

10-DAY FAT FLUSH

**30 Fat-Flushing Snack
Recipes**



AVOCADO BACON BALLS



Ingredients

- 4 Bacon slices (about 4 oz cooked weight)
- 1 whole Avocado peeled and cut up (about 5 oz total weight)
- ¼ cup quality butter
- 2 oz cream cheese
- 1 tbsp garlic powder
- 1 tbsp jalapeno pepper chopped up very fine (IF YOU WANT TO SPICE IT UP)
- 1 tbsp lemon juice
- 2 tbsp onion, chopped fine
- Salt and pepper to taste

Instructions

Preheat oven to 400 degrees.

- 1 Take a rimmed cookie sheet and put a wire rack on top of it for cooking your bacon. I prefer to line mine with foil or parchment but it's only for convenience of an easier cleanup. We will be using some of the grease in the bottom of the pan, so it is your choice.
- 2 Place bacon on the wire rack and cook until crisp. I use thick sliced bacon and it usually takes about 20 – 25 minutes at the above 400 temperature. If you are using thinner bacon, just watch to ensure you don't burn it.
- 3 After cooked and cooled, crumble or process thick bacon or crumble thinner bacon into small pieces and set aside.



- 4 In a mixing bowl, combine avocado, softened butter and creamed cheese.
- 5 Mix until all three are combined, but don't worry if there are chunks. Those will taste good!
- 6 Add garlic powder and lemon juice and then salt and pepper to taste.
- 7 When the mixture is well combined, and this will probably require you to use your hands to mix well.
- 8 Taste and evaluate your seasonings.
- 9 Now add onion and jalapeno pepper (optional) and stir in.
- 10 Finally add some bacon grease drippings from your bacon pan, just enough to help your mixture become creamy, and that bacon grease will add so much flavor and then stir some more.
- 11 Now put in refrigerator for about an hour to cool and get firm.
- 12 Using a large serving spoon or an ice cream scoop, divide your mixture into 9 balls and roll or dab them in your bacon crumbs.

SAUSAGE ROLLS



Prep Time 15 minutes

Cook Time 30 minutes

Total Time 45 minutes

Ingredients

Sausage Rolls

- 500 g sausages
- Onion flakes to garnish
- Fat head pastry
- 170 g pre-shredded/grated mozzarella or Edam/mild
- 85 g almond meal/flour
- 2 tbsp cream cheese full fat
- 1 egg
- Pinch salt to taste
- 1 tsp onion flakes

Instructions

Pre-cook the sausages

- 1 Cut the sausage casing down the center using a sharp knife. Peel back the casing and discard.
- 2 Place each sausage on a lined baking tray and cook at 180C/350F for 10 minutes.



- 1 While the sausages are cooking, prepare the Fat Head pastry.
- 2 Mix the shredded/grated cheese and almond flour/meal in a microwaveable bowl. Add the cream cheese. Microwave on HIGH for 1 minute.
- 3 Stir then microwave on HIGH for another 30 seconds. Remove and stir again. Add the egg, salt, and onion flakes. Mix.
- 4 Place the Fat Head pastry between 2 pieces of baking parchment/paper and roll into a thin, rectangle (see photos here). Remove the top baking paper/parchment.
- 5 Cut the Fat Head pastry along one side and place the sausages along that edge. Begin to roll as shown in the pictures above and cut off the excess pastry.
- 6 Cut into sausage rolls and spray or drizzle oil over the top. Sprinkle with onion flakes (or sesame seeds) to garnish.
- 7 Bake at 220C/425F for 12-15 minutes, or until golden all over.

Recipe Notes

Fat Head pastry can also be made by replacing the almond meal/flour with 1/4 cup (4 tbsp) coconut flour.

