

*“Crispy, Juicy
Finger Lickin’ Good!”*
18 Southern Style
Comfort Foods



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Welcome to a fantastic collection of *belly-stuffin'* and *soul warmin'* Southern keto recipes! These dishes will be a hit at parties or just enjoyed by you and the family, so bring an appetite and pull up a chair.

Traditional dishes of the South, such as cornbread, chili, crispy fried chicken, biscuits and gravy, and Creole stew, have been converted for you to fit in with a healthy keto diet, but you would never guess! Using tasty spices and great keto ingredients means you don't have to miss out on some of your favorite dishes.

Some Southern recipes can be quite heavy, but these meals have been crafted to give you maximum taste, warming flavors, and a full belly without feeling tired or bloated. They would all make great party dishes and easily multiplied to serve a crowd.

To complete this collection, we have created a delicious pecan ice cream and keto iced tea recipe that will cool you down and help chill you out, Southern-style!

So, get ready for some finger lickin' recipes and warm flavors that your family and your appetite will appreciate.

conscious keto

Perfectly Crispy Keto Fried Chicken





Servings: 4



Time: 30 minutes

What makes this recipe so fantastic is the use of crushed pork rinds as the breading. You won't believe how close they are to traditional fried chicken. Feel free to add your favorite spices to make this recipe extra special.



Ingredients:

- 8 chicken drumsticks
- ¼ cup coconut flour
- ½ tsp salt
- ¼ tsp black pepper
- 2 large eggs
- 1 cup crushed pork rinds
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ¼ tsp dried thyme
- Serving suggestions: salad greens, cauliflower mash, or steamed broccoli



Instructions:

1. You will need three bowls to prepare a 'breading' station. In the first bowl, mix coconut flour, salt, and pepper.
2. Beat the eggs in the second bowl.
3. In the third bowl, combine the pork rinds and seasoning.
4. Bread the chicken by dipping in flour mixture, then eggs, and lastly, dredge in the pork rind mixture.
5. Preheat your air fryer to 400°F. Place the drumsticks in a single layer in the greased air fryer basket.
6. Cook chicken in an air fryer for about 20 minutes or until fully cooked.

Tips:

- No worries if you don't have an air fryer. Place a greased cookie rack inside a baking tray, and arrange chicken on top. Bake in a 400°F oven for about 25 minutes on each side until nice and crispy.
- Dip in your favorite low-carb ranch dressing or dip!

Nutrition per Serving:

- Fat: 20.4g
- Total Carbs: 2.4g
- Fiber: 1.3g
- Sugar Alcohols: 0g
- Net Carbs: 1.1g
- Protein: 40.5g
- Calories: 362

Keto Biscuits and Sausage Gravy



 KONSCIOUS



Servings: 4 servings



Time: 35 minutes

This Keto Biscuits and Sausage Gravy is some real comfort food! We've modified the classic recipe and substituted almond and coconut flours to keep the carbs low without sacrificing flavor. Enjoy a fried egg on top, if you like!



Ingredients:

For the Biscuits:

- ½ cup almond flour
- ¼ cup coconut flour
- 1 ½ tsp baking powder
- ⅛ tsp xanthan gum
- ⅛ tsp salt
- 2 tbsp butter, softened
- 1 egg

For the Sausage Gravy:

- 8 oz bulk breakfast sausage (sugar-free or lowest sugar possible)
- 1 tbsp butter
- 1 oz cream cheese
- ¼ cup heavy whipping cream
- ¼ cup chicken broth
- salt and pepper, to taste
- ⅛ tsp xanthan gum, to thicken as needed



Instructions:

1. Preheat your oven to 400° F and line a baking sheet with parchment paper.
2. In a bowl, combine the dry ingredients for the biscuits and stir.
3. Add the butter and eggs to the bowl and mix well. Let the batter sit for a few minutes to thicken.
4. Shape the batter into 4 biscuits. You can roll into a ball and then flatten to a disk shape.
5. Place the biscuits on the prepared baking sheet and bake for 10-12 minutes or until golden brown.
6. While the biscuits are baking, prepare the gravy.
7. Crumble the sausage and brown in a skillet until fully cooked.
8. Add the butter and cream cheese and cook while stirring until melted.
9. Pour the heavy cream and broth into the skillet. Sprinkle with xanthan gum and season with salt and pepper.
10. Bring the gravy to a simmer and cook until thickened.
11. When the biscuits are done baking, allow them to cook completely on a cooling rack.
12. Slice each biscuit in half and top with some of the sausage gravy. You can place the other half on top or eat open-faced.

