

Ketogenic Diet: Ketogenic Diet For Beginners Ketogenic Cookbook

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Smashwords Edition

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Chapter 1 – Delicious Ketogenic Diet Recipes

Before you proceed, I'll like to offer you something.

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Ketogenic Diet will help you to keep your body in a perfect state. If you have probably got this book in your library, then you're interested in ketogenic diet. You might have already seen its benefits. So without further delay, lets jump to the awesome recipes.

Powerful Keto Belgian Waffles

This is one of the most subtle and definitive recipe, I've ever known. I would say you're lucky. Wanna know why? I am sharing my exact recipe with you.

What you need:

- Three large eggs
- 1 Cup soy flour
- One/four Cup ice water
- 1-2 tablespoon. baking powder
- One/2 teaspoon. salt
- Three-4 Eggs, large, raw
- One/4 Cup heavy cream
- 2-3 Tbsps. granular sugar substitute
- One-2 tablespoon. sugar-free vanilla syrup

What to do:

1. First of all, preheat your waffle maker as directed by the manufacturer.
 2. Then in a large bowl, mix the dry Ingredients: flour, sugar, baking powder and salt.
 3. Whisk in the wet items: cream, eggs and syrup; blend thoroughly until batter reaches a stiff consistency.
 4. To reach a less dense batter, whisk in the ice water by the tbsp.
 5. Do this till you reach the desired consistency.
 6. Grease the waffle maker with some spray oil.
 7. Now pour the batter in the center of the waffle iron without overflowing.
 8. Keep cooking until crisp and dark golden brown.
 9. Repeat with the remaining batter.
 10. Now you can serve warm and Enjoy!
- Smell the aroma and now you can serve.

Supreme Keto Diet Spiced Pumpkin Pancakes

Just wonder about a superb, awesome and delicious recipe that is a treat for your tongue and tummy. Don't wonder, make it. Here is how to make it.

Ingredients:

- 1/8 Cup canned pumpkin
- 2/3 oz. low-carb vanilla protein powder
- 4 oz. turkey sausage
- 1/4-1 teaspoon. baking powder
- 1/6 Cup almond flour
- 1/8 tsp. pumpkin pie spice blend
- 2/3 large egg
- 2/3-1 tablespoon. soy flour
- 1/16 Cup cottage cheese
- Three-four Tbsps. slivered almonds
- 1/2 small banana

Instructions:

1. Assemble all the items at one place.
2. In a medium bowl, combine the almond flour, protein powder, soy flour, baking powder, spice blend.
3. Now you should add the egg and canned pumpkin and then blend thoroughly.
4. Put a large nonstick lightly greased pan over medium heat.
5. Now we can proceed to the subsequent most important step.
6. Pour 1/4 cup of batter in the skillet and cook till bubbles appear on top and edges are cooked; turn over and cook the other side approximately for four minutes. Now repeat till batter is finished.
7. Press the sausage to form a patty and start cooking thoroughly on both sides in a skillet over high heat.
8. Serve the pancakes with a side of sausage patties and sliced banana on top.

Fantastic Keto Diet Easy Muffin

This one is very easy and quick recipe.

What you need:

- 1 large egg, lightly beaten
- 1-2 teaspoon. granular sugar substitute
- 1-2 tablespoon. sour cream (optional)
- 1/8-1 teaspoon. salt (a pinch)
- 1/4 Cup almond flour
- 1/2-1 tsp. ground cinnamon
- 1/4-1 tsp. baking powder
- One-two tsp. canola oil

Method of preparation:

1. Assemble entire items at one place.
2. Blend the almond flour, baking powder, sugar substitute, salt and cinnamon in a microwavable coffee mug.
3. Stir in the egg and oil. Mix completely. If you want, add the sour cream for extra moisture.
4. Start cooking in Microwave on high for three minute.
5. Withdraw from mug and enjoy
6. It is one of the rarest recipes in the world.

Speedy Keto Diet Cheese & Ham Frittata

It is one of the most delicious recipes that you will ever find.