PINWHEELS WITH BACON AND CREAM CHEESE



Ingredients

- 8 slices of ham or salami lunch meat thick sliced (or double up thinly sliced lunchmeat)
- 5-8 slices bacon cooked
- 4 oz cream cheese softened
- 1-1/2 teaspoons homemade ranch seasoning
- 1/4 cup black olives chopped

Instructions

- 1 Place the salami or ham down on a cutting board in overlapping rows 4x2.
- 2 Spread cream cheese over the salami. If your cream cheese is too hard to spread with a knife, you can try placing it between two sheets of wax paper and rolling it flat with a rolling pin and then placing it onto the salami or ham.
- 3 Sprinkle the ranch seasoning on the cream cheese and then add the black olives. (alternatively, you can blend seasonings into cream cheese before spreading).
- 4 Lay the strips of bacon across the cream cheese in the short direction.
- 5 Carefully roll the pinwheels - long side to long side, rolling as tightly as possible.
- 6 Hold the roll securely and cut into 1-2" pieces.
- 7 Serve as an appetizer or wrap each piece individually with plastic wrap for single-servings.

MOZZARELLA STICKS



Prep Time: 40m

Cook Time: 10m

Total Time: 50m

Ingredients

- 5 one ounce sticks of mozzarella string cheese, halved widthwise
- 1/2 cup + 1 tablespoon grated parmesan cheese
- 1 tablespoon coconut flour
- 1 teaspoon baking powder (optional)
- 1/2 teaspoon garlic powder
- 1 teaspoon Italian seasoning (or 1/2 t. each of dried basil and oregano)
- 1 egg
- Salt and pepper to taste

Instructions

- 1 Whisk egg with salt and pepper in a small bowl. In a separate shallow dish, combine the dry ingredients.
- 2 Dip each piece of cheese into the egg, and then roll in the parmesan mixture to coat. Repeat this twice to form a double coating on each cheese stick.
- 3 Place cheese sticks into a small rectangular dish or other container, and chill in the freezer for at least 25 minutes.
- 4 Heat about half an inch of oil in a frying pan over medium heat.
- 5 Fry cheese sticks until golden brown, about 60 to 90 seconds per side. Drain excess oil on paper towels.
- 6 Serve alone, or with a side of low carb marinara sauce for dipping.

PEPPERONI CUPS



Ingredients

- 24 “sandwich style” pepperoni slices (2+ inches wide)
- 24 small basil leaves
- 1 small jar marinara sauce (no sugar added)
- 24 mini mozzarella balls
- Sliced black olives (optional)

Instructions

- 1 Preheat the oven to 400 degrees F. Using kitchen shears, snip 4 – 1/2 inch cuts around the edges of each pepperoni slice, leaving the center uncut. Each pepperoni should look like a circular cross. (See post image for clarification.)
- 2 Press each pepperoni down into a mini muffin pan. Bake for 5-6 minutes, until the edges are crispy, but the pepperoni is still red. Let the pepperoni cool in the pans for 5 minutes to crisp, so they hold their shape. Then move the cups to a paper towel lined plate to remove excess oil.
- 3 Wipe the grease out of the muffin pan with a paper towel, then return the cups to the pan. Place a small basil leaf in the bottom of each cup, followed by a 1/2 teaspoon of pizza sauce, a mini mozzarella ball, and an olive slice.
- 4 Place back in the oven for 2-3 minutes, until the cheese starts to melt. Allow the cups to cool again for 3-5 minutes before serving.

ROSEMARY PARMESAN CRACKERS



Ingredients

- 1 1/2 cups raw sunflower seeds
- 1/2 cup chia seeds
- 3/4 cup finely grated Parmesan
- 2 tbsp chopped fresh rosemary
- 1/2 tsp garlic powder
- 1/2 tsp baking powder
- 1 large egg
- 2 tbsp melted butter
- 1/2 tsp kosher salt

Instructions

- 1 Preheat oven to 300F.
- 2 In a high-powered blender or food processor, grind the sunflower seeds and chia seeds until finely ground (I actually grind mine in batches in my coffee grinder, it works quite well). Then measure out 1 1/2 cups of the ground sunflower seeds and 1/2 cup of the ground chia seeds into a large bowl.
- 3 Stir in Parmesan, fresh rosemary, garlic powder and baking powder.
- 4 Stir in egg and butter until dough comes together.
- 5 Turn dough out onto a large piece of parchment paper and pat into a rough triangle. Top with another large piece of parchment paper. Roll out to about a 1/8-inch thickness, as evenly as you can. Remove top parchment.
- 6 Use a sharp knife or pizza cutter to score into 2 inch squares. Sprinkle with kosher salt. Transfer whole bottom parchment paper to a large baking sheet.
- 7 Bake 40 to 45 minutes, or until edges are golden brown and the crackers are firm to the touch. Remove and let cool completely before breaking apart. They will continue to crisp up as they cool (but I don't blame you for breaking off the uneven edges and nibbling on those!)