Tips:

- Add any style of eggs to this dish for a fantastic breakfast!
- Garnish with fresh thyme or parsley before serving for presentation points!

Nutrition per Serving:

- Fat: 49.3g
- Total Carbs: 8.4g
- Fiber: 4g
- Sugar Alcohols: 0g
- Net Carbs: 4.4g
- Protein: 15g
- Calories: 533

Finger Lickin' Pork Ribs





Servings: 3



Time: 3 hours and 15 minutes

These Dry Rub Pork Ribs are so tender and juicy; they fall right off the bone. They are seasoned with a quick and tasty dry rub, requiring minimal prep time. Serve these with a quick coleslaw or side salad and lots of napkins!



Ingredients:

- 2 tsp cacao powder
- 1 tsp ground coriander
- ¼ tsp cumin
- ¼ tsp cinnamon
- ¼ tsp chili powder
- ¼ tsp black pepper
- 1 tsp sea salt
- 1 rack pork ribs
- Optional: sugar-free barbecue sauce, to taste



Instructions:

1. Preheat your oven to 350°F.
2. Combine all your spices for the dry rub in a bowl. Rub all over both sides of the ribs.
3. Place ribs between 2 pieces of foil and place in a baking dish. Bake in the oven for about 3 hours. Meat should fall off the bone when they are done.
4. Divide into 3 servings. Serve with sugar-free barbecue sauce, if desired.

Tips:

- Serve with our The Best Slaw Recipe!

Nutrition per Serving:

- Fat: 42.3g
- Total Carbs: 1g
- Fiber: 0.7g
- Sugar Alcohols: 0g
- Net Carbs: 0.3g
- Protein: 41g
- Calories: 566

Crispy Fish Filets





Servings: 2



Time: 30 minutes

This fantastic oven-baked Crispy Fish is a great keto alternative to traditional, breaded fried fish. You won't believe it's low-carb! Pair this fish with all your favorite keto veggies for an added nutrient boost!



Ingredients:

- 2 (3-4oz) filets of white fish (cod, tilapia, haddock, halibut)
- 1/3 cup almond flour
- 1/4 cup freshly grated parmesan cheese
- salt and pepper, to taste
- 1/4 tsp paprika (optional)
- 1 egg, lightly beaten
- 1 tbsp butter, melted
- Optional, for serving: fresh lemon slices, cauliflower mash, steamed broccoli, or any other keto vegetable



Instructions:

1. Preheat your oven to 425° F and line a baking sheet with parchment paper.
2. Combine the almond flour, parmesan cheese, salt, pepper, and paprika (if using), in a bowl or dish. Place the beaten egg in another bowl and position it next to the flour/cheese mixture.
3. Dip each fish filet in the egg to coat both sides, letting the excess drip off, then dredge in the flour mixture on both sides, and place on the baking sheet.
4. Drizzle the fish with melted butter, and bake in the oven for about 15-20 minutes until the fish is cooked and the breading is crispy.
5. Serve the fish with lemon slices and your favorite keto veggie!

Tips:

- Replace the parmesan with unsweetened, flaked coconut or crushed pork rinds for a flavor twist!
- Try this recipe with chicken tenders or breasts, as well!

Nutrition per Serving:

- Fat: 21.5g
- Total Carbs: 4.3g
- Fiber: 2g
- Sugar Alcohols: 0g
- Net Carbs: 2.3g
- Protein: 31.5g
- Calories: 345

Slow Cooker Keto Chili





Servings: 6



Time: 20 minutes (+ 3-4 hours high or 6-8 hours low)

Who doesn't like a big bowl of comforting chili? This recipe is packed with flavor and cooked slowly to fill your home with mouth-watering aromas and creates a dish that's worth the wait.



Ingredients:

- 2 tbsp olive oil
- 1 lb ground beef
- 1 lb ground sausage, spicy or mild
- 1 onion, diced
- 1 green bell pepper, 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 your preference)
- 1 ½ tsp cumin
- salt and pepper, to taste
- ½ cup broth or water
- Optional Toppings: 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 the meat, leaving a small amount of juices—transfer meat and sauces to a slow cooker.
2. Add the remaining tbsp of oil to the pan, and sauté onion, pepper, and garlic for 2-3 minutes—transfer veggies to a slow cooker with the meat.
3. Add the tomatoes with their juices, tomato paste, chili, cumin, salt and pepper, and water or broth. Mix well.
4. Place the lid on the slow cooker and cook on low for 6-8 hours or on high for 4 hours.
5. Ladle into bowls and serve with desired toppings.

