

# !!! Beth's Low Carb Recipes

Various gathered low carb recipes and some of my own :)



Beth Stout

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# CAKES AND COOKIES AND SWEETS

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## Bottom-of-the-Ice-Cream-Cone Creme Puffs

*4.25 total carbohydrates per serving)*

- 2 boxes sugar-free vanilla pudding mix
- 1 cup almond or walnut flour (health food stores, or health food section of premium supermarkets)
- 2 cups heavy cream
- ½ cup butter
- 1 cup water
- ¼ tsp salt
- 4 eggs



### Procedure

Bring butter & water to a boil. Stir in salt and almond flour; mixture will form a ball. Transfer "dough" to large mixing bowl. Remove from heat. Using wooden spoon or electric mixer on Low, beat in eggs one at a time. Drop tablespoonfuls onto non-greased cookie sheet. 450° for 40 minutes or until golden brown. For filling: prepare pudding mix with heavy cream in lieu of milk. When puffs are cool, use pastry bag to pipe pudding into shells. No pastry bag? Simply snip one of the bottom corners of a large Ziploc bag and squeeze.  
 Serving size: Entire recipe (27.9 ounces).

Amount Per Serving	
<b>Calories</b>	1924.35
Calories From Fat (91%)	1758.54
	% Daily Value
<b>Total Fat</b> 199.51g	<b>307%</b>
Saturated Fat 119.6g	<b>598%</b>
<b>Cholesterol</b> 1315.46mg	<b>438%</b>
<b>Sodium</b> 975.79mg	<b>41%</b>
<b>Potassium</b> 484.98mg	<b>14%</b>
<b>Total Carbohydrates</b> 8.18g	<b>3%</b>
Fiber 0g	<b>0%</b>
Sugar 7.48g	
<b>Protein</b> 30.98g	<b>62%</b>

## Low-Carb Peanut Butter Fudge

- 1 stick butter
- 1 jar natural peanut butter, chunky or smooth. (No measuring required AND it pours right out. Love that!)
- 4 oz cream cheese - i.e., half the block.
- 2 cups granular Splenda or Stevia
- 3 scoops of your favorite chocolate protein powder



### Procedure

Melt first 3 ingredients in mixing bowl. Incorporate Splenda & protein powder, mixing thoroughly. Transfer to 8x8 pan. Freeze

Serving size: Entire recipe (4 ounces).

Amount Per Serving	
<b>Calories</b>	810.21
Calories From Fat (99%)	805.85
	% Daily Value
<b>Total Fat</b> 91.65g	<b>141%</b>
Saturated Fat 58.05g	<b>290%</b>
<b>Cholesterol</b> 242.95mg	<b>81%</b>
<b>Sodium</b> 726.59mg	<b>30%</b>
<b>Potassium</b> 27.12mg	<b>&lt;1%</b>
<b>Total Carbohydrates</b> 0.07g	<b>&lt;1%</b>
Fiber 0g	<b>0%</b>
Sugar 0.07g	
<b>Protein</b> 0.96g	<b>2%</b>

### Recipe Tips

*Double the batch for extra thick fudge.*

*You can use any nut butter you like.*

*Sunflower seed butter can be great for nut allergies.*

## Low-Carb Post-Induction Peanut Butter Cookies!

*3 net carbs per cookie*

- |                        |                                     |
|------------------------|-------------------------------------|
| 1 cup peanut butter    | 1 large egg                         |
| 1 cup granular Splenda | 3 shakes ground cinnamon (optional) |
| 1 tsp baking soda      |                                     |



### Procedure

Mix together & form into little balls on greased cookie sheets. Press down "crossways" with fork for a true peanut butter cookie look. 350° for 10 minutes; allow a few minutes to cool. DONE  
 Serving size: Entire recipe (11 ounces).

Amount Per Serving	
<b>Calories</b>	1588.54
Calories From Fat (71%)	1130.1E
	% Daily Value
<b>Total Fat</b> 134.76g	<b>207%</b>
Saturated Fat 28.68g	<b>143%</b>
<b>Cholesterol</b> 186mg	<b>62%</b>
<b>Sodium</b> 2513.78mg	<b>105%</b>
<b>Potassium</b> 1743.42mg	<b>50%</b>
<b>Total Carbohydrates</b> 50.82g	<b>17%</b>
Fiber 15.48g	<b>62%</b>
Sugar 23.97g	
<b>Protein</b> 71.01g	<b>142%</b>

### Time & Temp

350° for 10 minutes; allow a few minutes to cool

# Maple Pecan Pie

*Your low carb holiday dessert prayers have been answered! This sugar-free, grain-free maple pecan pie simply takes the cake. Or the pie.*

	Press-in Crust	1 half	recipe Low Carb Caramel Sauce
1 1/4 cups	almond flour	1	Tbs maple extract (or vanilla extract if you want regular pecan pie)
2 Tbs	coconut flour	6	Tbs powdered Swerve Sweetener
2 Tbs	Swerve Sweetener	2	Tbs vegetable glycerin
1 Tbs	arrowroot starch	2	large eggs, room temperature
	pinch salt	2	Tbs melted butter
1	large egg	1 1/2	cup pecan halves
1 1/2 Tbs	melted butter		
	Filling:		

## Procedure

### Press-in Crust:

Grease a 9-inch glass or ceramic pie pan well.