CORN DOG NUGGETS



Prep Time 5 mins
Cook Time 15 mins
Total Time 20 mins

Ingredients

- 3 sausages chopped
- 1 cup almond flour
- 2 tbs low carb sweetener granulated
- 1 tsp baking powder
- 3 eggs beaten
- 4 tbs unsalted butter melted and cooled

Instructions

- 1 Preheat the oven to 375F.
- 2 Mix together almond flour, sweetener, and baking powder in a bowl. Add beaten eggs and cool melted butter. Mix everything together thoroughly.
- 3 Spoon the mixture into a six-hole muffin pan. Add 3 pieces of snack stick to each muffin.
- 4 Bake for 12-15 minutes until cooked through.

PICKLE EGG SALAD



Prep Time 10 mins

Cook Time 15 mins

Total Time 25 mins

Ingredients

- 6 large eggs
- 3 dill pickle spears
- 1 stalk celery
- 2 ounces cream cheese softened
- 3/4 cup mayo
- 1 tbsp. Apple cider vinegar
- 1/2 tsp. garlic powder
- 1/4 tsp. dill weed*
- Salt & pepper to taste

Instructions

- 1 Put eggs in large sauce pan and cover eggs by about 2 inches of water.
- 2 Bring eggs to rolling boil and let boil about 1-2 minutes.
- 3 Remove from heat and cover
- 4 Let stand covered about 15 minutes.
- 5 Drain eggs and rinse with cold water



- 6 Peel eggs and chop into chunks and place in large serving bowl.
- 7 Add chopped dill pickle spears and finely diced celery.
- 8 Meanwhile in small bowl combine softened cream cheese, mayo, ACV, garlic powder, dill weed, and salt & pepper to taste.
- 9 Pour over egg mixture and gently combine.
- 10 Can be stored in fridge covered for up to 5 days.

Recipe Notes

*Optional but I like to sprinkle egg salad with additional dill weed.

**Once I drain and rinse the eggs with cold water I place ice cubes in the cold water with the eggs for a few minutes and I've found this makes it much easier to peel them.

TACO BITES



Prep Time 10 mins

Cook Time 25 mins

Total Time 35 mins

Ingredients

- 1 lb grass-fed ground beef
- 3 tbsp taco seasoning
- 2 tbsp salted butter melted
- 6 large eggs
- 6 ounces Mexican Blend shredded cheese
- 1 cup salsa
- Other garnish such sour cream, sliced olives or guacamole

Instructions

- 1 In a large skillet over medium heat, sauté the beef until almost cooked through, breaking up the clumps with a wooden spoon. Add the taco seasoning and continue to sauté until completely cooked through. Remove from heat and let cool.
- 2 Preheat the oven to 350F and brush a good non-stick mini muffin pan with the melted butter. (You can also use silicone or parchment mini muffin liners, if you prefer - if your pan is not very non-stick, this is your best option). This recipe makes about 32 mini muffins so you may need to work in batches if you don't have more than one mini muffin pan.



- 3 In a large bowl, whisk the eggs. Add the taco meat and 4 ounces of the shredded cheese. Whisk thoroughly to combine.
- 4 Fill the muffin cups to about $\frac{3}{4}$ full and sprinkle with the remaining shredded cheese. Bake 15 to 20 minutes, until puffed and firm to the touch. Remove and let cool 10 minutes. Use a thin flexible spatula to run around the edge of the muffins to release.
- 5 Serve with your favourite taco toppings, such as salsa, sour cream, and guacamole.

