

Agave Nectar (1 tsp)	<ul style="list-style-type: none"><li>• 3 tsp stevia drops</li></ul>
Arrowroot powder (1 tbsp)	<ul style="list-style-type: none"><li>• ½ tbsp agar agar powder</li><li>• 1 tsp xanthan gum</li><li>• 1 tbsp psyllium husk powder</li></ul>
Almond milk (1 cup)	<ul style="list-style-type: none"><li>• 1 cup of unsweetened almond milk</li></ul>
Apple juice	<ul style="list-style-type: none"><li>• Great value sugar-free apple drink mix</li></ul>
Apple	<ul style="list-style-type: none"><li>• Green chayote squash</li></ul>
All purpose flour (1 cup)	<ul style="list-style-type: none"><li>• 1 cup almond flour</li><li>• ¼ cup coconut flour</li></ul>
Banana (1 medium)	<ul style="list-style-type: none"><li>• 1 tsp banana extract (great for baking)</li></ul>
Beer	<ul style="list-style-type: none"><li>• 1 can Miller 64 extra light lager</li><li>• 1 bottle of Corona Premier</li></ul>
Beans (¼ cup)	<ul style="list-style-type: none"><li>• ¼ cup black soya beans</li><li>• ¼ cup green beans</li></ul>
Buttermilk (1 cup)	<ul style="list-style-type: none"><li>• 1 cup unsweetened almond milk + 1 tbsp vinegar or 1 tbsp lemon juice</li></ul>
Bisquik (¼ cup)	<ul style="list-style-type: none"><li>• ¼ cup Carbquik</li></ul>
Breadcrumbs (½ cup)	<ul style="list-style-type: none"><li>• ½ cup pork rind crumbs</li><li>• ¼ cup almond flour + ¼ cup Parmesan cheese</li><li>• ½ cup crumbled keto bread</li></ul>

Brown sugar (1 tbsp)	<ul style="list-style-type: none"> <li>• 1 tbsp swerve brown sugar substitute</li> <li>• 1 tbsp Lakanto brown sugar substitute</li> <li>• 1 tbsp Besti brown sugar substitute</li> <li>• 1 tbsp So Nourished Gold monk fruit erythritol blend</li> <li>• 1 tbsp erythritol sweetener + 2 drops of maple syrup</li> <li>• 1 tbsp erythritol sweetener + 1 drop of molasses</li> </ul>
Barley (1 cup)	<ul style="list-style-type: none"> <li>• 1 cup riced cauliflower</li> </ul>
Bread	<ul style="list-style-type: none"> <li>• Almond flour bread</li> <li>• Coconut flour bread</li> <li>• Sola white bread</li> <li>• 90-second bread</li> </ul>
Banana (medium)	<ul style="list-style-type: none"> <li>• 1 tsp banana extract (great for baking)</li> </ul>
Balsamic vinegar (1 cup)	<ul style="list-style-type: none"> <li>• 1 cup red wine vinegar + <math>\frac{1}{3}</math> cup golden Lakanto sweetener</li> </ul>
Cornstarch (1 tsp)	<ul style="list-style-type: none"> <li>• <math>\frac{1}{4}</math> tsp xanthan gum</li> <li>• 2 tsp chia seeds</li> <li>• <math>\frac{1}{2}</math> tsp psyllium husk powder</li> <li>• 1 tsp agar agar powder</li> </ul>
Coconut sugar (1 tsp)	<ul style="list-style-type: none"> <li>• 1 tsp erythritol</li> </ul>
Cinnamon sugar (1 tbsp)	<ul style="list-style-type: none"> <li>• <math>\frac{3}{4}</math> tbsp erythritol + <math>\frac{1}{4}</math> tbsp cinnamon powder</li> </ul>
Crescent rolls	<ul style="list-style-type: none"> <li>• Homemade keto crescent rolls (<b>see page 13</b>)</li> </ul>

Cream of mushroom soup	<ul style="list-style-type: none"> <li>• Homemade keto mushroom soup (<b>see page 14</b>)</li> </ul>
Cream of chicken soup	<ul style="list-style-type: none"> <li>• Homemade keto cream of chicken soup (<b>see page 15</b>)</li> </ul>
Cornmeal (¼ cup)	<ul style="list-style-type: none"> <li>• ¼ cup almond flour + ¼ tsp sweet corn extract</li> </ul>
Cupcakes	<ul style="list-style-type: none"> <li>• Homemade keto cupcakes (<b>see page 28</b>)</li> </ul>
Cookies	<ul style="list-style-type: none"> <li>• High Key sugar-free cookies or Homemade keto cookies (<b>see page 15</b>)</li> </ul>
Cereal (1 cup)	<ul style="list-style-type: none"> <li>• 1 cup of Catalina crunch keto friendly cereal</li> </ul>
Crystal Light	<ul style="list-style-type: none"> <li>• 1 can of Bubly sparkling water</li> </ul>
Chickpea flour (1 cup)	<ul style="list-style-type: none"> <li>• 1 cup almond flour</li> </ul>
Corn flour (for baking)	<ul style="list-style-type: none"> <li>• Finely sifted almond flour</li> </ul>
Corn flour for thickening (1 tsp)	<ul style="list-style-type: none"> <li>• ½ tsp agar agar</li> </ul>
Corn	<ul style="list-style-type: none"> <li>• 1 cup riced broccoli</li> <li>• 1 cup riced cauliflower (<b>see page 17</b>)</li> </ul>
Corn tortillas (1 tortilla)	<ul style="list-style-type: none"> <li>• 1 homemade almond flour tortilla (<b>see page 16</b>)</li> </ul>
Couscous (1 cup)	<ul style="list-style-type: none"> <li>• 1 cup riced cauliflower (<b>see page 17</b>)</li> </ul>