Tips:

- You can also make this chili on your stovetop by simmering for about an hour over medium-low heat.

Nutrition per Serving:

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

Southern Creole Stew with Buttered Cauliflower Rice



 KONSCIOUS



Servings: 4 servings



Time: 30 minutes

Grab your oversized sweater and hold on tight as we dive into a big bowl of soulful keto fare. Also, it's a fantastic option to warm up a bowl for friends ahead of the big game.



Ingredients:

For the Stew:

- 3 tbsp butter (substitute ghee, olive, coconut, or avocado oil)
- 12 oz boneless chicken thighs, with or without skin
- salt and pepper, to taste
- 1 clove of garlic, minced
- ½ small onion, thinly sliced
- 1 bell pepper, sliced
- 8 oz shrimp
- 1 cup canned, diced tomatoes with their juices
- 1 cup vegetable broth
- 1 tbsp fresh basil, chopped
- ½ tsp cayenne pepper
- 1 tbsp fresh parsley, chopped

For the Buttered Cauliflower Rice:

- 2 cups cauliflower rice
- 1 tsp dried oregano/basil
- 2 tbsp melted butter (or substitute ghee, olive, coconut, or avocado oil)
- ½ avocado, diced
- salt and pepper to taste



Instructions:

1. In a large pot or frying pan, heat the butter (or substitute). Season the chicken with salt and pepper and brown for 2-3 minutes on each side.
2. Add the garlic, onion, and pepper and cook for a further 5 minutes, until softened.
3. Add the shrimp, canned tomatoes, vegetable broth, basil, and cayenne pepper, and bring to a gentle boil.
4. Reduce to a simmer and cook for about 15 minutes until the chicken and shrimp are cooked.
5. Meanwhile, add the cauliflower, dried herbs, and melted butter to a pan and stir fry for 4-5 minutes until the cauliflower is cooked but still with a firm texture.
6. Stir in the avocado and season with salt and pepper.
7. Serve the stew with the rice and sprinkle with chopped parsley.

Tips:

- You could add some different meats in there if you like - a spicy sausage would add some great flavor!

Nutrition per Serving:

- Fat: 28.2g
- Total Carbs: 9.5g
- Fiber: 5.2g
- Sugar Alcohols: 0g
- Net Carbs: 4.3g
- Protein: 39.4g
- Calories: 463

Cauliflower Mac and Cheese





Servings: 4



Time: 30 minutes

Mac and Cheese is a firm, southern-style favorite, and it's still possible on keto! Don't overcook the cauliflower before it goes in the oven, as you want a bit of bite when you tuck into the oozing, cheesy sauce.



Ingredients:

- 1 lb cauliflower florets
- 6 oz cream cheese
- 1/2 cup heavy cream
- 3/4 cup of mozzarella cheese, shredded
- 1/2 cup cheddar cheese, shredded
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp salt
- Freshly ground pepper
- Nonstick cooking spray, butter or keto friendly oil, for greasing the dish



Instructions:

1. Preheat the oven to 425°F and spray a casserole dish with nonstick cooking spray or grease with butter or a keto friendly oil.
2. Cut the cauliflower into small pieces and steam or boil for 3-4 minutes.
3. Drain the liquid and tip the cauliflower into the casserole dish.
4. In a saucepan over medium heat, add the cream cheese, heavy cream, mozzarella cheese, cheddar cheese, garlic powder, onion powder, salt, and pepper and stir until smooth and melted.
5. Pour cheese mixture all over the cauliflower. You can gently stir to make sure the cauliflower is coated in the sauce.
6. Place the dish in the oven and bake for 10-15 minutes or until the top is browned.

Tips:

- You could add some crispy bacon to the top of this bake, it would be a tasty addition!
- For an extra cheesy casserole, top with additional shredded cheese before baking.

Nutrition per Serving:

- Fat: 33.8g
- Total Carbs: 9.3g
- Fiber: 2.5g
- Sugar Alcohols: 0g
- Net Carbs: 6.8g
- Protein: 13.5g
- Calories: 388

Shrimp and Grits





Servings: 4



Time: 20 minutes

Creamy, filling grits are possible on keto when you have a go at this recipe! Topped with juicy shrimp and salty bacon and with a Southern spiced sauce, your family and friends will never believe it's keto.