PORK RINDS



Prep Time 30 mins
Cook Time 3 hrs 20 mins
Total Time 3 hrs 50 mins

Ingredients

- 3 to 5 lbs pork back fat and skin
- Extra cooking oil or lard if needed
- Sea salt to taste
- Pepper to taste

Instructions

- 1 Preheat oven to 250F and set a wire rack over a baking sheet.
- 2 Using a very sharp knife, cut pork skin and fat into long strips, about 2 inches wide. Score the fat on each strip every two inches. Insert knife carefully between skin and fat on one end of the strip and remove a portion of the fat (you will end up with a thin layer of fat still on the skin and that is fine).
- 3 Once that first part of fat is removed, you can hold the skin in one hand as you slide the knife down the strip to remove the majority of the fat. Again, a little fat still clinging to the skin is okay.
- 4 When the fat has been removed, cut each strip into 2 inch squares and place, fat-side down, on wire rack.
- 5 Bake 3 hours, until skin is completely dried out.



- 6 Meanwhile, if you want to use the pork fat to cook your chicharrones, place it in a large saucepan over medium low heat. Cook gently until most of the fat has liquified, about 2 hours. This is also the same way you can render lard for future cooking use. Use a slotted spoon to remove any remaining solids. Discard (or eat, they taste like bacon and are great on salad!).
- 7 When baking time is up, heat oil/lard to a depth of 1/3 in the pan. Or you can just have a few inches of oil and can cook your pork rinds in batches. Oil should be quite hot but not bubbling.
- 8 Add pork rinds and cook until they bubble and puff up, about 3 to 5 minutes. Remove and drain on a paper towel-lined plate. Sprinkle immediately with salt and pepper.

GRAHAM CRACKERS



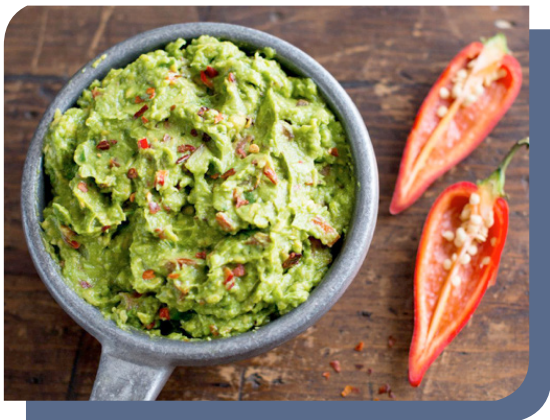
Ingredients

- 2 cups almond flour
- 1/3 cup Swerve Sweetener
- 2 tsp cinnamon
- 1 tsp baking powder
- Pinch salt
- 1 large egg
- 2 tbsp butter melted
- 2 tsp molasses (optional, but improves colour and flavour)
- 1 tsp vanilla extract

Instructions

- 1 For the crackers, preheat oven to 300F.
- 2 In a large bowl, whisk together almond flour, sweetener, cinnamon, baking powder and salt. Stir in egg, melted butter, molasses and vanilla extract until dough comes together.
- 3 Turn dough out onto a large piece of parchment paper or silicone liner and pat into a rough rectangle. Top with another piece of parchment. Roll out dough as evenly as possible to about 1/8 to 1/4 inch thickness.
- 4 Remove top parchment and use a sharp knife or a pizza wheel to score into squares of about 2x2 inches. Transfer the entire piece of parchment onto a baking sheet.
- 5 Bake 20 to 30 minutes, until just beginning to brown and firm up. Remove crackers and let cool 30 minutes, then break up along score marks. Return to the warm oven (with oven off...if it's cooled down too much, turn it on and set the temperature at no higher than 200F). Let sit another 30 minutes or so, then cool completely (they will crisp up as they cool).

GUACAMOLE



Ingredients

- 2 avocados
- 1/4 cup red onion (diced)
- 6 grape tomatoes
- 1 clove garlic
- 1 tbsp olive oil
- Fresh cilantro
- 1 lime
- 1/4 tsp salt
- 1/8 tsp black pepper
- 1/8 tsp crushed red pepper (optional)

Instructions

- 1 Cut, pit and mash your avocados in a mixing bowl.
- 2 Dice up your red onions and tomatoes and add them to your avocado.
- 3 Squeeze garlic clove and olive oil and mix to combine.
- 4 Now, add the cilantro and the juice of one lime as well. Season with salt and pepper to taste and crushed red pepper, if using.
- 5 Mix well and enjoy with some pork rinds or low carb crackers!

