



Keto Comfort Foods **DELICIOUS** **Homestyle Cooking**

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All Your Favorite Comfort Food Turned Into 'Fat Burning' Keto-Friendly Recipes

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Introduction

What if you could eat all the comfort foods you love and grew up with and more, without feeling guilty or bloated?

Imagine serving up a mouth-watering bowl of Slow Cooker Chili on a rainy afternoon, or some satisfying Cauliflower Mac and Cheese.

No, you're not dreaming...

On our keto plan, you can indulge in all this delicious comfort food, all while burning fat.

The foods they told you to banish from your kitchen are back and more yummy than ever thanks to our simple but brilliant keto-ingredient modifications.

The whole family will love how delicious and comforting these recipes are, and you'll love how they help keep the bloat at bay.

Family-approved recipes like Shepherd's pie, Oven-Fried Chicken and Cauliflower Mash, and our Best Low Carb Lasagna are all back on the menu...

Stop depriving yourself and see why millions of people swear by keto. Seeing is believing.

From the Konscious Keto Team

The Best Low Carb Lasagna





Servings: 9



Time: 1 hour

This Low Carb Lasagna is a meal the whole family will love! Stuffed with ground beef, Italian sausage, ricotta, mozzarella, and parmesan, it's sure to become a quick favorite!



Ingredients:

For the "Noodles":

- 6 oz cream cheese
- 2 ⅓ cups mozzarella cheese, shredded
- 3 eggs
- ½ tsp Italian seasoning
- ½ tsp garlic powder

For the Filling:

- 1 tbsp olive oil
- ⅓ cup onion, diced
- 1 lb ground beef
- ½ lb ground Italian sausage
- 1 ½ cups low carb marinara sauce
- ¾ cup ricotta cheese
- ¼ tsp dried oregano
- ¼ tsp dried basil
- 1 ½ cups mozzarella cheese, shredded
- ¼ cup parmesan cheese, grated
- Sea salt and pepper, to taste



Instructions:

1. Preheat your oven to 350°F and line a large sheet pan with parchment paper. You can also use 2 small sheet pans.
2. Combine all the ingredients for the "noodles" in a food processor and blend. Transfer batter into the lined sheet pan and spread with a spatula. Bake for about 20 - 25 min or until firm.
3. Set the "noodles" aside to cool and begin making the sauce. Heat 1 tbsp of olive oil in a large frying pan over medium-high heat. Add the onion and saute for a minute. Add the ground beef and sausage, season with salt and pepper, and cook until browned.
4. Drain the grease from the meat and add the marinara sauce to the pan. Reduce to a simmer for about 4 - 5 minutes.
5. Slice the cheese noodles into wide strips to fit your baking dish. You can use either an 8-9 inch square baking dish or a 3 qt rectangular baking dish.
6. In a bowl, mix the ricotta with oregano and basil and set aside.
7. Begin assembling the lasagna. Spread a small amount of meat sauce in the bottom of your baking dish. Place a layer of "noodles" on top of the sauce.
8. Top the noodle layer with about ⅓ of the remaining sauce. Spread about ⅓ of ricotta on top of the sauce. Sprinkle about ⅓ of the mozzarella over the ricotta. Sprinkle ⅓ of parmesan over the mozzarella.
9. Repeat the layers 2 more times to use the remaining ingredients: noodles, meat sauce, ricotta, mozzarella, parmesan.
10. Bake the lasagna in the oven for about 20 - 25 minutes. If your baking dish is broiler safe, you may broil about 2 - 3 minutes to crisp up the cheese on the top layer.

Tips:

- Serve this meal with a fresh greens salad for the family!
- A food processor is preferred for making noodles, but you can also do it with an electric mixer. Soften the cream cheese and beat it with the mixer. Add the eggs and mix again. Beat in the cheese and spices.
- If looking for a great source of grass-fed beef, we love [Butcher Box!](#)
- If looking for brand recommendations, we love [Rao's](#) brand tomato sauce!