What you need:

- One/four Cup heavy cream
- Two-four Tbsps. sliced yellow onion (1/two small onion)
- One/two-1 teaspoon. Italian seasoning
- 1 Cup grated Swiss cheese, divided
- Three-four Tbsps. sliced Italian (flat leaf) parsley leaves, divided
- One-two tbsp. unsalted butter
- Nine large eggs, beaten
- One/two medium green bell pepper, sliced
- One/four Cup water
- One/two-One teaspoon. salt
- Eight oz. sliced cooked ham

Method of preparation:

1. Assemble all items at one place.
2. Preheat the broiler.
3. Then over medium heat, melt the butter in a large skillet and add the pepper, onion, ham and half the parsley. After that cook for around six minutes or may be until the onion is cooked through.
4. In a small bowl, stir together the eggs, salt, cream, water, Italian seasoning and half the cheese.
5. Now we can proceed to the next most important step.
6. In this step, you should add egg mixture to the skillet. While stirring constantly, cook until the eggs are soft and creamy. This should be done for approximately six minutes.
7. Withdraw from heat and combine the remaining cheese over the cooked eggs.
8. Now place the skillet in the oven and cook for 6 minutes or may be till the cheese is golden.
9. Remove from the oven and allow it to cool for a few minutes.
10. Withdraw the eggs from the skillet using a spatula to loosen the sides without breaking. Put on a platter and garnish with the remaining parsley.

11. Smell the aroma and now you can serve.

12. This is one of my favorite recipes. This is the one recipe that you should look for.

Legendary Keto Diet Waffles (Low Carb)

This is the one recipe that you should look for. Ever wondered what makes the cooks prepare so delicious food? Well the answer is the supreme recipes that they employ. This is one exact recipe that you can employ.

Ingredients:

- One Cup half and half
- 1 packet granular sugar substitute
- One large egg
- One-two Cup entire Purpose Low-Carb Baking mix
- One/four-one tsp. salt
- Two-three Tsp. baking powder
- Low Carb Baking blend:
- Five-six Oz Vital Wheat Gluten
- 1- 1/4 Cup Whole Grain Soy Flour
- 1/4 Cup Wheat Bran (Crude)
- 1 Serving Organic 100% Whole Ground Golden Flaxseed Meal
- One-two scoop Vanilla Whey Protein

What to do:

1. Assemble all the items at one place.
 - Blend entire low carb baking blend items within a bowl and mix
 - Combine the rest of the dry items in a large bowl: baking mix, baking powder, sugar substitute and salt.
2. In another bowl, whisk together the half-and-half and the egg.
3. Mix together the dry items and the wet items till there aren't any more lumps. Be careful not to overbeat.
4. Now allow to set for a minimum of seven minutes
5. Pour the batter in the middle of the preheated waffle iron.
6. One thing remains to be done now, i.e. cooking the waffles.
7. Start cooking the waffles for about one-two minutes or may be until they turn golden brown.

8. This Recipe makes six waffles.

9. I remember the time, I learnt this recipe. It was just an awesome exceptional recipe and I made it awesome in my first try. I hope you also achieve the same results as me.

Sizzling Yummy Omelet of Chive, Bacon

It is awesome and super delightful recipe. This is another recipe that you should look for.

Ingredients:

- Two large eggs
- One-two tsp. bacon fat
- Salt and pepper to taste
- One-two oz. cheddar cheese
- Two stalks cheddar
- 2 slices bacon (cooked)

How to prepare:

1. Make sure your chives are shredded, cheese shredded, eggs are cracked and mixed, and bacon cooked before you begin. Omelet making tends to be a fast process so be on your toes and don't waste time completing these steps later!

2. Now heaten up your bacon fat in a pan on medium-low heat.

3. After this you should add your eggs, chives, and salt and pepper to the pan.

4. Now cook till you can see the edges beginning to set, and then cooking for another thirty two seconds.

5. Now you should add your bacon to the center of the omelet, and turn off the heat.

6. Top your cheese on top of the bacon.

7. Fold two edges of the egg on top of the bacon/cheese pile. The melted cheese should hold the egg in place.

8. Repeat step seven with the rest of the egg. This will create a slightly burrito shaped omelet.

9. Toss the omelet over, and now allow it to cook a little longer in the pan (it'll still be warm).

10. Feel free to sprinkle some extra chive, cheese, or may be bacon on sprinkle.

11. There you go! A very fast paced recipe, but it'll sizzle your taste buds. It will leave you with an awesome start to the day.