KALE CHIPS



Ingredients

- 1 bunch kale
- 2 tbsp olive oil
- 2 tbsp Parmesan cheese
- 1 tsp garlic powder
- 1 tsp salt
- 1 tsp crushed red pepper

Instructions

- 1 Start by washing and drying your bunch of kale. Make sure to dry them really well between some paper towels. If the kale is too wet with water when going in to the oven, it will steam instead of bake.
- 2 Rip into your desired pieces. Stem in or out, your preference.
- 3 Pour in your oil of choice; we used olive oil. And add in your seasoning.
- 4 Using your hands, gently massage and combine all the ingredients and make sure both sides of every leaf are shiny with oil.
- 5 Next, lay and space them out on a cookie sheet. We didn't grease ours as our chips were oily enough.
- 6 Throw them into the oven at 350°F. After 8 minutes, check in on them. If they're still soft, keep baking for 2 minute intervals. We ended up baking ours for about 12 minutes.
- 7 When they're sufficiently crunchy, take them out and tip them over into a deep bowl.

GREEN BEAN FRIES



Ingredients

- 12 oz. green beans
- 1 large egg
- 2/3 cup grated parmesan
- 1/2 tsp pink Himalayan salt
- 1/4 tsp black pepper
- 1/2 tsp garlic powder (optional)
- 1/4 tsp paprika (optional)

Instructions

- 1 Preheat the oven to 400°F and make sure your green beans are dry and snapped (the fibrous end cut off).
- 2 Combine the grated Parmesan cheese with the seasonings on a shallow plate and mix to evenly disperse everything.
- 3 Whisk an egg in a bowl large enough to drench the green beans in. Drench a handful of green beans in the beaten egg and let the excess drop off for a few seconds.
- 4 Gently press the green beans in the Parmesan cheese mixture and sprinkle some cheese over. Toss gently with your hands.
- 5 Place the green beans on your largest, greased baking sheet making sure they have room on all sides to crisp up in the oven. Bake for about 10 minutes, checking to see that the cheese has become slightly golden.
- 6 Let the green beans cool until they can be handled. Serve with some spicy mayo or ranch and enjoy!

GROUND BEEF JERKY



Prep Time 30 minutes

Cook Time 8 hours

Total Time 8 hours 30 minutes

Ingredients

- 3 pounds ground beef or venison
- 5 teaspoons garlic powder
- 4 teaspoons sea salt
- 4 teaspoons fresh ground pepper
- 1 tablespoon liquid smoke

Instructions

- 1 Combine all ingredients in a large mixing bowl.
- 2 Using a jerky gun, press thin strips onto dehydrator racks. Or, roll thin between parchment paper, cut into strips and place on racks.
- 3 Dehydrate for 7-12 hours until dry and crisp.
- 4 Store up to 7 days in refrigerator or freeze for longer storage.

Recipe Notes

Makes 16 servings (2 strips each)

CASHEW SAUCE



Ingredients

- 3 oz. cashew nuts
- ¼ cup water
- ½ cup light olive oil or avocado oil
- 1 tbsp lemon juice
- ½ tsp onion powder
- ½ tsp salt
- 1 pinch cayenne pepper

Instructions

- 1 Add the nuts to a blender or food processor along with the other sauce ingredients, except for the oil. Process until smooth.
- 2 Add oil and puree a little more. If you want a lighter texture, add some more water or oil.

KETO AVOCADO HUMMUS



Ingredients

- 3 ripe avocados
- ½ cup fresh cilantro
- ½ cup olive oil
- ¼ cup sunflower seeds
- ¼ cup tahini (sesame paste)
- ½ lemon juice
- 1 garlic clove, pressed
- ½ tsp ground cumin
- ½ tsp salt
- ¼ tsp ground black pepper

Instructions

- 1 Cut the avocado lengthwise, remove the pit and spoon out the flesh.
- 2 Put all ingredients in a blender or food processor and mix until thoroughly smooth.
- 3 Add more oil, lemon juice or water if you want to have a looser texture. Adjust seasonings as needed.