Nutrition:

- Fat: 42.9g
- Total Carbs: 5.3g
- Fiber: 0.4g
- Sugar Alcohols: 0g
- Net Carbs: 4.9g
- Protein: 35.3g
- Calories: 554

Oven-Fried Chicken and Cauliflower Mash





Servings: 4



Time: 45 minutes

This crispy, golden Oven Fried Chicken is a classic comfort meal! Served with creamy cauliflower mash, you won't believe this dish is low carb. Add a side of sauteed spinach or other greens for added nutrition.



Ingredients:

For the Chicken:

- 4 (4 - 5 oz) chicken breasts
- 2 eggs
- 1 tbsp water
- 1 bag (2 - 3 oz) pork rinds
- 1/3 cup parmesan cheese, grated
- 1/4 cup almond flour
- 1 tsp sea salt, more to taste
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp oregano
- Pinch of cayenne pepper
- Black pepper, to taste

For the Cauliflower Mash:

- 1 medium head of cauliflower, cut into florets
- 3 tbsp butter or ghee
- 1 oz cream cheese
- 2 tbsp heavy cream
- 2 garlic cloves, peeled
- sea salt and pepper to taste
- Optional for garnish: fresh chopped chives or scallions



Instructions:

1. Preheat your oven to 425°F and place a cooling rack inside a large baking sheet. Spray the rack with nonstick cooking spray. If you do not have a rack, line a baking sheet with parchment paper.
2. Crack the eggs into a shallow dish or bowl, add a tbsp of water and beat lightly.
3. Place the pork rinds in a ziplock bag and seal it. Crush the pork rinds with a rolling pin until they resemble bread crumbs.
4. In a shallow dish or bowl, combine the crushed pork rinds, parmesan cheese, almond flour, and spices. Stir everything to combine.
5. Pound the chicken to your desired thickness, and season with salt and pepper.
6. Set up a breading station, by placing the eggs next to the pork rind mixture followed by the prepared baking sheet. Take one chicken breast at a time and dip to coat both sides with egg, then dredge in the pork rind mix to coat, then place on the rack. Repeat this with the remaining chicken breasts.
7. Bake the chicken for about 25 - 30 minutes or until crispy and golden.
8. While the chicken is baking, prepare your cauliflower mash. Steam or boil the cauliflower and garlic for about 10 - 15 minutes, or until soft. You can use the microwave or stovetop.
9. Drain the cauliflower and garlic, and transfer to a food processor. Add the butter, cream cheese, and heavy cream and process until smooth. Add salt and pepper and blend again, taste and adjust seasoning if necessary.
10. When the chicken is done, serve with a scoop of cauliflower mash sprinkled with fresh chives or scallions, if desired.

Tips:

- Try this “breeding” with chicken tenders and toss in buffalo sauce for a spicy twist!
- If looking for a great source of organic, free-range chicken, we love [Butcher Box](#)!

Nutrition:

- Fat: 33g
- Total Carbs: 9g
- Fiber: 4g
- Sugar Alcohols: 0g
- Net Carbs: 5g
- Protein: 55g
- Calories: 553

Mouth-watering Shepherd's Pie





Servings: 6



Time: 1 hour

Nothing says comfort food like a homemade Shepherd's Pie. We've replaced carb-heavy mashed potatoes with lighter cauliflower mash. This delicious dish is low in carbs but full of flavor!



Ingredients:

For the Filling:

- 1 tbsp butter or oil (olive or avocado)
- 1/3 cup yellow onion, diced
- 2 medium carrots, diced
- 1 clove of garlic, minced
- 1 cup white mushrooms, chopped
- 1 lb ground beef or lamb
- 2 tsp Worcestershire sauce
- 2 tsp tomato paste
- 1/4 cup beef broth
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- Optional: 1/4 tsp xanthan gum, to thicken the sauce

For the Cauliflower Mash Topping:

- 1 medium head of cauliflower, cut into florets
- 2 tbsp butter or ghee
- 1 oz cream cheese
- 2 tbsp heavy cream
- 1 garlic clove, peeled
- sea salt and pepper to taste
- 1/2 cup cheddar cheese, shredded
- Optional garnish: fresh chopped parsley



Instructions:

1. Begin by making your cauliflower mash for the topping. Boil or steam the cauliflower with the garlic clove for about 10 - 15 minutes or until soft. Drain the water and transfer the cauliflower and garlic to a food processor. Add the butter, cream cheese, heavy cream, cheddar, salt, and pepper. Blend until smooth, taste and adjust salt and pepper, if needed. Set aside for later.
2. Preheat your oven to 375°F.
3. Begin making the pie filling. In a large skillet, heat the butter or oil over medium-high heat. Add onions and carrots and saute for a few minutes.
4. Add mushrooms, and saute another couple minutes. Add the garlic and cook another minute.
5. Add the meat, and cook until browned. Stir in the Worcestershire sauce, tomato paste, and beef broth. Season with salt and pepper. Sprinkle with xanthan gum, if using, and allow to simmer for a couple of minutes until the sauce has thickened a bit.
6. Transfer the meat/veggie mixture to a casserole dish or a deep-dish pie dish. Spread the cauliflower mash topping over the meat.
7. Bake in the oven for about 25 minutes. If your dish is broiler safe, broil for a few minutes, until golden. Garnish with fresh parsley before serving, if desired.

Tips:

- Serve this shepherd's pie with a side salad for added nutrition.
- Look for frozen cauliflower mash at the grocery store to save time.
- If looking for a great source of grass-fed beef, we love [Butcher Box!](#)

Nutrition:

- Fat: 23.8g
- Total Carbs: 8.7g
- Fiber: 3.3g
- Sugar Alcohols: 0g
- Net Carbs: 5.5g
- Protein: 24.8g
- Calories: 346

Warm Me Up Slow Cooker Chili





Servings: 6



Time: 15 mins plus 3 - 4 hours on High or 6 - 8 hours on Low

Grab your oversized sweater and hold on tight as we dive into a big bowl of soulful keto fare. This keto chili is sure to warm you up and satisfy your hunger on a chilly Fall or Winter day. Make a big batch and invite friends and family over for the big game or Sunday dinner!



Ingredients:

- 1 lb ground beef
- 1 lb ground sausage, spicy or mild
- 1 green bell pepper, diced
- 1 medium onion, diced
- 3 cloves of garlic, minced
- 1 14.5 oz can of diced tomatoes
- 5 tbsp. tomato paste
- 1 - 2 tbsp chili powder (adjust to taste)
- 1 ½ tsp cumin
- Salt and pepper, to taste
- ½ cup broth or water
- 2 tbsp olive oil, for cooking
- Optional: shredded cheese, sour cream, chopped scallions, pickled jalapenos, diced avocado



Instructions:

1. In a large pot or frying pan, heat 1 tbsp oil and brown beef and sausage. Drain, leaving a small amount of juice. Transfer meat and to slow cooker.
2. Add remaining tbsp of oil to the pan, and sauté onion, pepper, and garlic for 2 - 3 minutes. Transfer veggies to slow cooker with meats.
3. Add the tomatoes with their juices, tomato paste, chili, cumin, salt and pepper, and water or broth. Mix well.
4. Place lid on the slow cooker and cook on low for 3-4 hours on high or 6-8 hours on low. When done, serve in bowls topped with desired toppings.

Tips:

- You can also make this chili over your stovetop by simmering for about an hour over medium-low heat.
- If looking for a great source of grass-fed beef, we love [Butcher Box!](#)

Nutrition:

- Fat: 34.5g
- Total Carbs: 8.5g
- Fiber: 2.7g
- Sugar Alcohols: 0g
- Net Carbs: 5.8g
- Protein: 37.7g
- Calories: 509

Can't Believe It's Keto Chicken Pot Pie



 KONSCIOUS



Servings: 6



Time: 50 minutes

This Keto Chicken Pot Pie is the ultimate comfort food. If you're missing that creamy delicious favorite that your mom used to make, this recipe will knock your socks off!