In a large bowl, combine almond flour, arrowroot starch, sweetener, coconut flour and salt. Stir in egg and melted butter until dough begins to cling together.

Press into bottom and up sides of prepared pie dish, crimping the edges. Prick the bottom a few times with a fork, then freeze one hour.

### Filling:

Preheat oven to 325F.

In a large bowl, whisk together the caramel sauce, maple extract, powdered sweetener, vegetable glycerin, egg and melted butter.

Remove pie crust from freezer and spread with pecan halves. Pour filling over and place on a baking sheet.

Tent the whole pie with foil (to keep crust edges from burning) and bake about 40 to 45 minutes, until center is just a tiny bit jiggly. Bake a little less if you want a really gooey pie.

Let cool at least 30 minutes.

Servings: 10

Yield: Yield: 1 9-inch pie

Serving size: 1/10 of a recipe (1.3 ounces).

Amount Per Serving	
<b>Calories</b>	170.06
Calories From Fat (86%)	146.83
	% Daily Value
<b>Total Fat</b> 17.22g	<b>26%</b>
Saturated Fat 4.03g	<b>20%</b>
<b>Cholesterol</b> 66.49mg	<b>22%</b>
<b>Sodium</b> 21.85mg	<b>&lt;1%</b>
<b>Potassium</b> 88.93mg	<b>3%</b>
<b>Total Carbohydrates</b> 2.38g	<b>&lt;1%</b>
Fiber 1.57g	<b>6%</b>
Sugar 0.71g	
<b>Protein</b> 3.43g	<b>7%</b>

## Recipe Tips

*Serves 10. Each serving has 13.23 g of carb and 5.36 g of fiber. Total NET CARBS = 7.87 g.*

*Food energy: 430kcal Saturated fatty acids: 8.21g Total fat: 38.84g Calories from fat: 349 Cholesterol: 24mg Carbohydrate: 13.23g Total dietary fiber: 5.36g Protein: 7.63g Sodium: 198mg*

## Mock Pumpkin Cheesecake

*(9 total carbs & 7 net)*

½ cup canned pumpkin  
1 (3-oz.) cube cream cheese

1/8 tsp ground cinnamon  
1 packet Splenda

### Procedure

Smooth ingredients together, heat in microwave 40 seconds, & enjoy!

Serving size: Entire recipe (4.4 ounces).

Amount Per Serving	
<b>Calories</b>	45.81
Calories From Fat (6%)	2.91
	% Daily Value
<b>Total Fat</b> 0.35g	<1%
Saturated Fat 0.18g	<1%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 295.26mg	12%
<b>Potassium</b> 253.79mg	7%
<b>Total Carbohydrates</b> 11.08g	4%
Fiber 3.73g	15%
Sugar 4.85g	
<b>Protein</b> 1.36g	3%

## No-Bake Peanut Butter Protein Cookies

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*cookie batch approximately 5 total carbs*

- |  |  |
|--|--|
| 2 scoops of peanut butter protein powder (the one I used yields 2 total carbs per scoop) | 2 eggs, beaten (pasteurized eggs may be substituted)<br>1-2 spoonfuls coconut oil (optional) |
|--|--|



### Procedure

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Mix together, breaking up all those lumps. Drop 5 dollops of mixture onto large, wax-lined plate. Freeze for at least 15 minutes. If prepped ahead & frozen overnight (this is what I do!), allow to thaw for a few minutes before digging in. What I love about these is that they're a quick way to get close to 60 grams of protein, and a nice alternative to drinking your morning shake. These are great for breakfast!

Servings: 5

### Recipe Tips

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*Make sure to use your absolute best-tasting protein powder for this one - even if it means using a flavor other than peanut butter*

## Quick Pumpkin Mini-Cheesecakes

*(Makes 4 cheesecakes; 7½ net carbs per cheesecake)*

1 ½ cup pumpkin	1 tsp vanilla
1 cup cream cheese	1 tsp almond extract
4 eggs	½ tsp lemon extract
2 tsp butter, melted	1 tsp chocolate extract (optional)
1 cup Splenda	1 tsp salt
1 tsp cinnamon (or more!)	

### Procedure

Blend ingredients & pour into 4 disposable aluminum pie shells.