Ingredients:

For the Grits:

- 1 lb cauliflower florets (processed into really fine rice)
- ½ cup heavy cream
- ½ cup cheddar cheese, shredded
- 3 tbsp butter (substitute ghee, olive, coconut, or avocado oil), melted
- ¾ cup chicken or vegetable broth
- ½ tsp garlic powder
- ¼ tsp salt
- Freshly ground pepper

For The Shrimp:

- 3 tbsp butter (substitute ghee, olive, coconut, or avocado oil) melted
- ½ small green chili, seeds removed, diced
- 6 oz bacon slices, cut into bite-sized pieces
- 12 oz shrimp
- 1 tbsp lemon juice
- 1 tsp cajun seasoning
- ½ tsp smoked paprika
- ¼ tsp salt
- Freshly ground pepper
- 1 tsp fresh thyme leaves to serve (optional)



Instructions:

1. For the grits, place all of the ingredients into a saucepan and bring to a boil. Simmer for 8-10 minutes, or until the cauliflower and mix have thickened.
2. Meanwhile, heat the butter (or substitute) for the shrimp in a skillet and add the bacon. Cook for 4-5 minutes before adding the rest of the ingredients.
3. Stir the shrimp mix over medium heat for a further 4-5 minutes.
4. To serve, add the grits to a plate and top with the shrimp mix. Add some thyme leaves, if desired.

Tips:

- You could substitute another protein in this dish, such as sausage or chicken.
- Replace the cheddar with mozzarella cheese, if you prefer.

Nutrition per Serving:

- Fat: 48.3g
- Total Carbs: 9.2g
- Fiber: 2.5g
- Sugar Alcohols: 0g
- Net Carbs: 6.7g
- Protein: 32.3g
- Calories: 620

Old Fashioned Meatloaf





Servings: 6



Time: 80 minutes

This bacon-wrapped meatloaf is an excellent example of good old-fashioned Southern comfort food- keto style! Serve this low-carb meatloaf with your favorite keto sides, such as cauliflower mash or a big garden salad, for a meal your whole family will love!



Ingredients:

- 1 tbsp olive oil
- ½ yellow onion, finely chopped
- 1 celery rib, diced
- 2 cloves of garlic, minced
- 2 lbs ground beef
- 2 eggs, lightly beaten
- 1 tbsp Worcestershire Sauce
- ¼ cup almond flour
- 1 tsp salt
- ½ tsp pepper
- ½ cup sugar-free ketchup, divided
- 2 tbsp brown sugar erythritol
- ¼ tsp smoked paprika
- 10-12 slices of bacon
- Nonstick cooking spray, for the pan



Instructions:

1. Preheat your oven to 350°F and spray a loaf pan with nonstick cooking spray.
2. Heat the olive oil in a large skillet over medium-high heat. Once hot, add the onion and celery and saute for about 4-5 minutes until softened. Add the garlic and saute for another minute or two. Remove from heat and let cool a bit.
3. To a large bowl, add the ground beef, eggs, Worcestershire sauce, almond flour, salt, and pepper. Add the sauteed veggies and mix everything well.
4. Press the mixture into the loaf pan.
5. In a small bowl, mix the sugar-free ketchup, brown sugar erythritol, and smoked paprika.
6. Brush the meatloaf with about half of the ketchup mixture. Wrap the bacon slices around the meatloaf, tucking them underneath.
7. Bake in the preheated oven for 40 minutes. Remove the meatloaf and brush with the remaining ketchup mixture. Return to the oven for about 15-20 minutes longer, or until the internal temperature reads 165 degrees in the center of the meatloaf.
8. Let the meatloaf rest about 10 minutes before slicing.

Tips:

- Enjoy this meatloaf with cauliflower mash, salad, or another keto-friendly vegetable.

Nutrition per Serving:

- Fat: 35.5g
- Total Carbs: 8.5g
- Fiber: 0.6g
- Sugar Alcohols: 3g
- Net Carbs: 4.9g
- Protein: 45.6g
- Calories: 518

Pork Chops N' Gravy





Servings: 4



Time: 30 minutes

Sometimes you need food with soul...something like these juicy pork chops smothered in a simple homemade gravy. Serve these succulent chops with your favorite keto-friendly sides, such as our The Best Slaw recipe!