Ingredients:

For the Filling:

- 2 tbsp grass-fed butter
- ½ cup of mixed vegetables
- ¼ small onion diced
- ¼ tsp pink Himalayan salt
- ¼ tsp fresh cracked black pepper
- 2 garlic cloves minced
- ¾ cup heavy whipping cream
- 1 cup chicken broth
- 1 tsp poultry seasoning
- ¼ tsp rosemary
- Pinch of thyme
- 2 ½ cups cooked chicken diced
- ¼ tsp xanthan gum

For the Crust:

- 4 ½ tbsp of butter, melted and cooled
- ⅓ cup coconut flour
- 2 tbsp full-fat sour cream
- 4 eggs
- ¼ tsp salt
- ¼ tsp of baking powder
- 1 ⅓ sharp cheddar or mozzarella cheese, shredded



Instructions:

1. Preheat an oven to 350°F.
2. For the filling, melt butter in an oven-safe skillet over medium heat. Sauté the onion, mixed vegetables, and garlic for 5 minutes. Season with salt and pepper.
3. Pour in the heavy cream, chicken broth, poultry seasoning, thyme, and rosemary. Stir to combine. Sprinkle with xanthan gum. Cover and cook about 5 minutes over medium-low heat until the sauce begins to thicken.
4. Add the fully cooked diced chicken to the mixture.
5. Meanwhile, in a separate bowl, combine the melted butter, eggs, salt, and sour cream. Mix well to combine. Add coconut flour and baking powder. Add cheese. This will be the crust.
6. Place dollops of the crust batter on top of the pie filling. Bake in the oven for 20 - 25 minutes or until the crust is golden brown. Garnish with fresh parsley before serving.

Tips:

- You may use fresh, frozen, or canned mixed vegetables for this recipe. The best low carb options are cauliflower, broccoli, green beans, or mushrooms. Use peas, carrots, and corn sparingly.
- If looking for a great source of organic, free-range chicken, we love [Butcher Box!](#)
- If looking for brand recommendations, we love [Anthony's](#) organic coconut flour and [Anthony's](#) Organic Almond flour!

Nutrition:

- Fat: 39.8g
- Total Carbs: 7.8g
- Fiber: 2.8g
- Sugar Alcohols: 0g
- Net Carbs: 5g
- Protein: 30.3g
- Calories: 518

Comforting Cauliflower Mac and Cheese



 KONSCIOUS



Servings: 6



Time: 40 minutes

This creamy, cheesy Cauliflower Mac and Cheese is a great low carb alternative to the high carb pasta version. This casserole bakes up ooey-gooey on the inside with a crispy cheese crust on top. Even the kids will go crazy for this delicious low carb meal!



Ingredients:

- 1 medium head of cauliflower, cut into florets
- 1 cup heavy cream
- 2 oz cream cheese, cubed
- 1 tsp dijon mustard
- 2 cups sharp cheddar cheese, shredded and divided
- ¼ tsp garlic or onion powder
- ½ tsp sea salt, or to taste
- ¼ tsp black pepper, or to taste



Instructions:

1. Preheat your oven to 375°F and spray an 8x8 inch baking dish with nonstick cooking spray.
2. Boil or steam the cauliflower florets for about 10 minutes, or until tender. Drain the water and transfer the cauliflower to the baking dish and set aside.
3. Add the heavy cream to a saucepan and bring to a simmer over medium-high heat. Add the cream cheese and mustard and whisk until smooth. Whisk in garlic or onion powder, salt, and pepper.
4. Add 1 ½ cups of cheese to the cream mixture and stir until it melts. Reserve the remaining ½ cup for topping.
5. Pour the cheese sauce over the cauliflower, and stir to coat evenly. Top with remaining cheese and bake in the oven for about 20 minutes or until golden and bubbling.

Tip:

- For added flavor, stir in diced ham or bacon.

Nutrition:

- Fat: 30.7g
- Total Carbs: 6.7g
- Fiber: 2.2g
- Sugar Alcohols: 0g
- Net Carbs: 4.5g
- Protein: 12.2g
- Calories: 343.5

You Butter Believe It's Keto Pizza



Servings: 6



Time: 30 minutes

On other diets, take out pizza has always been our “cheat meal.” On keto, we don’t need a cheat meal, because of this fabulous pizza recipe that will fool all of your family. It is truly life-changing!