SALAMI AND CHEESE CHIPS



Ingredients

- 3 oz. salami, about 20 slices
- 4 oz. grated parmesan cheese
- 1 tsp paprika powder

Instructions

- 1 Preheat the oven to 450°F (225°C), or set your oven to broil (high heat).
- 2 Place the salami slices on a baking sheet lined with parchment paper. Allow some space between the slices.
- 3 Place a mound of shredded cheese on top of every slice, about 1–2 tablespoons. Sprinkle paprika powder or dry herbs on top for additional flavors.
- 4 Place in the oven; bake until the cheese turns bubbly and golden brown. Check often so they don't burn.
- 5 Remove from the oven and let cool. Once cool, the chips are crunchy and ready to be enjoyed!

SESAME CRISPBREAD



Ingredients

- 1¼ cups sesame seeds
- 6 2/3 tbsp sunflower seeds
- 2 oz. shredded cheese
- 1 tbsp ground psyllium husk powder
- 6 2/3 tbsp water
- 2 eggs
- ¼ - 1 tsp salt

Instructions

- 1 Mix together all ingredients (grate the cheese coarsely), and spread out on parchment paper on a baking sheet.
- 2 Sprinkle sea salt on top.
- 3 Set the oven to 350°F (175°C) for 20 minutes.
- 4 Carefully cut the crackers into the desired form.
- 5 Lower the heat to 280°F (140°C) and let sit for another 40 minutes.
- 6 Remove the crispbread and make sure it's dry all the way through. I usually let it stay in the oven with the door slightly open until the oven is cool.

KETO SEED CRACKERS



Ingredients

- 1/3 cup almond flour
- 1/3 cup sunflower seeds
- 1/3 cup pumpkin seeds
- 1/3 cup flaxseed or chia seeds
- 1/3 cup sesame seeds
- 1 tbsp ground psyllium husk powder
- 1 tsp salt
- ¼ cup melted coconut oil
- 1 cup boiling water

Instructions

- 1 Preheat the oven to 300°F (150°C). Mix all dry ingredients in a bowl. Add boiling water and oil. Mix together with a wooden fork.
- 2 Keep working the dough until it forms a ball and has a gel-like consistency.
- 3 Place the dough on a baking sheet lined with parchment paper. Add another paper on top and use a rolling pin to flatten the dough evenly.
- 4 Remove the upper paper and bake on the lower rack for about 45 minutes, check occasionally. Seeds are heat sensitive so pay close attention towards the end.
- 5 Turn off the oven and leave the crackers to dry in the oven. Once dried and cool, break into pieces and spread a generous amount of butter on top.

STUFFED MINI BELL PEPPERS



Ingredients

- 8 oz. mini bell peppers, about 8-10
- 8 oz. cream cheese
- 1/6 oz. air-dried chorizo, thinly sliced
- ½ tbsp mild chipotle paste
- 2 tbsp olive oil
- 1 tbsp fresh thyme or fresh cilantro

Instructions

- 1 Split the bell peppers lengthwise and remove the core.
- 2 Chop the sausage and herbs finely.
- 3 Mix cheese, spices and oil in a small bowl. Add sausage and herbs, and stir together.
- 4 Spread out the cheese cream into the bell peppers and serve as a snack or appetizer.

LOW-CARB ONION RINGS



Ingredients

- 1 jumbo onion
- 1 egg
- 1 cup almond flour
- ½ cup grated parmesan cheese
- 1 tsp garlic powder
- ½ tbsp chili powder or paprika powder
- 1 pinch salt
- 1 tbsp olive oil

Instructions

- 1 Preheat the oven to 400°F (200°C), or turn on the broiler.
- 2 Peel the onion and slice into rings, about ½ inch thick.
- 3 Mix the dry ingredients in a bowl. Whisk the egg in another bowl.
- 4 Dip the onion rings in the egg batter and then in the flour mix, one at a time.
- 5 Place the rings on a baking sheet covered with parchment paper.
- 6 Drizzle or spray oil on the rings and bake in the oven for 15–20 minutes. If you are using the broiler, keep a close eye on them; they're done when golden brown and crisp.