Serving size: Two-three serving.

Ace Breakfast Sausage Casseroles Combo

This is one of my favorites.

Ingredients

- 1/4 cup coconut milk
- One & 1/4 lbs breakfast sausage
- 1 cup spinach leaves, roughly chopped
- 1/4 to half tsp nutmeg
- One cup arugula (tough lower stalks removed)
- Nine to ten eggs
- One onion, diced
- 2 cup kale (finely chopped)
- Sea-salt and freshly ground black pepper to taste
- One to two teaspoon garlic powder
- 1/2 to one tbsp coconut oil

What to do

1. Assemble entire items at one place.
2. Grease your Slow Cooker with coconut oil.
3. Layer the shredded sausages on the bottom of your Slow Cooker.
4. Add chopped onions and then on the mixture put entire power greens, arugula, spinach, kale.
5. In a big bowl beat eggs with coconut milk. Adjust salt and pepper to taste.
6. Now comes the part of garnishing and toppings.
7. Pour egg mixture over sausages and greens. Top with garlic powder and nutmeg.
8. Cover and cook on low for five to six hours. Serve hot.

Serves: 9

I saw this recipe on a TV show. I instantly liked it and tweaked it a little bit according to my style. There are no words to express this recipe. This is the one recipe you should look for.

Total Time: 22 minutes

Godly Scrambled Eggs Dish

Ever wondered what makes the cooks prepare so delicious food? Well the answer is the supreme recipes they employ. This recipe gives you perfect start of the day

What you need:

- Coarse Salt
- 1 to 2 tablespoon of Unsalted Butter
- three to 4 large Eggs
- Fresh Ground Pepper

Instructions:

1. Assemble entire items at one place.
2. Crush eggs using a fork.
3. Melt your butter using a nonstick medium skillet on low flame.
4. Now you should add in your egg mixture.
5. Using your spatula, gently move eggs into middle of your pan and allow the liquid parts to run out to the perimeter.
6. Continue to cook moving your eggs with your spatula until they are set. Should take approximately four minutes.
7. Now comes the part of garnishing and toppings.
8. Season your eggs with pepper and salt.

GRAND SALMON DISH

There are no words to express this recipe. I remember the time I learnt this recipe. It is just an awesome exceptional recipe.

Ingredients

- One to two tbsp erythritol
- Salt & ground black pepper, to savor 2 tbsps brown mustard
- Two pounds salmon fillet, cut within 4 serve 3 to four tablespoons bacon grease, melted
- 2 to 3 tbsps grated horseradish

Instructions

1. Assemble entire items at one place.
2. You may grill this or broil it. Under both of these methods, begin your cooking system by heating it earlier than you do the rest. In case you're utilizing a grill, make certain it's good & clear, so your fish receives stick. Oil the grill or may be broiler pan.
3. Brush your fish on both parts with bacon grease. Season frivolously with salt & pepper.
4. Blend everything & have it standing by.
5. Now we can proceed to the subsequent most important step.
6. Lay your fish on the broiler pan or may be a grill for 3 minutes. Toss & grill the opposite area for 3 minutes. Now brush with the glaze, flip, & coat the opposite side, too.
7. Now only one thing remains to be done.
8. Give it one other minute or pull off the grill & then you can serve with any leftover glaze.

Quantity: 3 to 4 serves

ULTRA FLOUNDER

This is one of the best things you could ask for. It is also not hard on your pocket, so cheers!!

