwave safe bowl in microwave or may be steam until wilted.
3. Sprinkle with parmesan cheese and season to taste.
4. Slice within bite size pieces and put on a plate.
5. Now we can proceed to the following most important step.
6. Heat a pan of simmering water, adding the vinegar and stir with wooden spoon to create a whirl pool.
7. Break an egg into the center, turn off the heat and leave covered until set. Repeat with second egg.
8. Place eggs on spinach and now serve.

# Fast Keto Ham and Swiss Frittatas

## What you need:

- One 1/4 cups cream, heavy whipping
- One/2 lb. swiss cheese, cubed
- Salt and fresh cracked pepper, to taste
- One/two-1 lb. ham, cubed
- Four-five large whole eggs
- 1-2 tbsp. Fresh rosemary, shredded
- 2-3 tablespoon. dijon mustard, whole grain

## What to do:

1. Assemble all items at one place.
2. Pre-heat oven to 402 F.
3. In a mixing bowl, stir together your bacon, ham, swiss cheese and sliced rosemary.
4. Spray Non stick spray on muffin pan and then divide the mixture evenly among the muffin cups.
5. Now we can proceed to the succeeding most important step.
6. In the same mixing bowl, beat together your eggs, cream, mustard and a small amount of salt and pepper.
7. Evenly pour the egg mixture into each cup.
8. Bake for approximately twenty two minutes, or may be until puffy and golden brown.
9. Remove from oven and let rest for six minutes.

# Insane Loaf of Keto Bread

You wanna know what so special about this recipe. Why should I tell you? Check it out for yourself.

## Ingredients:

- One/four cup Swerve Sweetener
- Three-four large Egg Whites
- One/two-One teaspoon. Kosher Salt
- 1/2 cup Coconut Milk (from the carton)
- One-One/2 cup Almond Flour
- 1/4 cup Psyllium Husk Powder
- 1/2 cup Pumpkin Puree
- Two-three teaspoon. Baking Powder
- One- One/Two tsp. Pumpkin Pie Spice

## What to do:

1. Assemble entire items at one place.
2. Preheat oven to 350F
3. In a medium bowl sift entire dry ingredients
4. Now we can proceed to the succeeding most important step.
5. Put a container with One cup of water on the bottom rack of oven.
6. Blend in pumpkin and coconut milk into dry what you need and mix well.
7. Stir up egg whites till stiff. Slowly fold egg whites within dough.
8. Put dough within a well greased loaf pan, then place into the oven and bake for 2 hr
9. Let it cool, then slice and serve!



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### **SOME OTHER BOOKS**

These are a few books which I recommend for extra cooking and diets. Basically, I love them!!