Carrots for soup (½ cup)	<ul style="list-style-type: none"> <li>• ½ cup turnips</li> <li>• ½ cup radishes</li> </ul>
Chocolate bar (⅓ bar)	<ul style="list-style-type: none"> <li>• ⅓ Lily's sugar free chocolate bar</li> </ul>
Chocolate chips (1 cup)	<ul style="list-style-type: none"> <li>• 1 cup Lily's sugar free chocolate chips</li> </ul>
Chips (1 bag)	<ul style="list-style-type: none"> <li>• 1 bag of Quest Nutrition Tortilla Style Protein Chips</li> </ul>
Croutons (1 serving)	<ul style="list-style-type: none"> <li>• 1 serving of homemade keto croutons</li> </ul>
Cherries for flavor (1 cup)	<ul style="list-style-type: none"> <li>• 1 tsp cherry extract</li> </ul>
Cherries for baking (1 cup)	<ul style="list-style-type: none"> <li>• ½ cup pitted cherries + ½ cup cranberries)</li> </ul>
Condensed milk (1 cup)	<ul style="list-style-type: none"> <li>• ¾ cups heavy cream + 2 tbsp butter + 3 ½ tbsp keto sweetener (<b>see page 28</b>)</li> </ul>
Champagne (1 glass)	<ul style="list-style-type: none"> <li>• 1 glass Veuve Clicquot champagne</li> </ul>
Crackers (1 bag)	<ul style="list-style-type: none"> <li>• ½ bag of Fat Snax Keto Crackers</li> </ul>
Date syrup (¼ cup)	<ul style="list-style-type: none"> <li>• ¼ cup of your favorite keto friendly syrup</li> </ul>
Dried cranberries	<ul style="list-style-type: none"> <li>• ¼ cup homemade dried cranberries</li> </ul>
Evaporated milk (1 cup)	<ul style="list-style-type: none"> <li>• 2 cups almond milk, reduced by 50% (<b>see page 27</b>)</li> </ul>
Energy drink (1 can)	<ul style="list-style-type: none"> <li>• 1 can of Bang energy drink</li> </ul>

Elbow macaroni (1 cup)	<ul style="list-style-type: none"> <li>• 1 cup egg noodles</li> <li>• ¼ cup Kaizen low carb pasta</li> </ul>
Egg roll wrappers	<ul style="list-style-type: none"> <li>• Homemade keto egg roll wrappers (<b>see page 17</b>)</li> </ul>
French fries	<ul style="list-style-type: none"> <li>• Zucchini fries (<b>see page 18</b>)</li> <li>• Jicama fries (<b>see page 19</b>)</li> <li>• Rutabaga fries</li> </ul>
Fruit salad	<ul style="list-style-type: none"> <li>• Strawberries, blueberries, raspberries</li> </ul>
Frappuccino (1 cup)	<ul style="list-style-type: none"> <li>• 1 keto Frappuccino with heavy cream, coffee, unsweetened almond milk, ice, and keto sweetener (<b>see page 29</b>)</li> </ul>
French vanilla creamer	<ul style="list-style-type: none"> <li>• Bulletproof Keto French Vanilla Creamer</li> </ul>
Frosting	<ul style="list-style-type: none"> <li>• Homemade keto frosting (<b>see page 20</b>)</li> </ul>
Greek yougurt (1 cup)	<ul style="list-style-type: none"> <li>• 1 cup :ratio yogurt</li> </ul>
Graham crackers	<ul style="list-style-type: none"> <li>• Keto graham crackers (<b>see page 36</b>)</li> </ul>
Granola (¼ cup)	<ul style="list-style-type: none"> <li>• ¼ cup homemade keto granola (<b>see page 20</b>)</li> </ul>
Grits (1 serving)	<ul style="list-style-type: none"> <li>• 1 serving of Phenomenal Foods cream keto hot cereal</li> </ul>
Gravy	<ul style="list-style-type: none"> <li>• Homemade keto gravy (<b>see page 21</b>)</li> </ul>
Garlic bread	<ul style="list-style-type: none"> <li>• Keto garlic bread (<b>see page 30</b>)</li> </ul>

Honey (1 tbsp)	<ul style="list-style-type: none"> <li>• 1 tbsp Nature's Hollow sugar-free honey substitute</li> <li>• 1 tbsp yacon syrup</li> </ul>
Hamburger buns (1 bun)	<ul style="list-style-type: none"> <li>• 1 keto hamburger bun (<b>see page 31</b>)</li> <li>• 1 Keto Culture hamburger bun</li> </ul>
Hoisin sauce (2 tbsp)	<ul style="list-style-type: none"> <li>• <math>\frac{2}{3}</math> tbsp soy sauce + <math>\frac{1}{4}</math> tsp minced garlic + <math>\frac{1}{2}</math> tbsp swerve brown sugar + <math>\frac{1}{2}</math> tbsp natural peanut butter + <math>\frac{1}{4}</math> tsp rice wine vinegar + <math>\frac{1}{4}</math> tsp sesame oil + <math>\frac{1}{4}</math> tbsp water</li> </ul>
Hominy	<ul style="list-style-type: none"> <li>• Cauliflower rice (<b>see page 17</b>)</li> </ul>
Hash browns	<ul style="list-style-type: none"> <li>• Cauliflower hash browns (<b>see page 21</b>)</li> </ul>
Ice cream	<ul style="list-style-type: none"> <li>• Homemade keto vanilla ice cream with 2 cups heavy cream, 2 tbsp butter, <math>\frac{1}{4}</math> cup powdered Swerve, and 1 tsp vanilla extract (<b>see page 22</b>)</li> <li>• Homemade keto butter pecan ice cream with 1 cup heavy cream, 1 <math>\frac{1}{2}</math> tbsp butter, <math>\frac{1}{4}</math> cup powdered Erythritol, <math>\frac{1}{2}</math> tsp vanilla extract, 1 large egg yolk, <math>\frac{1}{2}</math> cup pecans, <math>\frac{1}{8}</math> tsp xanthan gum (<b>see page 22</b>)</li> <li>• Breyers Sugar-free Frozen Dairy Dessert</li> <li>• Rebel Keto Ice Cream</li> </ul>
Jambalaya	<ul style="list-style-type: none"> <li>• Cauliflower rice jambalaya (<b>see page 23</b>)</li> </ul>
Ketchup (1 tbsp)	<ul style="list-style-type: none"> <li>• 1 tbsp Heinz no sugar added ketchup</li> <li>• 1 tbsp G Hughes Sugar-free ketchup</li> <li>• 1 tbsp Primal Kitchen unsweetened ketchup</li> </ul>