Ingredients

- 1/3cup grated Parmesan cheese
- 2 pounds flounder fillets, in 4 servings
- 4 scallions
- 1/3 mayonnaise
- 1/4 cup butter
- Two lemons

Method of preparation

1. Gather all the ingredients at one place.
2. Toss in your broiler & prepare a rack of about four inches beneath.
3. Now place the butter in a custard cup or may be glass measuring cup & microwave it for a minute to soften.
4. Lay a bit of foil above your broiler pan & coat it with nonstick cooking spray. Cup the perimeters just a little.
5. Now lay out the flounder fillets. Then pour the butter evenly over the fillets & use a brush or may be the back of a spoon to ensure they're coated throughout.
6. Halve the lemons, select the seeds, & squeeze the juice over the fish.
7. Now we can proceed to the most important step.
8. Slide the fish below the broiler. While it's cooking, mix collectively the mayonnaise & Parmesan. By now your fillets must be completed; it doesn't take long.
9. In the event that they're cooking slowly, toss the pan & now allow them to cook for another one minute. When the flounder is getting opaque & flaky, unfold the mayonnaise combination evenly over them & slide them again beneath the broiler.
10. Slice up your scallions. Then test your fish—once more, if the topping is browning inconsistently, flip the pan to even it out.
11. Now comes the part of garnishing and toppings.
12. When the topping is evenly golden, plate the fish, scatter the sliced scallion over every serving, & eat.

This recipe is awesome as well as super delightful. Say cheers, I just showed you one of my classic recipes.

Quantity: Four to five servings

Awesome Salmon Super

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. It is awesome as well as super delightful.

What you need:

- ½ cup reduced fat sour cream
- ½-one teaspoon. dried dill weed
- Four frozen salmon fillets
- One/two-1 tsp. garlic powder
- Three-four tbsps. low-fat milk
- ¼-1/2 tsp. salt

How to prepare:

1. Assemble all the items at one place.
 2. Put frozen fillets in a 4250F pre-heated baking sheet sprayed with non-stick cooking spray.
 3. Ensure that the skin-side of the fillet is faced down on the baking sheet and drizzle with few salt.
 4. Bake fillet for approximately twenty two minutes.
 5. Then, in a different bowl, mix all the other Ingredients.
 6. One thing remains to be done now.
 7. Once salmon fillets are done, pour the mixture over the fillets and get ready for a healthy lunch!
- Go for it!! Trust me, you're lucky. Wanna know why? I just showed you one of my classic recipes.

Genius Egg and Bacon Diet

This is the king recipe out there.

Ingredients:

- One/two avocado
- Pink Himalayan salt (one00g/three.5 oz.)
- One.2 cups Sauerkraut
- Two thick rashers pastured bacon or ham
- 2 pastured eggs with spring onions or may be chives
- 1 to 2 tbsp. ghee

Instructions:

1. Gather all the ingredients at one place.
2. Now we can proceed to the subsequent most important step.
3. Now prepare scrambled eggs with onions or chives.
4. Now comes the part of garnishing and toppings.
5. Season the pastured bacon with ghee and pink Himalayan salt then put them on a plate along with the avocado.
6. Smell the aroma and then serve

I used to go to my neighbor's house to eat this one.

Mysterious Lettuce cups and meat

This one is not hard on your pocket so cheers!! Go for it!! Trust me.

Ingredients:

- One-two tablespoon. extra virgin olive oil
- 15 three g of slow-cooked meat
- One cup cherry tomatoes
- One small head crunchy lettuce
- Pink Himalayan salt
- One-two tbsp. freshly shredded nasil1 medium spring onion

Directions:

1. Gather all the ingredients at one place.
2. Slow-cook your meat. Once done, place them on sprinkle of lettuce cups. Place into the cups, the desired amount of meat.
3. Now we can proceed to the following most important step.
4. Prepare the tomato salad that serves as a good pair for the meat cupped with lettuce.
5. In a bowl, blend the freshly sliced basil together with the spring onions, tomatoes, and a dash of salt. Then, pour in few extra virgin olive oil.
6. Smell the aroma and serve

It is awesome as well as super yummy. It is one of the rarest recipes. Its awesome smell used to fill my room as soon as I used to uncover the plate.

Tasty Stew Combo

This one is quite cool.