LOW-CARB TORTILLA PIZZA



Ingredients

Low-carb tortillas

- 2 eggs
- 2 egg whites
- 6 oz. cream cheese
- ¼ tsp salt
- 1 tsp ground psyllium husk powder
- 1 tbsp coconut flour

Topping

- ½ cup tomato sauce
- 2 cups shredded cheese
- 2 tsp dried basil or dried oregano
- Salt and pepper (optional)



Instructions

Tortillas

- 1 Preheat the oven to 400°F (200°C).
- 2 Whisk the eggs and egg whites fluffy and continue to whisk with a hand mixer, preferably for a few minutes. Add cream cheese and continue to whisk until the batter is smooth.
- 3 Mix salt, psyllium husk and coconut flour in a small bowl. Add the flour mix one spoon at a time into the batter and continue to whisk some more. Let the batter sit for a few minutes, or until the batter is thick like an American pancake batter. How fast the batter will swell depends on the brand of psyllium husk – some trial and error might be needed.
- 4 Bring out two baking sheets and place parchment paper on each. Using a spatula, spread the batter thinly (no more than ¼ inch thick) into 4–6 circles or 2 rectangles.
- 5 Bake on upper rack for about 5 minutes or more, until the tortilla turns a little brown around the edges. Carefully check the bottom side so that it doesn't burn.

Pizza

- 1 Turn your oven up to 450°F (225°C).
- 2 Spread 1-2 tablespoons of tomato paste, sauce or ajvar (roasted red pepper sauce) on each low-carb tortilla bread. Salt and pepper if needed.
- 3 Bake the mini pizzas in the oven until the cheese has melted.

KETO CHEESE PUFFS



Ingredients

- 5 1/3 oz. Brie cheese, preferably President Brie

Instructions

- 1 Cut the rind off the brie cheese and cut into cubes, about ½ inch (1×1 cm). Remove the white edge.
- 2 Place a few pieces of the brie cheese on a parchment paper on a plate and bake in the microwave oven at full power for 1–2 minutes, watching carefully so they do not burn. Make a few at the time.
- 3 Let cool before serving. Season with spices of your choice.

KETO BREAD TWISTS



Ingredients

- ½ cup almond flour
- 4 tbsp coconut flour
- ½ tsp salt
- 1 tsp baking powder
- 1½ cups shredded cheese, preferably mozzarella
- 2 2/3 oz. butter
- 1 egg
- 2 oz. green pesto
- 1 egg, for brushing the top of the bread twists

Instructions

- 1 Preheat the oven to 350°F (175°C).
- 2 Mix all dry ingredients in a bowl.
- 3 Melt the butter and the cheese together in a pot on low heat. Stir with a wooden fork until the batter is smooth. Crack the egg and stir well.
- 4 Add the dry ingredients and mix together into a firm dough.
- 5 Place the dough between two sheets of parchment paper. Use a rolling pin and make a rectangle, about 1/5 inch thick.
- 6 Remove the upper piece of parchment paper. Spread pesto on top and cut into 1-inch strips. Twist them and place on a baking sheet lined with parchment paper. Brush twists with the whisked egg.
- 7 Bake in the oven for 15–20 minutes until they're golden brown.

KETO QUESADILLAS



Ingredients

Low-carb tortillas

- 2 eggs
- 2 egg whites
- 6 oz. cream cheese
- 1½ tsp ground psyllium husk powder
- 1 tbsp coconut flour
- ½ tsp salt

Filling

- 5 oz. grated Mexican cheese or hard cheese of your liking
- 1 oz. arugula lettuce
- 1 tbsp olive oil, for frying



Tortillas

- 1 Preheat the oven to 400°F (200°C).
- 2 Beat the eggs and egg whites together until fluffy. Add the cream cheese and continue to beat until the batter is smooth.
- 3 Combine the salt, psyllium husk powder and coconut flour in a small bowl and mix well. Add the flour mixture into the batter while beating. When combined, let the batter sit for a few minutes. It should be thick like pancake batter. Your brand of psyllium husk powder affects this step — be patient... If it does not thicken enough, add some more.
- 4 Place parchment paper on a baking sheet. Use a spatula to spread the batter over the parchment paper into a big square (if you want round tortillas you can fry them in a frying pan like pancakes).
- 5 Bake on the upper rack for about 5–7 minutes. The tortilla turns a little brown around the edges when done. Keep your eye on the oven — don't let these tasty creations burn on the bottom!
- 6 Cut the big tortilla into smaller pieces (6 pieces per baking sheet).