Kecap manis (½ cup)	<ul style="list-style-type: none"> <li>• ¼ cup soy sauce + ¼ cup keto brown sugar substitute</li> </ul>
Lasagna noodles	<ul style="list-style-type: none"> <li>• Zucchini lasagna noodles</li> <li>• Palmini lasagna noodles</li> <li>• Eggplant lasagna noodles</li> <li>• Squash lasagna noodles</li> <li>• Deli meat slices (chicken, ham, turkey)</li> </ul>
Light syrup (1 cup)	<ul style="list-style-type: none"> <li>• 1 cup homemade keto light syrup with 1 cup distilled water, ½ cup erythritol and ¼ tsp xanthan gum</li> </ul>
Lentils (¼ cup)	<ul style="list-style-type: none"> <li>• ¼ cup black soya beans</li> <li>• ¼ cup cauliflower rice</li> </ul>
Light mayo (1 cup)	<ul style="list-style-type: none"> <li>• 1 cup homemade mayo</li> <li>• 1 cup store-bought mayo</li> </ul>
Maple syrup (1 tsp)	<ul style="list-style-type: none"> <li>• 1 tsp Lakanto sugar-free cinnamon maple syrup</li> </ul>
Muffins	<ul style="list-style-type: none"> <li>• Homemade keto muffins (<b>see page 32</b>)</li> </ul>
Muffin mix (1 oz)	<ul style="list-style-type: none"> <li>• 1 oz Lakanto keto muffin mix</li> </ul>
Milk (1 cup)	<ul style="list-style-type: none"> <li>• 1 cup of unsweetened almond milk</li> <li>• 1 cup unsweetened coconut milk</li> <li>• 1 cup unsweetened hemp milk</li> <li>• 1 cup unsweetened cashew milk</li> <li>• ½ cup heavy cream</li> <li>• ½ cup heavy cream + ½ cup water</li> </ul>
Molasses (1 tsp)	<ul style="list-style-type: none"> <li>• 1 tsp yacon syrup</li> </ul>

Mashed potatoes (½ cup)	<ul style="list-style-type: none"> <li>• ½ cup rutabaga mash</li> <li>• ½ cup cauliflower mash (<b>see page 33</b>)</li> <li>• ½ cup jicama mash</li> </ul>
Mac and cheese	<ul style="list-style-type: none"> <li>• Keto mac and cheese (<b>see page 34</b>)</li> </ul>
Multi grain bread (1 slice)	<ul style="list-style-type: none"> <li>• 1 slice Sola multi grain sweet oat bread (1 gram of net carbs)</li> </ul>
Naan bread	<ul style="list-style-type: none"> <li>• Homemade keto naan bread</li> </ul>
Nacho chips	<ul style="list-style-type: none"> <li>• Homemade keto tortilla chips</li> <li>• Quest Nutrition tortilla-style protein nacho cheese chips</li> <li>• Atkins Protein nacho cheese chips</li> </ul>
Noodles	<ul style="list-style-type: none"> <li>• Zucchini noodles or Zoodles</li> <li>• Butternut squash noodles</li> <li>• Homemade keto noodles (<b>see page 33</b>)</li> <li>• Keto-friendly Shirataki Konjac noodles</li> <li>• Natural Heaven hearts of palm spaghetti noodles</li> </ul>
Oatmeal	<ul style="list-style-type: none"> <li>• Keto hot breakfast by keto and Co</li> <li>• Homemade keto oatmeal (<b>see page 36</b>)</li> </ul>
Orange juice for acidic flavor	<ul style="list-style-type: none"> <li>• Vinegar</li> </ul>
Orange juice for drinking	<ul style="list-style-type: none"> <li>• Great Value Sugar-Free Orange Early Rise Drink Mix</li> </ul>
Oyster sauce	<ul style="list-style-type: none"> <li>• Homemade oyster sauce made with erythritol and xanthan gum</li> </ul>

Potatoes (1 cup)	<ul style="list-style-type: none"><li>• 1 cup Turnips</li><li>• 1 cup Rutabagas</li><li>• 1 cup Radishes</li></ul>
Potato salad	<ul style="list-style-type: none"><li>• Homemade keto 'radish' salad</li></ul>
Popcorn (1 cup)	<ul style="list-style-type: none"><li>• 1 cup keto popcorn made with cheese squares (<b>see page 24</b>)</li></ul>
Pineapple juice	<ul style="list-style-type: none"><li>• 1 tsp pineapple extract</li></ul>
Potato starch (1 tsp)	<ul style="list-style-type: none"><li>• ¼ tsp xanthan gum</li><li>• ½ tsp psyllium husk powder</li></ul>
Protein bar (1 bar)	<ul style="list-style-type: none"><li>• 1 Quest Nutrition protein bar</li><li>• 1 IQBAR keto protein bar</li><li>• 1 Nick's keto protein bar</li><li>• 1 Keto protein bar (<b>see page 24</b>)</li></ul>
Pizza crust (1 whole)	<ul style="list-style-type: none"><li>• 1 homemade fat-head pizza crust (<b>see page 25</b>)</li><li>• 1 homemade cauliflower pizza crust (<b>see page 25</b>)</li><li>• Scorty's Everyday keto pizza crust mix</li><li>• 1 Kbosh cauliflower keto pizza crust</li></ul>
Powdered sugar (1 tbsp)	<ul style="list-style-type: none"><li>• 1 tsp Swerve confectioners sweetener</li><li>• 1 tsp Lakanto powdered monk fruit sweetener</li><li>• 1 tsp Micro Ingredients powdered erythritol sweetener</li><li>• 1 tsp So Nourished powdered monk fruit sweetener with erythritol</li><li>• 1 tsp Besti natural powdered sugar substitute</li></ul>

Pasta	<ul style="list-style-type: none"> <li>• Shirataki noodles</li> <li>• Zucchini noodles</li> <li>• Natural Haven's pasta variety (angel hair, spaghetti, lasagna)</li> <li>• Kaizen low carb pasta (fusilli, ziti, radiatori)</li> </ul>
Peanut butter (1 tbsp)	<ul style="list-style-type: none"> <li>• 1 tbsp homemade peanut butter (<b>see page 35</b>)</li> <li>• 1 tbsp Skippy No Sugar Added peanut butter</li> <li>• 1 tbsp Skippy natural peanut butter</li> <li>• 1 tbsp Justin's gluten-free peanut butter</li> <li>• 1 tbsp Justin's almond butter</li> <li>• 1 tbsp Barny's almond butter</li> </ul>
Quinoa (1 cup)	<ul style="list-style-type: none"> <li>• 1 cup cauliflower rice (<b>see page 17</b>)</li> </ul>
Raisins (¼ cup)	<ul style="list-style-type: none"> <li>• ¼ cup dried cranberries</li> </ul>
Rice (1 cup)	<ul style="list-style-type: none"> <li>• 1 cup riced cauliflower</li> <li>• 1 cup riced broccoli</li> <li>• 1 cup Shirataki rice</li> </ul>
Rice flour (1 tbsp)	<ul style="list-style-type: none"> <li>• 1 tbsp konjac flour</li> </ul>
Ramen noodles (1 cup)	<ul style="list-style-type: none"> <li>• 1 cup Shirataki noodles</li> </ul>
Rolled oats (½ cup)	<ul style="list-style-type: none"> <li>• ½ cup Pure Traditions unsweetened keto oatmeal</li> </ul>
Red wine (1 glass)	<ul style="list-style-type: none"> <li>• 1 glass Chianti red wine</li> </ul>
Roux (1 tbsp)	<ul style="list-style-type: none"> <li>• 1.5 tsp oil + 1.5 tsp xanthan gum</li> </ul>