What you need:

Spices:

- 1 tsp. oregano
- 1 tsp. paprika
- ¼ tsp. cinnamon
- 1 teaspoon. minced garlic
- 2 tsp. cumin
- tsp. chilli powder
- 2 bay leaves
- Salt and pepper to taste (approx half teaspoon. each)

Meat:

- 1 lb. cooked pork shoulder (sliced)
- Vegetables:
- 1/2 jalapeno (sliced)
- 1/2 red bell pepper (Sliced)
- Six to seven oz. button mushrooms
- Half green bell pepper (sliced)
- Half medium onion

Soup:

- Juice: half lime
- Half cup coffee (your remedy for the midday slump)
- ¼ cup tomato paste
- Two cups gelatinous bone broth
- 2 cups chicken broth

Directions:

1. Clean and slice each of your vegetables.
2. Add 2 tbsps of Olive Oil to a pan and turn to high heat.
3. Sauté your vegetables until they are just beginning to cook and fill your kitchen with their fantastic aroma. Be careful not to overcook them here! That will give you a slightly mushy stew later on.
4. Set your slow cooker on low; add the bone broth, coffee, and chicken broth.
5. While your slow cooker is warming, add spices and bay leaves to a single bowl. This is a handy step for almost any recipe and will help you keep all your spices in one place.
6. Now combine all your mushrooms and sliced pork to the slow cooker.
7. Give your cooking vegetables and oil a final whisk, and combine them to the crock pot along with all your spices.
8. Cover, and let the slow cooker work its magic for approximately five to seven hours.
9. Once it's finished, withdraw the bay leaves (or keep an eye out for them), and then you can serve!
10. And there you have it; a simple, hearty and unique dish to now you should add a little sunshine to your lunchtime. Enjoy!

Serving size: 4 to 5 servings

Delicious Strawberry Awesomeness

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

Ingredients :

- 1/2 to 1 teaspoon baking powder
- 1/4 cup sugar free strawberry (or other) preserves
- One to 3/4 cup peanut butter (crunchy)
- One & 1/3 cup granulated sugar (replaceable by Swerve, Splenda, Ideal)
- Two to three tbsp coconut flour
- 2 eggs
- 1 to 2 tsp vanilla extract

Method of preparation:

1. Gather all the items at one place.
2. Set the oven to preheat at 353 degrees F.
3. Take a mixing bowl and then you should add peanut butter, coconut flour and sugar and blend them well together.
4. Add to it the baking powder, eggs and the vanilla extract and stir it well till the dough-love mixture develops a smooth consistency.
5. Now you should now keep it away and proceed to the next step.
6. Prepare an inch sized small balls of this dough.
7. Take a baking dish and cover it with a parchment sheet and put the balls above it.
8. Make depressions on every cookie by pressing it in the middle using your finger or thumb.
9. Drop a little amount of jelly in the center of each cookie.
10. Place the baking dish in the oven and let it bake for around twelve minutes.

Total time: Twenty two minutes

Serves: Ten to twenty

Mind Blowing Almond & Coconut Combo

This is the one recipe you should look for.

Ingredients:

- Two large Eggs, room temperature
- Half to one tsp. Baking Powder
- 1/4 teaspoon. Salt
- 1/3 cup Erythritol
- 3 to 4 tbsp. Coconut Flour
- 1 cup Almond Flour
- 1/4 cup Cocoa Powder
- 1/3 cup Coconut (shredded and unsweetened)
- 1/4 cup Coconut Oil
- One to two teaspoon. Vanilla Extract

Method of preparation:

1. Assemble all the items at one place.
2. Set the oven to preheat at 350°F.
3. In a mixing bowl mix the almond flour along with baking powder, shredded coconut and Erythritol. Mix well.
4. Combine to it the coconut flour and little cocoa powder and keep mixing till entire items are well mixed.
5. In a separate mixing bowl, combine the eggs, coconut oil, salt and the vanilla extract. Blend them well too.
6. Mix the wet what you need with the dry ones and knead it well.
7. Roll out small balls from that dough and place them above a baking dish covered with a parchment sheet.
8. One thing remains to be done now.
9. Put the dish in the preheated oven and let it bake for around 22 minutes.
10. Take the dish out of the oven and serve them garnished with few coconuts.

11. Go ahead and eat it up.

Overall time: Forty two minutes

Servings: Three to five

Now why are you waiting? This is one supreme recipe, learn it by heart.