Ingredients:

For the Crust:

- 1 ½ cups shredded mozzarella cheese
- ¾ cup almond flour
- 2 oz cream cheese, cubed
- 1 large egg

For the Toppings:

- 1 ½ cups shredded mozzarella cheese
- ⅓-½ cup low carb pizza sauce
- Optional toppings: meat or veggies (see tips)



Instructions:

1. Preheat your oven to 425°F and line a baking sheet or pizza pan with parchment paper.
2. Put the mozzarella and cream cheese in a microwave-safe bowl. Microwave for 1 minute, stir and then microwave for another 30 - 60 seconds, or until melted and stir until smooth.
3. Stir the egg and almond flour together. Mix egg and flour mixture into cheese mixture. Knead the dough with wet hands until thoroughly combined and resembles a flour dough.
4. Wet hands and spread “dough” onto parchment paper. Poke rows of holes with a fork to avoid bubbles.
5. Bake in preheated oven for 8 - 10 minutes. Check the crust and poke any holes if there are bubbles. Spread a layer of sauce onto the crust. Top with cheese and desired toppings.
6. Return to oven to cook for another 10 - 12 minutes or until cheese is melted and crust is slightly golden.

Tips:

- There are many choices for keto-friendly pizza toppings, such as mushrooms, onions, peppers, broccoli, spinach, chicken, bacon, sausage, pepperoni, ham, and ground beef.
- If looking for brand recommendations, we love [Anthony's](#) Organic Almond flour!

Nutrition:

- Fat: 25.8g
- Total Carbs: 4.8g
- Fiber: 1.7g
- Sugar Alcohols: 0g
- Net Carbs: 3.1g
- Protein: 17.2g
- Calories: 315

Hug in a Mug Beef Stew





Servings: 4



Time: 2 ½ - 3 hours

Beef Stew is the perfect comfort meal for a cold winter's day. Slow simmered to perfection, the beef is melt in your mouth tender! Cozy up and enjoy a bowl of this classic comfort food!



Ingredients:

- 1 tbsp olive oil
- 1 tbsp butter
- 1 lb stew beef
- 1 clove of garlic, minced
- ½ cup onion, diced
- 4 cups beef broth, more as needed
- 1 ½ tsp Worcestershire sauce
- 1 tbsp tomato paste
- ¼ tsp paprika
- ¼ tsp sea salt
- Black pepper, to taste
- 1 bay leaf
- 2 medium carrots, sliced
- 1 medium turnip, peeled and chopped
- Optional: ¼ - ½ tsp xanthan gum, as a thickener
- Optional garnish: fresh chopped parsley



Instructions:

1. Heat the butter and oil together in a pot. Once hot, brown the beef for a few minutes, then remove the beef from the pot.
2. Add the onion and garlic to the pot and saute about 3 minutes or until softened.
3. Add the broth, Worcestershire sauce, tomato paste, paprika, salt, pepper, and bay leaf. Return the beef to the pot and stir everything to combine. Cover the pot with a lid and simmer over low heat for about 1 ½ - 2 hours, until meat is very tender, adding more broth if it gets too low.
4. Add carrots and turnip and continue to simmer for about 30 minutes until vegetables are tender and liquid is reduced. If you're using xanthan gum to thicken the stew, remove a ladle full of broth to a bowl and whisk in the xanthan gum. Return broth to the stew and simmer until stew has thickened.
5. Ladle the stew into bowls and garnish with fresh parsley before serving, if desired.

Tips:

- Add or substitute other keto veggies, such as mushrooms, celery, or radishes.
- If looking for a great source of grass-fed beef, we love [Butcher Box!](#)

Nutrition:

- Fat: 35.5g
- Total Carbs: 8.3g
- Fiber: 2g
- Sugar Alcohols: 0g
- Net Carbs: 6.3g
- Protein: 32g
- Calories: 483

Fan Fave: Zoodles and Meatballs



Servings: 4



Time: 35 minutes

Gather the family around the table for these amazing Zoodles and Meatballs! We've used classic Italian ingredients, like ground beef and pork, garlic, parmesan cheese, and fresh parsley, to create the perfect meatball. Served with low carb zucchini noodles, you can indulge guilt-free!