Simple syrup (1 cup)	<ul style="list-style-type: none"> <li>• 1 cup water, 1 cup granulated keto sweetener, ¼ tsp xanthan gum (<b>see page 35</b>)</li> </ul>
Soy sauce (1 tsp)	<ul style="list-style-type: none"> <li>• 1 tsp coconut aminos</li> </ul>
Steak sauce	<ul style="list-style-type: none"> <li>• Homemade keto steak sauce</li> </ul>
Soda (1 can)	<ul style="list-style-type: none"> <li>• 1 can of La Croix sparkling water</li> </ul>
Stuffing	<ul style="list-style-type: none"> <li>• Homemade keto stuffing (<b>see page 26</b>)</li> </ul>
Sushi	<ul style="list-style-type: none"> <li>• Keto sushi with vinegar-cauliflower rice</li> </ul>
Tapioca flour (1 tbsp)	<ul style="list-style-type: none"> <li>• 1 tsp Hazelnut flour</li> <li>• 1 tsp almond flour</li> </ul>
White wine (1 glass)	<ul style="list-style-type: none"> <li>• 1 glass of Chateau Ste. Michelle Columbia Valley dry Riesling</li> <li>• 1 glass of Pinot Blanc White Wine</li> <li>• 1 glass of Chenin Blanc White Wine</li> <li>• 1 glass of Viognier</li> <li>• 1 glass of Torrontés</li> </ul>
White bread (1 slice)	<ul style="list-style-type: none"> <li>• 1 slice of almond flour bread</li> <li>• 1 slice of Sola white bread</li> <li>• 1 slice of Hero white bread</li> </ul>
Wheat bread (1 slice)	<ul style="list-style-type: none"> <li>• 1 slice of almond meal bread</li> <li>• 1 slice of Sola wheat bread</li> <li>• 1 slice of Kiss My Keto wheat bread</li> </ul>
Worcestershire sauce (1 tsp)	<ul style="list-style-type: none"> <li>• 1 tsp Homemade keto Worcestershire sauce</li> </ul>

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White sugar (1 tbsp)

- 1 tbsp Lakanto Monk fruit white sugar substitute
  - 1 tbsp Anthony's classic white erythritol and monk fruit sweetener
  - 1 tbsp So Nourished granular erythritol
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## Homemade Keto Crescent Rolls

### Ingredients

- 1 ½ cups mozzarella cheese, grated
- 2oz. cream cheese, cubed
- ¾ cup almond flour
- 1/8 tsp onion powder
- 1/8 tsp garlic powder
- ½ tsp Italian seasoning
- Salt, to taste
- 1 egg
- ½ tsp baking powder, optional but raises the dough

### Instructions

1. To start, gather all the ingredients in one place.
2. Next in a mixing bowl, combine almond flour, onion powder, garlic powder, Italian seasoning, and salt.
3. In a microwave-safe bowl, combine cream cheese and mozzarella and microwave the cheese for 30 seconds. Repeat once again until the cheese is melted.
4. Add the cheese mixture to the dry ingredients.
5. Add egg and stir until the dough comes together, then refrigerate the dough for 30 minutes.
6. Preheat the oven to 350F and roll the dough to a ¼-inch thick rectangle. It is best to roll the gluten-free croissant dough between two pieces of baking paper.
7. Cut the dough into squares, then cut each square into a rectangle.
8. Roll the croissants, starting from the longer side towards the narrower side.
9. Arrange the croissants on a baking sheet. Bake for 15 minutes. Serve warm.

## Homemade Keto Mushroom Soup

### Ingredients

- 2 ½ cups sliced mushrooms
- ⅓ cup olive oil
- ¼ cup chopped onion
- 2 minced garlic cloves
- ⅓ cup heavy cream
- 2 ½ cups chicken broth
- 3 oz cream cheese
- 1 teaspoon black pepper
- ½ teaspoon chicken seasoning
- 1 teaspoon chipotle powder
- 1 teaspoon thyme
- ¼ teaspoon salt

### Instructions

1. Sauté the onion and garlic for a few minutes.
2. Then add the sliced mushrooms, salt, and black pepper and stir for 6 minutes
3. Pour the chicken stock, chicken seasoning, chipotle powder, and thyme. Bring to a boil, then lower the heat and simmer for 12 minutes.
4. Add the heavy cream and cream cheese and simmer for 5 more minutes.
5. Pour into a blender and blend until smooth
6. Then pour into the pot once more, place on the stove and simmer for 5 minutes on low heat. Serve.

## Homemade Keto Cream of Chicken Soup

### Ingredients

- 6 tablespoons unsalted butter
- ½ diced onion
- 1lb minced, cooked chicken breasts
- 2 ½ cups chicken stock
- 1 ¼ cups heavy cream
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon chicken seasoning
- ½ tsp xanthan gum

### Instructions

1. Place all of the ingredients except the heavy cream in a medium cast iron skillet.
2. Bring to a boil then reduce the heat to a simmer. Pour the heavy cream, and stir well. Then continue to simmer, stirring occasionally until thickened.

## Keto Butter Cookies

### Ingredients

- 1 cup superfine almond flour
- 3 tablespoons salted butter, softened
- ¼ cup of powdered erythritol
- ½ teaspoon of vanilla extract

### Instructions

1. Preheat the oven to 350F and line a baking sheet with parchment paper.
2. In a mixing bowl, combine almond flour and erythritol and mix well. Then add the butter and work it with your fingers for a few minutes.
3. Shape the dough into nine balls and place them on the baking sheet 2 inches apart.
4. Press each ball with a fork to flatten and create a crisscross pattern.
5. Bake for 10 minutes. Then cool on a wire rack for 20 minutes and enjoy!