Ingredients:

- 1.5 lbs center-cut pork chops (bone-in)
- 1 tsp salt
- 1 tsp black pepper
- 2 tbsp olive oil, divided
- 2 cloves garlic, diced
- 1 cup onions, diced
- 1 cup beef broth, divided
- 3 tbsp heavy cream
- 2 tsp Worcestershire sauce
- 1/2 tsp xanthan gum



Instructions:

1. Season pork chops with salt and pepper.
2. To a large skillet, over medium-high heat, add 1 tbsp olive oil. Once oil is hot, add pork chops and sear for 4 to 5 minutes, or until golden brown. Flip pork chops and sear for another 4 to 5 minutes. Remove pork chops from the skillet.
3. To the same skillet over medium heat, add remaining tbsp olive oil. Once hot, add garlic and onions, stirring often so as not to burn. Saute until soft, about 4 minutes.
4. Add 1/4 cup of the beef broth to the skillet, stirring well.
5. In a bowl, combine the heavy cream with the remaining beef broth, Worcestershire sauce, and xanthan gum. Mix well, then add to the skillet. Bring to a simmer.
6. Add pork chops to gravy and cover. Allow to simmer for about ten minutes, or until sauce is thickened and pork chops are fully cooked.

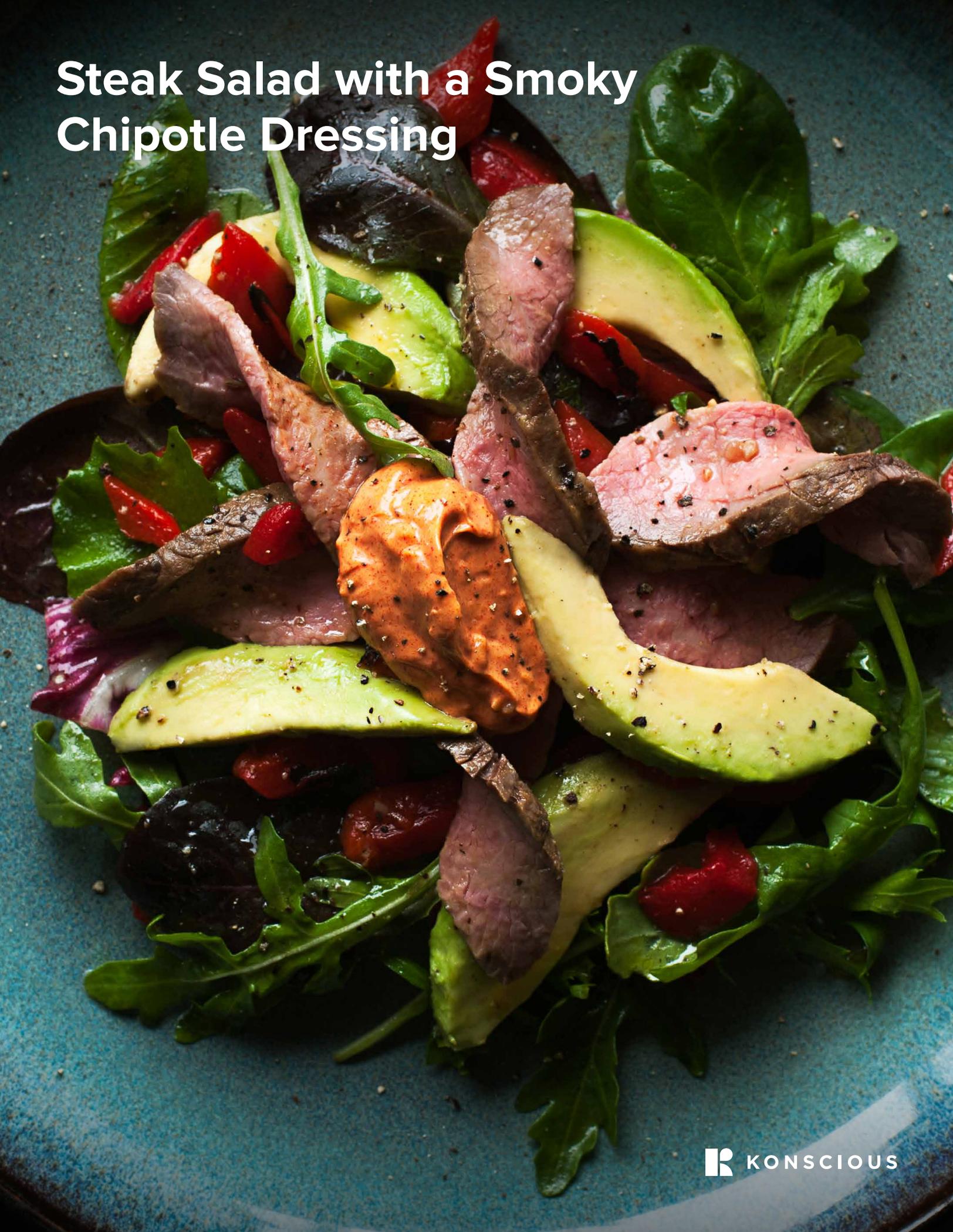
Tips:

- You can use boneless pork chops, if you prefer.