Ingredients:

For the Meatballs:

- ½ lb ground beef
- ½ lb ground pork
- 1 egg, lightly beaten
- ¼ cup heavy cream
- 3 tbsp parmesan cheese, freshly grated
- 2 tbsp almond flour
- 1 tbsp grated onion
- 2 tbsp fresh parsley, minced
- ½ tsp garlic powder
- ½ tsp sea salt
- ¼ tsp black pepper
- Olive oil, for your hands
- 2 cups low carb marinara sauce

For the Zoodles:

- 2 tbsp butter or olive oil
- 2 large zucchini, spiralized (or about 4 cups zoodles)
- salt and pepper, to taste
- Optional for serving: grated parmesan cheese, fresh basil



Instructions:

1. Preheat the oven to 400°F.
2. Add all the ingredients for meatballs, excluding sauce, to a large mixing bowl. Using your hands or an electric mixer, mix everything together until combined, but not overmixed.
3. Coat your hands with a bit of olive oil and roll the meat into 12 balls and place on a parchment-lined or rack lined baking sheet.
4. Bake meatballs in the oven for about 15 - 20 minutes.
5. While meatballs are in the oven, heat the marinara sauce and cook the zoodles. Place the marinara in a saucepan and heat over medium-low heat.
6. Heat the butter or oil for the zoodles in a skillet over medium-high heat. Add the zoodles, season with salt and pepper and saute for 5 minutes or until done to your liking. Drain any excess water.
7. Serve the meatballs over a bed of zoodles. Top with a bit of marinara sauce and serve with parmesan cheese and fresh basil, if desired.

Tips:

- You may use low carb shirataki noodles instead of zoodles. If looking for brand recommendations, we love [Well Lean](#) brand shirataki noodles!
- You can also pan fry these meatballs in olive oil over the stovetop, instead of baking in the oven.
- If looking for a great source of grass-fed beef, we love [Butcher Box](#)!
- Look for pre-made zoodles in your grocery store to save time or we love these tools to easily make for yourself [Zoodle Slicer](#) or [Spiralizer](#)

Nutrition:

- Fat: 41.3g
- Total Carbs: 10.1g
- Fiber: 3g
- Sugar Alcohols: 0g
- Net Carbs: 7.1g
- Protein: 37.5g
- Calories: 563

Mom's Keto Chicken Noodle Soup





Servings: 4



Time: 30 minutes

In this recipe, we've combined the flavors of garlic, onion, carrots, celery, chicken, and savory broth to create a delicious and nutritious soup, just like mom used to make. We've used low carb shirataki noodles to keep this soup keto without losing any of its classic taste!



Ingredients:

- 2 tbsp, plus 1 tsp oil (olive or avocado), divided
- 1 garlic clove, minced
- 1/3 cup yellow onion, diced
- 2 medium carrots, sliced
- 3 celery ribs, chopped
- 2 cups cooked chicken, shredded or chopped
- 4 cups chicken broth
- 1/4-1/2 tsp sea salt, or to taste
- 1/4 tsp black pepper, or to taste
- 1 bay leaf
- 1/2 tsp fresh thyme leaves or 1/4 tsp dried
- 7 - 8 oz shirataki noodles or zoodles (1 pack)
- Optional for serving: fresh chopped parsley



Instructions:

1. Heat the oil in a pot. Add the onion, carrots, and celery and saute until softened, about 5 - 7 minutes. Add the garlic and saute another minute.
2. Add the cooked chicken, salt, pepper, thyme, and bay leaf. Stir to combine. Add the broth and bring to boil over medium-high heat. Reduce heat to a simmer and cook for about 15 - 20 minutes.
3. While the soup is simmering, rinse and drain the shirataki noodles well. Heat the remaining 1 tsp of oil in a skillet. Add the noodles and saute for a few minutes. Use a knife to chop the noodles up into smaller pieces. Add the noodles to the soup.
4. Ladle the soup into bowls and top with fresh parsley before serving.

Tips:

- You can use zoodles (zucchini noodles) instead of shirataki if you prefer.
- Feel free to add or substitute other keto veggies, such as spinach, kale, mushrooms, or radishes.
- If looking for a great source of organic, free-range chicken, we love [Butcher Box!](#)
- If looking for brand recommendations, we love [Well Lean](#) brand shirataki noodles!