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## Homemade Keto Tortillas

### Ingredients

- 1 cup of blanched almond flour
- 2 tbsp psyllium husk
- 1 tsp xanthan gum
- 2 tbsp butter
- ¼ cup hot water

### Instructions

1. Melt the butter in a microwave. Next, in a bowl, combine all the ingredients and knead for about 3 minutes or until the dough forms.
  2. The dough should be moist but not sticky.
  3. If you find that your dough is very sticky, add a little more almond flour and knead until it is no longer sticky.
  4. Divide the tortilla dough into six portions, roll each into a small ball then place on a plate. Cover these with some plastic wrap and place in the fridge for 10 minutes (or as long as 24 hours) till you're ready.
  5. Lightly oil the center of 2 pieces of parchment paper and place the ball of dough between the parchment paper.
  6. With a rolling pin, flatten until a 5 X 5-inch circle forms. Be very gentle.
  7. Gently remove the top layer of parchment paper and use a round bowl or spring form that is wide enough. Place the springform or bowl onto the dough and use a knife to trace around the edge to form the tortilla shell.
  8. Remove the excess dough from the sides, lift the bowl away, and gently lift the tortilla shell from the other piece of parchment paper.
  9. Coat a non-stick skillet with some cooking spray and cook each tortilla for 1 -2 minutes per side.
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## Homemade Riced Cauliflower

### Ingredients

- 1 medium-head cauliflower
- ½ teaspoon Himalayan salt
- 2 tablespoons olive oil
- Black pepper, to taste

### Instructions

1. Separate the cauliflower into florets. Then place those in a microwave-safe bowl, cover them with a paper towel, and microwave for 2 minutes.
2. Place the cauliflower in your food processor and process until you have a rice-like consistency.
3. Heat the olive oil in a skillet for 2 minutes. Then add the cauliflower, salt, and pepper and cook for 3 minutes, with no lid on. Once cooked, serve warm.

## Keto Egg Roll Wrappers

### Ingredients

- 1 tablespoon apple cider vinegar
- 1 tablespoon water
- 1 large egg
- 1 cup superfine almond flour
- 2 tablespoon coconut flour
- 1 teaspoon baking powder
- 2 teaspoon xanthan gum
- ½ teaspoon salt

### Instructions

1. Mix all dry ingredients together in a bowl.
2. Whisk the egg, and pour it into the bowl.
3. Pour the other wet ingredients into the bowl and mix to make a sticky dough.
4. Wrap the dough in plastic wrap and refrigerate for an hour. The dough will become pliable and lose its stickiness.
5. Place the dough between 2 sheets of parchment paper and roll to about 1/8 inch thick. Then cut the dough into squares (4x4 inches) until you make 10 wrappers.

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## Homemade Keto Zucchini Fries

### Ingredients

- 1 (Approx. 300 grams) large zucchini.
- 1 large egg
- ¼ cup Whey protein, naturally unflavored
- ¼ cup of almond flour
- 2 cups of oil for frying (It is ideal to use coconut oil, if you do not have it, you can use another vegetable oil)
- 1 teaspoon salt and some pepper to taste

### Instructions

1. Cut the zucchini transversely, avoiding the center of the zucchini. Then cut the zucchini into sticks, similar to French fries.
  2. Arrange the zucchini sticks on a wooden board and sprinkle them with salt. Let stand for about thirty minutes and dry with a cloth, remove a little salt. This will allow you to extract a little moisture from the zucchini and make them crispier.
  3. Beat the egg in a shallow container. Then, in a plastic container with a lid, mix the almond flour, the whey protein, and the pepper. Dip the zucchini sticks one by one in the beaten egg, and place them carefully in the container. Place the lid and shake vigorously for a few seconds
  4. Pour some oil into a pan, and heat over medium-high heat for at least 3 minutes. When the oil is hot add the zucchini sticks one by one with the help of a cooking tong. Wait a couple of minutes and turn around until they are brown on all sides. Remove from the pan and place on a plate with absorbent paper to remove excess oil. Repeat this procedure until all zucchini is cooked.
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## Homemade Keto Jicama Fries

### Ingredients

- 1 large jicama
- ¼ cup of oil
- 1 teaspoon freshly ground black pepper
- 1 teaspoon of salt
- ¼ cup of keto-friendly marinara sauce

### Instructions

1. Wash the jicama very well and peel it with a potato peeler to only remove the skin. Then rinse under running water and cut into jicama sticks. Use a long and sharp knife.
  2. Next, you will need to parboil your jicama sticks in a pot of water seasoned with salt for about 10-15 minutes.
  3. In the meantime, preheat your oven to 180 °C / 350 °F and spray your baking sheet with oil.
  4. Then you will remove your chopped jicama from the pot of boiling water, place it in a bowl, drizzle with oil, and season to your liking. Salt and pepper were used here.
  5. Place the jicama sticks on the tray, preventing them from sticking together. Bake until golden brown. If your oven has heated up and down, you can ignore this step, otherwise, remove the tray from the oven and turn the fries so that they brown evenly after 15 minutes of cooking.
  6. Lastly, cover a plate with napkins or absorbent paper and place the jicamas on it to remove excess oil.
  7. Serve these delicious jicama baked fries with low-carb marinara sauce.
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## Homemade Keto Frosting

### Ingredients

- 8oz. cream cheese, room temperature
- 2 tablespoons butter, softened
- 3 tablespoons powdered Erythritol
- ¼ teaspoon vanilla

### Instructions

1. In a large bowl, beat the room-temperature cream cheese and butter until fluffy.
2. Next, beat in powdered Erythritol and vanilla until smooth. That's it!

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## Homemade Keto Granola

### Ingredients

- 1 cup raw almonds
- 1 cup raw cashew nuts
- 1 cup raw pumpkin seeds
- 3 tbsp softened coconut oil
- 3 tbsp cocoa powder
- 3 tbsp sugar-free syrup, like Lakanto
- ½ tsp vanilla extract
- 1 pinch salt

### Instructions

1. Preheat the oven to 300F and line a baking sheet with parchment paper.
  2. Place the nuts and pumpkin seeds in a food processor and process until broken into little pieces. Do not over-process or you will end up with a powder.
  3. In a separate bowl, combine softened coconut oil, syrup, and vanilla and stir.
  4. Then fold in the processed nuts and cacao and add salt and stir to combine.
  5. Spread over a baking sheet and bake for 25 minutes. Cool the granola before breaking it into pieces.
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## Keto Gravy Recipe

### Ingredients

- 4 tbsp butter
- 2 cups beef broth
- ¼ tsp garlic powder
- 1 tsp xanthan gum
- Salt and pepper, to taste

### Instructions

1. In a sauce pot, combine the butter, beef broth, and garlic powder.
2. Then sprinkle with our secret ingredient, xanthan gum, and season to taste with salt and pepper.
3. Cook the gravy over medium-high heat until it boils. This will be about 1 minute. Then remove from the heat and serve.