Magical Green Smoothie Recipe

What you need

- One/eight cup vanilla flavor protein powder
- One/two -one tbsp hot water
- Three/four cup unsweetened almond milk
- One/four cup Greek yogurt
- One bag of herbal tea
- ¼ medium avocado
- One -two tsp stevia liquid concentrate

Directions

1. Assemble entire ingredients at one place.
2. In a small bowl, place the herbal tea bag and then you should add hot water in. Set apart.
3. Now we can proceed to the succeeding most important step.
4. Then cut avocado within chunks and place them in the blender. Then you should add protein powder, yogurt, and stevia.
5. One thing remains to be done now.
6. You should add the almond milk and blend till smooth.

Serve: One-three

Prep Time: 7 min

Dashing Green Salad Genesis

This one is super cool and quick recipe. You can make this real quick and impress anyone.

Ingredients:

- Two to three tbsp ketogenic raspberry vinaigrette
- 2 ox mixed green vegetables of your choice
- Two oz cubed cheese
- Three to four tbsp roasted pine nuts
- Salt and pepper
- 2 to 3 tablespoon parmesan cheese (shaved)

Directions:

1. Assemble entire ingredients at one place.
2. Start cooking the cheese cubes to make it crisp and then crumble in small pieces.
3. Now you only have to perform below mentioned step.
4. Mix all the salad Ingredients and combine the cheese. Shake the bowl well and then you can serve.

Overall time: 7 min

Servings: One to two

Mouth Watering Choco Almond Duo

This recipe is outstanding. I have to restrain myself from eating it while preparing it for somebody else.

Ingredients

- 3 to 5 tablespoon sweetener to taste
- One cup almond butter
- Splash of almond extract (optional)
- Three to four tbsp cocoa powder, unsweetened
- One cup organic coconut oil

Instructions

1. Assemble all items at one place.
2. In a saucepan over medium heat, melt coconut oil and almond butter. Stir in cocoa powder and sweetener of your choice. Withdraw from heat and combine almond extract.
3. Now we can proceed to the subsequent most important step.
4. Pour almond mixture into silicone candy molds. Freeze or may be refrigerate until set.
5. Before using, remove from molds and store in a fridge in an air tight container.

Servings: 2 to 4

Cooking Time: 12 minutes

Amazing Demolished Eggs

I bet that you'll love it.

What you need

- Extra virgin olive oil (1-two teaspoon)
- 4 eggs boiled and sliced
- Kosher salt (one teaspoon)
- Paprika (half-1 tsp)

Directions

1. Assemble entire items at 1 place.
2. Set olive oil to eggs and dust with salt and paprika.
3. Serve and enjoy.

Strong Turbo Pecan-Maple Conqueror

What you need:

- 1/2 cup coconut oil
- 1/2 cup almond flour
- 1/2 to one teaspoon apple cider vinegar
- 2 large eggs
- Two to three teaspoon maple extract
- 1/4 cup pecans, coarsely shredded
- 1/4 to half teaspoon liquid stevia
- Half cup golden flaxseed
- 1/4 cup erythritol
- 1 to 2 teaspoon vanilla extract
- Half to 1 teaspoon baking soda

Directions:

1. Assemble entire items at one place.
2. Keep apart 1/3 portion of shredded pecans for final topping.
3. Mix the wet and dry Ingredients in separate bowls and then blend them together to make the batter.
4. Now pour the batter in 5 small mugs and then make the final topping with the reserved pecans.
5. Now comes the following most important step.
6. Cook the cakes in microwave oven for 32 minutes, making sure that the cake is well set. Allow 5 minutes of standing time in the oven and then serve after cooling.

Overall time: 32 minutes

Serves: 6

Tempting Sausage Supremacy

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

Ingredients:

- 1/8 teaspoon salt
- Three oz ground sausage (cooked)
- 10 drops of stevia
- 1 to 2 tsp vanilla flavoring
- Two to three tbsp coconut milk
- One cup of almond flour
- 1 to 2 tbsp psyllium husk powder
- Two large eggs
- Half to one teaspoon baking powder
- ¼ cup erythritol

Instructions:

1. Assemble all the items at one place.
2. Blend the wet and dry items in separate bowls and then blend them together to make the batter. Remember to add the sausage at the end.
3. Pour the batter within 6 small microwave safe mugs and start cooking in microwave oven for 32 minutes.
4. Let the cakes rest in the oven for seven minutes and then serve.
5. Now you should keep it away and proceed to the subsequent step.