Nutrition per Serving:

- Fat: 26.3g
- Total Carbs: 5.5g
- Fiber: 1g
- Sugar Alcohols: 0g
- Net Carbs: 4.5g
- Protein: 36.8g
- Calories: 415

Steak Salad with a Smoky Chipotle Dressing





Servings: 2



Time: 15 minutes

This delicious dinner salad features juicy flank steak, crisp veggies, and a smoky chipotle dressing. Steak is a fantastic source of protein and iron, and you can choose any cut you like here. Feel free to add other nutritious veggies to this salad for added flavor!



Ingredients:

For the Salad:

- 8 oz flank steak
- 1 tbsp olive oil
- salt and pepper, to taste
- 4 cups salad greens
- ½ cup roasted, red peppers, chopped
- ½ avocado, thinly sliced

For the Dressing:

- 1 chipotle pepper in adobo sauce
- ⅓ cup mayo
- 1 tbsp lime juice
- salt, to taste



Instructions:

1. Add the ingredients for the dressing to a food processor or blender and blend until smooth. Refrigerate until serving.
2. Meanwhile, heat a grill pan or skillet over medium-high heat. Rub the steak with olive oil, salt, and pepper. Once hot, add the steak to the pan and cook for about 2-3 minutes on each side. Remove to a cutting board and let rest while you make the salad.
3. Divide the salad greens between two plates for serving. Top with roasted red peppers and avocado slices.
4. Thinly slice the steak on a diagonal and divide between the two salads.
5. Top the salads with the chipotle dressing and enjoy!

Tips:

- Feel free to add other veggies, such as radishes, tomatoes, onion, and cucumbers.

Nutrition per Serving:

- Fat: 51.5g
- Total Carbs: 11.5g
- Fiber: 6g
- Sugar Alcohols: 0g
- Net Carbs: 5.5g
- Protein: 34g
- Calories: 647

Southern Style Cabbage and Bacon





Servings: 4



Time: 20 minutes

This traditional dish could be eaten as a meal on its own, or it could be a great side dish to some chicken wings! The tasty, bacon-flavored cabbage provides some welcome fiber to your diet, along with a good helping of Vitamin C, so it's really worth adding this to your week!



Ingredients:

- 3 tbsp butter (substitute ghee, olive, coconut, or avocado oil) melted
- ½ onion, diced
- ½ tsp garlic powder
- 12 oz bacon or turkey bacon, chopped (sugar-free and without nitrates)
- 5 cups green cabbage (about 14 oz), chopped or shredded
- ¼ tsp cayenne pepper, optional
- ¼ tsp salt
- Freshly ground pepper
- 2 tbsp fresh parsley leaves



Instructions:

1. Heat the butter or substitute in a large skillet over medium high heat. Add the onion and garlic powder. Stir fry for 4-5 minutes until the onion is translucent.
2. Add the bacon and cook until colored.
3. Add the cabbage, cayenne, salt, and pepper and stir to combine with the onion and bacon.
4. Cook over medium heat for 10-12 minutes until the cabbage has softened slightly, but still has a bite.
5. Sprinkle with fresh parsley before serving.

Tips:

- Add some spicy chili flakes or keto-friendly hot sauce for an added kick of heat!
- You can make this dish with other proteins, such as sausage or shrimp!

Nutrition per Serving:

- Fat: 38.2g
- Total Carbs: 8.6g
- Fiber: 2.6g
- Sugar Alcohols: 0g
- Net Carbs: 6g
- Protein: 30g
- Calories: 514

Country BBQ Chicken



 KONSCIOUS



Servings: 4 servings



Time: 55 minutes + 60 minutes marinade time

If you're a fan of some good, old-fashioned barbeque, you're going to love this amazing Country BBQ Chicken! Barbecue sauces can be among the most sugary sauces in the condiment aisle; however, we've created this delicious homemade sauce, made with brown sugar erythritol, so you don't have to miss out on that sweet sauce! Use this sauce on barbecue chicken, ribs, pork chops, burgers, or anything!