Quesadillas

- 1 Heat a small, non-stick skillet. Add oil (or butter) if desired. Put a tortilla in the frying pan and sprinkle with cheese, a handful of leafy greens and sprinkle with some more cheese, and top with another tortilla.
- 2 Fry each quesadilla for about a minute on each side. You'll know it's done when the cheese melts.

MUMMY DOGS



Ingredients

- ½ cup almond flour
- 4 tbsp coconut flour
- ½ tsp salt
- 1 tsp baking powder
- 2 2/3 oz. butter
- 1½ cups shredded cheese
- 1 egg
- 1 lb sausages in links, of good quality (preferably shaped like hot dogs)
- 1 egg, for brushing the dough
- 16 cloves, for the mummies eyes (optional)

Instructions

- 1 Preheat the oven to 350°F (175°C). Mix almond flour, coconut flour and baking powder in a bowl.
- 2 Melt the butter and cheese in a pan on low heat.
- 3 Stir thoroughly with a wooden spoon, for a smooth and flexible batter. It will take a few minutes.
- 4 Remove from the heat. Crack the egg and stir. Add the flour mixture and mix together into a firm dough.
- 5 Flatten into a rectangle, about 8×14 inches (20×35 cm).
- 6 Cut into 8 long strips, less than an inch wide (1.5–2 cm).
- 7 Wrap the dough strips around the hot dog and brush with a whisked egg.
- 8 Place on a baking sheet lined with parchment paper and bake for 15–20 minutes until the dough is golden brown. The hot dog will be done by then too.
- 9 Push two cloves into each hot dog to make them look like eyes – but only for decoration. Don't eat the cloves!

SALAD SANDWICHES



Ingredients

- 2 oz. Romaine lettuce or baby gem lettuce
- ½ oz. butter
- 1 oz. edam cheese or other cheese of your liking
- ½ avocado
- 1 cherry tomatoes

Instructions

- 1 2 oz. Romaine lettuce or baby gem lettuce
- 2 ½ oz. butter
- 3 1 oz. edam cheese or other cheese of your liking
- 4 ½ avocado
- 5 1 cherry tomatoes

CHEDDAR CHEESE AND BACON BALLS



Ingredients

- 5 1/3 oz. bacon
- 1 tbsp butter
- 5 1/3 oz. cream cheese
- 5 1/3 oz. cheddar cheese
- 2 oz. butter, at room temperature
- ½ tsp pepper (optional)
- ½ tsp chili flakes (optional)

Instructions

- 1 Fry the bacon in butter until golden brown. Remove from the pan, and let cool completely on paper towels.
- 2 Crumble or chop the bacon into small pieces and place in a medium-sized bowl.
- 3 In a bigger bowl, mix the grease left over from frying the bacon with all the remaining ingredients by hand, or with an electric handmixer.
- 4 Place the big bowl in the fridge for 15 minutes to set.
- 5 Make 24 walnut-sized balls, using two spoons. Roll them in the crumbled bacon and serve.

SPICY DEVILED EGGS



Ingredients

- 6 eggs
- 1 tbsp red curry paste
- ½ cup mayonnaise
- ¼ tsp salt
- ½ tbsp poppy seeds

Instructions

- 1 Place the eggs in cold water in a pan, just enough water to cover the eggs. Bring to a boil without a lid.
- 2 Let the eggs simmer for about eight minutes. Cool quickly in ice-cold water.
- 3 Remove the egg shells. Cut off both ends and split the egg in half. Scoop out the egg yolk and place in a small bowl.
- 4 Place the egg whites on a plate and let sit in the refrigerator.
- 5 Mix curry paste, mayonnaise and egg yolks into a smooth batter. Salt to taste.
- 6 Bring out the egg whites from the refrigerator and apply the batter.
- 7 Sprinkle the seeds on top and serve.