## Homemade Cauliflower Hash Browns

### Ingredients

- 1 ½ cups cauliflower rice
- 1/3 cup shredded mozzarella
- 1 small egg
- 1 tbsp freshly grated parmesan
- 1 pinch of garlic powder
- Salt, to taste

### Instructions

1. Preheat oven to 400F and line a baking sheet with parchment paper.
2. Cook the cauliflower for 5 minutes with some oil or water.
3. Next, place the cauliflower in a bowl, and add mozzarella, egg, parmesan, garlic powder, and salt. Stir until combined.
4. Divide into 4 and place on a baking sheet. Press gently to flatten to ¼-inch thick.
5. Bake the hash browns for 25 minutes or until the edges are nicely crispy.

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## Homemade Keto Vanilla Ice Cream

### Ingredients

- 2 cups heavy cream
- 2 tbsp butter
- ¼ cup powdered Swerve
- 1 tsp vanilla extract

### Instructions

1. Simmer the heavy cream in a saucepot for 15 minutes. Then stir in the butter, powdered Swerve, and vanilla.
2. Once the butter is melted, remove it from the heat and pour it into a freezer-friendly container. Let it cool down for a few minutes, then pop the container into a freezer until firm. Serve and enjoy!

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## Homemade Keto Butter Pecan Ice Cream

### Ingredients

- 1 cup heavy cream
- 1 ½ tbsp butter
- ¼ cup powdered Erythritol
- ½ tsp vanilla extract
- 1 large egg yolk, gently beaten
- ½ cup pecans, chopped
- 1/8 tsp xanthan gum

### Instructions

1. Melt the butter in a large skillet over medium heat and allow the color of the butter to change, just a bit.
  2. Pour in the heavy cream and bring it almost to a simmer. Remove from the heat and stir in the sweetener and vanilla.
  3. Transfer to a bowl, add xanthan gum, and beat with an electric mixer.
  4. Stir in chopped pecans gently. Then transfer to a freezer-friendly container.
  5. Freeze for 4 hours, making sure you stir every 45 minutes to prevent ice crystals.
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## Homemade Keto Jambalaya

### Ingredients

- 0.5lb. chicken breasts
- 2 tbsp olive oil, divided
- 1 tbsp Cajun seasoning
- ½ onion, diced
- 12oz. riced cauliflower
- 1 stalk celery, chopped
- ½ cup chopped peppers, mixed
- 1 tsp garlic powder
- ½ tbsp smoked paprika
- 1 cup Andouille sausage, sliced
- 12oz. can of chopped tomatoes
- 6oz. peeled and deveined shrimp
- Salt and pepper, to taste

### Instructions

1. To start, gather all of your ingredients in one place, then preheat the oven to 350F.
2. Brush the chicken with olive oil and sprinkle with 1 tsp Cajun seasoning and bake the chicken for 25 minutes.
3. Next, in a small baking dish, toss the cauliflower with ¼ teaspoon Cajun seasoning and 1 tsp olive oil. Bake the cauliflower for 10 minutes.
4. Heat the remaining olive oil in a skillet. Add onions and bell pepper and cook for 5 minutes while stirring.
5. Next, add the sausage and remaining spices and cook for another 5 minutes.
6. Toss in the shrimp and cook for 2 minutes. Also, add in the chopped tomatoes.
7. Chop the chicken breast into pieces and add chopped tomatoes and the chopped chicken into the pot. Simmer for 5 minutes.
8. Stir in the riced cauliflower that was baked perviously and serve warm.

## Homemade Keto Popcorn

### Ingredients

- Semi-hard Gouda cheese

### Instructions

1. Grab the Gouda cheese and cut it into ¼-inch cubes. Then arrange the cheese cubes on a baking sheet lined with baking paper.
2. Let the cheese air dry for 3 hours. Make sure you pat the cheese dry with a kitchen towel.
3. Then preheat your oven to 140F.
4. Next, place the cheese on a middle rack and bake dry for 1 hour.
5. After 1 hour, increase the heat to 300F and bake for a few minutes. After a few minutes, the cheese will start popping.
6. Remove the cheese after 3 minutes and cool on a wire rack for 5 minutes.

## Keto Protein Bars

### Ingredients

- ½ cup (125g.) peanut butter
- 1 scoop of Stevia powder (To taste)
- 1 cup (130g.) dark chocolate
- 2 scoops (60g.) of keto vanilla protein
- ½ teaspoon of cinnamon, optional

### Instructions

1. Mix the peanut butter and the sweetener until the sweetener dissolves, then gradually incorporate the protein powder.
2. Continue mixing until you get a paste-like consistency that easily comes off the edges of the bowl, then place in the fridge for a few hours. Then spread the mixture on a flat surface and cut it into rectangles.
3. Put the bars into the freezer for a few minutes while melting the chocolate in the microwave.
4. Place the melted chocolate on a plate and dip the bars on both sides.

## Homemade Fathead Keto Crust

### Ingredients

- 1 ½ cup mozzarella cheese
- 2 tbsp cream cheese
- 2 eggs
- 1 cup almond flour
- ⅓ cup of marinara sauce
- ½ cup of grated mozzarella cheese

### Instructions

1. Preheat the oven to 200 °C (400 °F).
2. Melt the mozzarella cheese and cream cheese in the microwave. Then mix.
3. Add the other ingredients and mix well.
4. Moisten your hands with olive oil and flatten the dough on baking paper to form a circle about 20 cm (8 inches) in diameter. You can also use a rolling pin to smooth the dough between two sheets of baking paper.
5. Remove the top sheet of baking paper and pierce the dough with a fork over the entire surface. Then bake for 10-12 minutes until golden brown.

## Keto Cauliflower Pizza Crust

### Ingredients

- 1lb. Riced cauliflower
- ½ cup shredded mozzarella
- 1 egg
- Salt and pepper, to taste

### Instructions

- Preheat oven to 400F. Then place riced cauliflower in a microwave-safe bowl and microwave for 4 minutes.
- Pour the riced cauliflower into a fine mesh sieve and press to remove excess liquid.
- In a bowl, combine cauliflower, mozzarella, egg, and salt and stir to combine.
- Transfer the mixture to a baking sheet lined with parchment paper. Spread out in a circle and bake for 25 minutes.

## Homemade Keto Stuffing

### Ingredients

- 4 pork sausages, crumbled
- 1 tbsp olive oil
- 2 tbsp butter
- ½ cup leeks, chopped
- ½ tsp garlic powder
- 1 tsp Italian blend seasoning
- Salt and pepper, to taste
- 2 Keto bread slices, cubed
- ¼ tsp sage

### Instructions

1. To start, gather all of your ingredients in one place.
2. Then, cook the pork sausage in oil until browned.
3. Add leeks, garlic powder, Italian seasoning, salt, pepper, and sage. Then add keto bread and cook for 2 minutes.
4. Next, combine the butter and stock and pour over the bread and sausage.
5. Next, bake the stuffing in a casserole dish in a heated oven at 350F for 15 minutes.