Ingredients:

For the Chicken:

- 4 chicken leg quarters
- 1 tbsp lemon juice
- 1 tsp smoked paprika
- 2 garlic cloves, minced
- 2 tbsp olive oil
- salt and pepper, to taste

For the BBQ Sauce:

- 1/3 cup sugar-free ketchup
- 2 tbsp brown sugar erythritol
- 2 tsp apple cider vinegar
- 1 tsp Worcestershire sauce
- 1 tsp liquid smoke
- 1/4 tsp garlic powder
- 1/4 tsp salt, or to taste

Optional, for Serving:

- salad, keto coleslaw, or another keto-friendly veggie



Instructions:

1. Combine all the ingredients for the chicken in a large ziplock bag. Seal the bag, and massage the marinade into the chicken. Place in the refrigerator for an hour.
2. Preheat your oven to 400°F and line a baking sheet with foil, sprayed with nonstick cooking spray.
3. Arrange the chicken on the baking sheet and cook for about 40 minutes or until the internal temperature reaches 165°F.
4. Meanwhile, in a small bowl, whisk together the ingredients for the BBQ sauce.
5. When the chicken is done, remove from the oven, and turn on the oven's broiler to high. Move an oven rack to the second-highest position.
6. Brush the chicken with the BBQ sauce and set under the broiler, on the rack in the second-highest position, for 2-3 minutes, watching every 30-60 seconds to prevent burning.
7. Remove the chicken from the oven and let sit 5-10 minutes before serving with your favorite keto sides.

Tips:

- You can also grill the chicken on an outdoor grill, if desired.
- You can use this recipe for other types of chicken, such as wings or breasts. You may need to adjust cook time, depending on the type of chicken used. Chicken is done when the internal temperature reaches 165°F.

Nutrition per Serving:

- Fat: 19.8g
- Total Carbs: 8.6g
- Fiber: 0.3g
- Sugar Alcohols: 4.5g
- Net Carbs: 3.8g
- Protein: 18g
- Calories: 273

The Best Slaw!





Servings: 4



Time: 5 min, plus chill time

This coleslaw is an essential addition to any holiday buffet table and can be added to so many dishes. Try it with some cold meats, like ham or cooked chicken, top a burger, or add to a plate of ribs - this tangy, creamy dressing will be a crowd pleaser!



Ingredients:

- 4 cups of any shredded cabbage or coleslaw mix (ensure there is minimal carrot)
- 1/3 cup mayonnaise
- 3 tbsp heavy cream
- 1/2 tsp onion powder
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 tbsp apple cider vinegar
- 1 tbsp powder erythritol
- 4 mini, dill pickles, chopped (optional)
- 1 tbsp fresh parsley, chopped (optional)



Instructions:

1. Whisk together the mayonnaise, cream, onion powder, salt, pepper, vinegar, and erythritol.
2. Fold in the shredded cabbage, pickles, and parsley.
3. Chill for about an hour in the fridge before serving.

Tips:

- Add some diced celery for added crunch!
- You could use some fiery mustard in the mix to warm things up a bit!
- For a sweeter slaw, add an extra teaspoon or two of erythritol.

Nutrition per Serving:

- Fat: 18g
- Total Carbs: 9g
- Fiber: 2.6g
- Sugar Alcohols: 2.3g
- Net Carbs: 4.1g
- Protein: 1.8g
- Calories: 193

Keto Cornbread





Servings: 16



Time: 40 minutes

You may think that cornbread would be difficult to enjoy on keto, but not with this recipe! This keto cornbread is perfect for adding to a Southern-style meal and can be served either sweet or savory. How about using it as a simple snack with a smear of butter? Add some berries or some cream cheese for a sweet treat! Any way you choose to serve it, it's sure to be delicious!



Ingredients:

- 5 cups of almond flour
- 1 tbsp baking powder
- 1/3 cup powdered erythritol
- 1 tsp salt
- 1/4 tsp pepper
- 6 eggs, beaten
- 2 tbsp heavy cream
- 1/2 cup butter, melted (substitute coconut oil, olive oil, avocado oil, or ghee)
- 2/3 cups of unsweetened almond milk (substitute unsweetened hemp, macadamia, or coconut milk)
- 2 tsp sweet corn extract
- Optional - extra butter to serve



Instructions:

1. Preheat the oven to 425°F and grease or line an ovenproof skillet, preferably cast iron.
2. In a bowl, stir together the almond flour, baking powder, sweetener, salt, and pepper.
3. Add the remaining ingredients and stir until you have a smooth batter.
4. Spoon into the prepared skillet, and bake for 35-40 minutes or until a toothpick comes out clean.
5. Cool for about 10 minutes before slicing and serving. Enjoy!