Nutrition:

- Fat: 14g
- Total Carbs: 8g
- Fiber: 3.5g
- Sugar Alcohols: 0g
- Net Carbs: 4.5g
- Protein: 26.8g
- Calories: 271

Fat Stacks - Sunday Morning Pancakes





Servings: 2



Time: 20 minutes

You don't have to skip your Sunday Morning Pancakes on keto with this fabulous low carb recipe. Top these with a bit of butter and sugar-free syrup, or maybe you prefer berries and keto whipped cream? Any way you dress them, these pancakes are sure to delight your taste buds!



Ingredients:

- 4 medium eggs
- 4 oz cream cheese
- 1 tsp pure vanilla extract
- ½ cup almond flour
- 1 tbsp powdered erythritol
- ½ tsp of baking powder
- Nonstick cooking spray or butter, for greasing the pan
- Optional for serving: butter, sugar-free maple syrup



Instructions:

1. Combine the eggs, cream cheese, vanilla, almond flour, and baking powder in a blender. Blend until you have a smooth batter. Then, let it sit for a few minutes.
2. Melt the butter or spray cooking spray in a medium frying pan. Heat over medium-medium high heat. Once hot, pour a small amount of batter into the pan to form a pancake (about 3 - 4 inches in diameter). Pour another pancake, if you can fit it in the pan.
3. When the edges begin to firm and tiny holes or bubbles appear on the top of the pancakes, they are ready to flip. Carefully flip the pancakes, using a spatula. Cook the other side for a minute or two, then remove to a plate.
4. Repeat steps 2 and 3 with the remaining batter. You should be able to make 6 pancakes from this batter.
5. Serve pancakes with butter and sugar-free maple syrup, if desired.

Tips:

- This recipe should yield 6 pancakes. One serving is 3 pancakes.
- You can also enjoy these pancakes with a dollop of keto-friendly whipped cream and a few fresh berries.
- If looking for brand recommendations, we love [Swerve](#) brand erythritol, [Anthony's Organic](#) Almond flour and [Simply Organic](#) pure vanilla extract!

Nutrition:

- Fat: 43.5g
- Total Carbs: 13.5g
- Fiber: 3g
- Sugar Alcohols: 4.5g
- Net Carbs: 6g
- Protein: 21g
- Calories: 503

The Best Low Carb Blueberry Muffins





Servings: 12



Time: 40 minutes

These ultra moist Blueberry Muffins are a fantastic keto treat! They bake up so light and fluffy, you won't believe, they're low carb. Enjoy one with your morning coffee or tea.



Ingredients:

- 1/3 cup full-fat sour cream
- 3 eggs
- 1 tsp pure vanilla extract
- 1/4 tsp salt
- 2 1/2 cups almond flour
- 1/3 cup powdered erythritol
- 2 tsp of baking powder
- Unsweetened almond milk, as needed to thin
- 1/2 cup fresh blueberries
- Optional: 1 tsp fresh lemon juice or 1/2 tsp lemon zest



Instructions:

1. Preheat your oven to 325°F and line a cupcake pan with 12 silicone or parchment liners.
2. In a blender, combine the sour cream, eggs, vanilla, salt, lemon juice or zest (if using). Blend on high speed until smooth.
3. Add the almond flour, erythritol, and baking powder and blend again until smooth.
4. If the batter is very thick, you may use almond milk to thin as needed. You want a thick, but pourable batter.
5. Stir in blueberries and pour into the prepared cupcake pan. Bake for 25 - 30 minutes or until set.

Tips:

- Try this muffin batter with other berries, nuts, or sugar-free chocolate chips!
- If looking for brand recommendations, we love [Swerve](#) brand erythritol, [Anthony's](#) Organic Almond flour and [Simply Organic](#) pure vanilla extract!

Nutrition:

- Fat: 14.3g
- Total Carbs: 10.6g
- Fiber: 2.7g
- Sugar Alcohols: 4g
- Net Carbs: 3.9g
- Protein: 6.8g
- Calories: 172