## Homemade Keto Buttermilk

### Ingredients

- 1 scant cup of unsweetened almond milk
- 1 tbsp vinegar or lemon juice

### Instructions

- Mix the milk and vinegar together in a bowl
- Then let the mixture sit for about 10 minutes at room temperature.
- This will allow the milk to slightly curdle, giving it a buttermilk-like texture and taste.
- Use this keto buttermilk immediately.

## Homemade Almond Flour Keto Bread

### Ingredients

- 2 ¼ cups fine almond flour
- ¼ cup coconut flour
- 2 tsp glucomannan powder
- 1 tbsp active yeast
- 1 tbsp Erythritol
- 2 tbsp butter
- 1 cup warmed almond milk
- 1 large egg, optional
- ¼ cup warmed water

### Instructions

1. Preheat the oven to 350F.
2. Then in a mixing bowl, combine all the dry ingredients.
3. Next, combine the yeast, Erythritol, warm milk, and water in a separate bowl. Let it stand for 15 minutes.
4. Once the time is up, fold the dry ingredients into the wet ingredients and stir until the mixture comes together.
5. Pour the mixture into a greased loaf pan and bake the bread for 40 minutes.
6. Cool on a wire rack before slicing and serving.

## Homemade Keto Evaporated Milk

### Ingredients

- 2 cups of unsweetened almond milk (or other keto-friendly milk of choice)

### Instructions

1. Pour the unsweetened almond milk into a saucepan and simmer over low heat for 40 minutes.
2. Stir occasionally.
3. Let the milk reduce by half. By then, it should have thickened up quite a bit.
4. Use this in place of regular evaporated milk.

## Homemade Keto Condensed Milk

### Ingredients

- ¾ cups heavy cream
- 2 tablespoons unsalted butter
- 3 ½ tablespoons swerve

### Instructions

1. Add all your ingredients into a small saucepan over medium heat.
2. Bring the mixture to a boil, making sure to stir regularly until it begins to simmer.
3. Reduce the heat to low and simmer for 23 minutes.
4. Remove from the heat and cool completely before you use it.

## Homemade Keto Cupcakes

### Ingredients

- 1 cup fine almond flour
- 2 teaspoons baking powder
- 3 tbsp powdered erythritol
- ¼ cup of unsweetened almond milk
- 2 large eggs
- ¼ teaspoon salt
- 2 teaspoons vanilla extract

### Instructions

- Preheat the oven to 350 F and line a muffin tin with greased muffin liners.
- Add all the dry ingredients into a mixing bowl and stir well to combine.
- Stir in the remaining ingredients until well combined.
- Fill the muffin tins about ¾ of the way up.
- Bake on the center rack for 10 minutes, until a skewer comes out clean from the center.
- Remove from the oven and cool completely. They'll firm up while they cool.

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## Keto Frappuccino

### Ingredients

- 1 teaspoon instant espresso powder
- 1 ½ cups milk of unsweetened almond milk
- 1 ½ cups crushed ice
- 2 tablespoons of erythritol
- 1/4 cup whipped cream
- 2 tablespoons keto caramel sauce

### Instructions

1. Add all the ingredients, except for the whipped cream and keto caramel to a high-speed blender and blend until smooth.
2. Pour the contents of the blender into two tall glasses and top with whipped cream and drizzle with caramel sauce. Serve.

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## Keto Gravy

### Ingredients

- • 4 tbsp butter
- • 2 cups beef broth (or another type of broth)
- • ¼ tsp garlic powder
- • ½ tsp - 1 tsp xanthan gum
- • Salt and pepper, to taste

### Instructions

1. In a saucepot, combine butter, beef broth, and garlic powder.
  2. Sprinkle over the xanthan gum and season to taste with salt and pepper.
  3. Cook the gravy over medium-high heat until it boils. Cook for 1 minute.
  4. Remove from the heat and serve as desired.
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## Keto Garlic Bread Recipe

### Ingredients

- ½ cup almond flour
- 1 cup shredded mozzarella cheese
- ¼ cup Parmesan cheese
- 1 egg
- 2 tablespoon cream cheese
- 1 teaspoon garlic powder
- 3 tablespoons of butter
- 2 tablespoons finely chopped parsley
- 4 cloves of freshly minced garlic
- Salt and pepper to taste

### 1. Instructions

2. Preheat the oven to 150 ° F / 300 ° C and prepare a baking sheet. Add a little butter or oil to the mold and cover well with parchment paper.
3. In a large bowl, mix the almond flour and garlic powder together and set aside.
4. In a microwave-safe bowl, combine the mozzarella and cream cheese and microwave for 1 minute, until they are melted. Whisk together to combine.
5. Add the melted cheese mixture to the almond flour and garlic powder mixture. Also, add the egg and mix very well, until combined and a dough remains. Season with salt and pepper to taste.
6. Transfer the dough onto the lined baking sheet and shape it into an oval.
7. In a medium bowl, mix butter, minced garlic, parsley, and some salt together until well combined. Spread evenly over the dough with a pastry brush.
8. Bake the keto garlic bread for 15 minutes or until the surface is golden brown. Remove from the oven and let sit for a few minutes, before sprinkling with parmesan cheese.

## Homemade Keto Hamburger Buns

### Ingredients

- 3 cups shredded cheese mozzarella cheese
- 4 tbsp Greek yogurt
- 1 ¾ cups blanched almond flour
- 1 tablespoon baking powder
- 2 large eggs
- ¼ tsp salt

### For glazing

- 1 teaspoon sesame seeds
- 1 large egg

### Instructions

1. Preheat oven to 375 °F and line the baking sheet with parchment paper.
2. In a microwave-safe bowl, add the shredded cheese and microwave in 20-second spurts, until the cheese is mostly melted. Remove from the microwave and let the mixture cool slightly.
3. In a medium bowl, whisk together all dry ingredients.
4. In a large bowl, whisk together eggs and Greek yogurt until smooth.
5. Pour the dry ingredients, and the melted cheese into the large bowl and stir until well combined.
6. Lightly dust your surface with some almond flour, and with wet hands knead the dough for a few minutes until smooth.
7. Once the dough is smooth, divide it into 6 portions. Wet hands again and shape dough into 6 hamburger buns.
8. Whisk egg and sesame seeds and brush the tops of each bun.
9. Bake the buns for 19 minutes, or until golden brown on top. Remove from the oven and let cool for 5 minutes, before slicing in half and serving.