Tips:

- Try topping a leftover piece with a fried egg for a delicious breakfast!

Nutrition per Serving:

- Fat: 26.2g
- Total Carbs: 10.6g
- Fiber: 3.9g
- Sugar Alcohols: 3g
- Net Carbs: 3.7g
- Protein: 9.7g
- Calories: 293

Devilled Eggs





Servings: 4



Time: 10 minutes

These deviled eggs are a great plate for entertaining! They look really pretty and have an abundance of creamy, spicy flavors that you and your family will love. Use as a side dish to a meal or eat as a snack; they would be delicious any time.



Ingredients:

- 8 hard-boiled eggs
- ¼ cup sour cream
- ⅓ cup mayonnaise
- 1 tbsp Dijon mustard
- ¼ tsp salt
- ⅛ tsp pepper
- Optional toppings: fresh dill, paprika



Instructions:

1. Slice the eggs in half, lengthwise, scoop out the yellow yolk and place it in a bowl.
2. Mash the yolk with sour cream, mayonnaise, mustard, salt, and pepper and mix until smooth.
3. Either spoon or pipe the egg yolk mixture back into the cavity of egg whites.
4. To serve, add the eggs to a plate, sprinkle with dill and paprika, if desired.

Tips:

- You could add bacon crumbs or diced pickles to the top of these eggs for another layer of flavor.

Nutrition per Serving:

- Fat: 27.1g
- Total Carbs: 2g
- Fiber: 0.1g
- Sugar Alcohols: 0g
- Net Carbs: 1.9g
- Protein: 13.3g
- Calories: 312

Cinnamon Pecan Ice Cream





Servings: 4



Time: 10 minutes + freezing time

When the weather is hot, and you're craving something sweet, this ice cream will hit the spot. With the traditional, southern flavors of pecan and cinnamon, it feels like you're eating a creamy, icy version of a cinnamon bun, and no one will believe it's keto!



Ingredients:

- 1 ½ cups heavy cream
- 1 tsp ground cinnamon
- 3 tbsp brown sugar erythritol
- 2 tbsp sugar-free maple syrup
- ½ cup chopped pecans, toasted



Instructions:

1. In a bowl, take cream, cinnamon, erythritol, and syrup, and whisk the mixture using an electric mixer until stiff peaks appear.
2. Fold in the pecans.
3. Put the batter into a freezer-safe container and freeze for 30 to 35 minutes until just set (or longer depending on your freezer).
4. Scoop into cups or bowls for serving.

Tips:

- Try and eat this when it has just 'set' as it will be the creamiest then.
- If you don't eat it immediately, store in small containers for individual portions, and defrost in the refrigerator for 20-30 minutes, or until soft enough to eat again.
- For a dairy-free version, use coconut cream in place of heavy cream.

Nutrition per Serving:

- Fat: 42.8g
- Total Carbs: 14.8g
- Fiber: 3g
- Sugar Alcohols: 8.3g
- Net Carbs: 3.5g
- Protein: 3g
- Calories: 409

Keto Iced Tea





Servings: 4



Time: 20 minutes (plus chill time)

A refreshing tea is just what you need on a hot afternoon. Feel free to double or triple this recipe and keep a large jug on hand in your fridge to quench your thirst!



Ingredients:

- 4 cups water, divided
- 3 tea bags
- 1 ½ cups of ice
- 1 sprig of fresh mint leaves
- 2 slices of lemon
- Keto sweetener, to taste



Instructions:

1. Bring 1 cup of water to a gentle boil over the stovetop. Add the tea bags to the water, cover, and remove from heat. Let the tea bags steep for 15 minutes.
2. Remove the tea bags and pour the tea into a heatproof pitcher or container. Add 3 cups of cold water and stir.
3. Let the tea cool at room temperature, and then refrigerate until cold and ready to serve.
4. Add sweetener, to taste, and garnish with lemon and mint before serving.

Tips:

- Add some frozen berries to the jug, if you like, to stir the flavors up a bit.
- To avoid bitterness, do not squeeze the tea bags as you remove them.
- Feel free to use your favorite keto friendly sweetener in this recipe, such as stevia, monk fruit, erythritol, or allulose.

Nutrition per Serving:

- Fat: 0g
- Total Carbs: 0.3g
- Fiber: 0g
- Sugar Alcohols: 0g
- Net Carbs: 0.3g
- Protein: 0g
- Calories: 2