Overall time: 32 minutes

Serve: 5 to 6

Superb Brie & Raspberry Combo Waffles

What you need:

Waffles:

- 2 to 3 tablespoon. swerve sweetener
- One to two teaspoon. baking powder
- 1/3 cup coconut milk
- Two teaspoon. vanilla extract
- 1/2 cup almond flour
- Two to three tbsp. flaxseed meal
- 7 drops liquid stevia
- Two large eggs

Filling:

- 2 to 3 tablespoon. butter
- One to two tablespoon. swerve sweetener
- 3 oz. cream brie
- One to two tablespoon. lemon juice
- zest of 1/2 lemon
- 1/2 cup raspberries

Directions:

1. Gather all the ingredients at one place.
2. Blend entire the waffle items in a container. Make sure your batter is smooth with no lumps.
3. Heaten up your waffle maker, and once it's hot you should add your mixture.
4. Now we can proceed to the subsequent most important step.
5. Start cooking till either the indicator light says it's ready or may be the steam dissipates.
6. Withdraw your waffles and then repeat as necessary to cooking entire of your batter.
7. Slice your brie and drape over 2 of your 4 waffles. The waffles will still be warm and this will melt the brie.

8. In a pan, heaten up the swerve sweetener and butter
9. Just as the butter begins to bubble, you should add your raspberries, lemon juice, and zest.
10. Now one thing remains to be done now.
11. Whisk your raspberry mixture until it begins to bubble. As the mixture lets off steam, it will develop a jam-like consistency, and this is exactly what you want!
12. Now take the 2 waffle pieces with the brie, and broil them till the brie begins to bubble.
13. Pour/spread your raspberry jam on top of the brie waffles and cover with the other two waffles.
14. Grill the Assembled waffle sandwich in the pan for a couple minutes until brown and crispy.
15. Enjoy! Go ahead and eat it up.
16. Serving size: 2 to 3 serve.

Out of the world Keto Cheesy Spinach Omelet

This is super cool recipe. You are gonna enjoy it.

What you need:

- One/two Hass avocado, sliced or may be shredded
- 2 Cups fresh baby spinach
- 1 Serving of no-sugar combined Salsa
- One-two tablespoon. olive oil
- One-two oz. shredded Monterey Jack cheese
- 2 large eggs, lightly beaten

Instructions:

1. Assemble all items.
2. In a nonstick skillet, cook thoroughly and add 1 tbsp. olive oil above medium high heat. After that withdraw from heat and put away.
3. Whisk the eggs and then you should add salt and black pepper to taste.
4. Using the same skillet, start cooking the eggs with the leftover olive oil for 7 minutes on every side.
5. Then top the cheese and spinach above half of the omelet and close.
6. One thing remains to be done now.
7. Allow to cook for four minutes until the cheese melts.
8. Garnish with avocado and salsa and serve
9. Smell the aroma and then serve.

This is the king recipe out there. Make sure you follow instructions carefully. If you follow them carefully, you will prepare a masterpiece.

Interesting Keto Mushroom, Onion & Cheese Omelet

This is one of the best things you could ask for.

What you need:

- Two-three large eggs, beaten
- One/four Cup shredded Cheddar
- One/two Cup shiitake mushrooms, sliced
- 1-2 teaspoon. canola oil
- One/three-One Cup chopped onion

Method of preparation:

1. Gather everything at one place.
2. Take a nonstick skillet and heat the canola oil above medium heat.
3. Sauté the onions and mushrooms for approximately 7 minutes, till they are soft and cooked through.
4. Now we can proceed to the next most important step.
5. Combine in the beaten eggs. Cook for five minutes on every side until cooked through.
6. Dress the half of the omelet with the onions, mushrooms and cheese and fold in half. Continue cooking for an additional four minutes until the cheese melts.
7. Now serve warm.

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