## Homemade Keto Cinnamon Muffins

### Ingredients

- ¼ cup heavy cream
- 3 tablespoons butter, softened
- 1 large egg
- ½ teaspoon vanilla
- ¼ cup powdered Erythritol
- ¾ cup almond flour
- 1 teaspoon baking powder
- ½ teaspoon cinnamon

### Instructions

1. To make these low-carb cinnamon muffins, gather all your ingredients in one place and heat up the oven to 375F.
2. In a bowl, beat the heavy cream, egg, and vanilla.
3. Then fold in the super fine almond flour, baking powder, Erythritol, and cinnamon.
4. Mix this all in until all the ingredients for the keto muffins are fully combined and a batter is formed.
5. Then line your muffin tin with paper liners and spoon the batter into the paper liners, up to ¾ full.
6. Bake the muffins for 15 minutes.
7. Once they're done, pull them out of the oven and cool them for 30 minutes.
8. Cover with cream cheese frosting and serve. Sprinkle with cinnamon if desired.

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## Homemade Keto Mashed Cauliflower

### Ingredients

- 4 cups of cauliflower florets
- 3 tbsp butter
- 3 tbsp cream cheese
- 2 tsp garlic powder
- Salt to taste and fresh herbs for garnishing

### Instructions

1. Fill a pot with 2 inches of water and simmer.
2. Arrange the cauliflower florets in a steaming basket. Place the basket over simmering water and close it with a lid.
3. Steam the cauliflower until soft, then place it in a blender with the other ingredients.
4. If you're using a blender, blend until smooth. Otherwise, mash until smooth.
5. Then serve topped with chives or other freshly chopped herbs.

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## Keto Noodles

### Ingredients

- 2 cups mozzarella cheese shredded
- 2 large egg yolks
- $\frac{1}{3}$  cup lupin flour

### Instructions

1. In a microwave-safe bowl, melt mozzarella cheese and let it cool for a few minutes.
  2. In another bowl, mix the eggs and flour.
  3. Then add melted cheese to the egg and flour mixture and make a ball of dough.
  4. Line a large baking tray with oiled parchment paper and transfer the dough onto it. Place another sheet of oiled parchment on top and roll with a rolling pin until very thin. Refrigerate for 35 minutes.
  5. Remove the dough from the refrigerator and use a pizza slicer to cut thin strips of dough. Refrigerate overnight.
  6. To cook the noodles, bring a large pot of water to a boil. Add the noodles and stir for 1 minute. No longer. Remove from the heat and rinse with running water. Serve.
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## Keto 'Mac' and Cheese

### Ingredients

- 1 head cauliflower, cut into florets
- 1 cup heavy cream
- 4 tbsp cream cheese, softened
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1 ½ cups shredded cheddar cheese
- 1 ½ cups shredded mozzarella cheese
- 1/4 cup pork rinds Panko crumbs
- 1/2 cup grated Parmesan cheese
- 3 tbsp butter, melted
- 4 slices bacon, diced and cooked
- Fresh parsley, for garnish
- Salt and fresh ground pepper, to taste

### Instructions

1. To start, preheat the oven to 375°F (180° C) and butter a 9×13 baking dish.
2. In a large pot, bring salted water to a boil, then add cauliflower florets and cook for 15 minutes.
3. Drain the cauliflower in a colander and place it in the baking dish.
4. Then in a medium bowl add heavy cream, cream cheese, onion powder, garlic powder, cheddar, and mozzarella cheese, and mix well.
5. Pour the cheese mixture over the cauliflower and toss to coat.
6. Bake, covered, for 10 minutes, stirring occasionally, until the cheese has completely melted.
7. Meanwhile, in a small bowl, combine pork rinds crumbs and grated Parmesan cheese. After 10 minutes, sprinkle the Parmesan mix in an even layer over the cauliflower.
8. Add melted butter, bacon, and fresh parsley and bake, uncovered, for 10 minutes, or until hot and bubbly.
9. Add more parsley for garnish, if desired

## Keto Peanut Butter Recipe

### Ingredients

- 1 cup of raw peanuts
- Himalayan salt, to taste, optional
- Monk fruit sweetener, optional

### Instructions

1. Assemble all the ingredients in one place.
2. Then preheat oven to 350F. Spread peanuts on a baking sheet in a single layer and roast for 20 minutes.
3. Cool the peanuts for a few minutes before placing them in a food processor.
4. Process the roasted peanuts for 5 minutes. Around the 3-minute mark, the peanut butter will become dough-like. At this point, you can add in your Himalayan salt and monk fruit, and continue to process for 2 more minutes until the peanuts turn into a creamy butter. Store in a mason jar.

## Homemade Keto Syrup

### Ingredients

- ¼ cup water
- ¼ cup powdered Erythritol
- 1/8 teaspoon Xanthan gum
- ¼ tablespoon of Maple extract, or vanilla extract

### Instructions

1. Whisk the water, Erythritol, and extract in a saucepan.
2. Bring to a gentle simmer for 5 minutes.
3. Pour the liquid into a blender and gently sprinkle the xanthan gum over the top. Blend this mixture until no lumps remain.
4. Wait a few minutes until the syrup has thickened up. At this point, add more xanthan gum if needed to reach your desired consistency. Pour into a pitcher and serve.

## Keto Oatmeal

### Ingredients

- 2 tablespoons ground flaxseed
- 1 tablespoon chia seeds
- ¼ cup hemp hearts
- ¼ cup almond flour
- 1 cup unsweetened almond milk
- 2 tablespoons swerve brown sugar

### Instructions

1. Add all the ingredients into a saucepan and simmer for 4 minutes or until thick.
2. Add toppings and enjoy immediately.

## Homemade Keto Graham Crackers

### Ingredients

- 2 cups blanched almond flour
- ⅓ cup swerve brown sugar
- 1 teaspoon cinnamon
- 1 large egg
- 4 tablespoons butter, melted
- ¼ teaspoon xanthan gum
- 1 tablespoon ground flaxseeds
- 1 teaspoon baking soda
- 1/4 teaspoon salt

### Instructions

1. Preheat the oven to 300°F/ 150°C.
2. In a large bowl, mix almond flour, sweetener, ground flaxseeds, cinnamon, baking soda, and salt. Then stir in the egg and melted butter until the dough forms.
3. Line a baking sheet with parchment paper and transfer the dough to the baking sheet.
4. Top with another piece of parchment and roll until the dough is ¼ inch thick.
5. Use a pizza cutter to cut into 2×5-inch rectangles. Use a fork to add the classic graham cracker pattern, then bake for 20 minutes until they are brown but still soft.
6. Remove from the oven and cool. As they cool, they will harden.