Serving size: Entire recipe (29 ounces).

Amount Per Serving	
<b>Calories</b>	1290.62
Calories From Fat (74%)	950.27
	% Daily Value
<b>Total Fat</b> 107.22g	<b>165%</b>
Saturated Fat 56.41g	<b>282%</b>
<b>Cholesterol</b> 1019.55mg	<b>340%</b>
<b>Sodium</b> 4343.39mg	<b>181%</b>
<b>Potassium</b> 1362.18mg	<b>39%</b>
<b>Total Carbohydrates</b> 41.15g	<b>14%</b>
Fiber 10.66g	<b>43%</b>
Sugar 20.85g	
<b>Protein</b> 43g	<b>86%</b>

### Recipe Tips

*If doing Induction, use Splenda packets rather than granular - less carbs.*

### Time & Temp

375° for 25-30 minutes

## Low Carb Breads

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# Cheesy Garlic Bread

*Carbs per serving: 4g carbs, (2g net carbs)*

	Bread Base	1/4 tsp	salt
1 1/4 cup	almond flour (I use Wellbee's)	2 tsp	baking powder
1 tsp	coconut flour	1/4 tsp	garlic powder
3	egg whites, beaten until fluffy	1/2 tsp	xanthan or guar gum (optional)
2 tsp	olive oil or avocado oil		Topping
1/4 cup	warm water	1 cup	shredded mozzarella cheese
1 tsp	live yeast granules	2 tsp	butter, melted
1 tsp	coconut sugar (or honey or molasses— will be eaten by yeast)	1/4 tsp	garlic powder
		1/4 tsp	salt
1/2 cup	shredded mozzarella cheese	1/2 tsp	Italian seasoning



## Procedure

Preheat oven to 400 degrees.

In a large bowl, combine almond and coconut flour, salt, baking powder, garlic powder and xanthan gum. Stir well. In a small cup or bowl, combine warm water and sugar and stir until dissolved, then add yeast. Set aside for a few moments.

To the flour mixture, add olive oil and yeast-water mixture and stir well with a rubber spatula. Add in beaten eggs and continue to mix.

Add in the 1/2 C mozzarella shreds and mix gently with your spatula until a nice dough is formed and cheese is mixed well throughout.

Grease a 9x9 square cake pan or large cookie sheet. Put batter into cake pan or cookie sheet. If you're free-forming on a cookie sheet, loosely form the dough into a rectangle or square.

Bake at 400 degrees for approx. 15-17 minutes or until the sides of the crust turn golden brown. Remove and top.

In a tiny bowl, combine butter, garlic powder and salt. Mix well, then brush over the top of the garlic bread base. Be sure to get the butter over every inch!

Top the bread with shredded mozzarella cheese, then sprinkle that with Italian seasoning.

Bake at 400 degrees for about 10 minutes or until cheese is melted. For final 3 minutes, turn broiler on to brown the cheese.

Remove from oven and let bread stand for 5-10 minutes before serving (if you can wait that long).

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Serving size: Entire recipe (9.9 ounces).

Amount Per Serving	
<b>Calories</b>	582.29
Calories From Fat (59%)	345.29
	% Daily Value
<b>Total Fat</b> 39.26g	<b>60%</b>
Saturated Fat 24.89g	<b>124%</b>
<b>Cholesterol</b> 147.07mg	<b>49%</b>
<b>Sodium</b> 3367.55mg	<b>140%</b>
<b>Potassium</b> 189.76mg	<b>5%</b>
<b>Total Carbohydrates</b> 9.51g	<b>3%</b>
Fiber 0.26g	<b>1%</b>
Sugar 2.28g	
<b>Protein</b> 48.42g	<b>97%</b>

## Recipe Tips

*Nutrition (per 1/10th of recipe): 175 calories 4 g carbs 2 g fiber (2 g net carbs) 16 g fat 8 g protein*

## Delicious Low-Carb Pancakes

- 3 oz cream cheese, softened in microwave
- 2 eggs
- 1 tsp ground cinnamon
- 1 tsp flavored sugar-free syrup (I like vanilla)
- Butter to taste

### Procedure

Beat together thoroughly - no lumps allowed! Pour on buttered skillet on Low-Medium heat for 4 minutes. Flip & let fry for another 1-2 minutes. Also, try these wrapped around sausage for a "pig-in-blanket" effect.  
 Serving size: Entire recipe (3.6 ounces).

Amount Per Serving	
<b>Calories</b>	149.42
Calories From Fat (58%)	85.93
	% Daily Value
<b>Total Fat</b> 9.54g	<b>15%</b>
Saturated Fat 3.13g	<b>16%</b>
<b>Cholesterol</b> 372mg	<b>124%</b>
<b>Sodium</b> 142.26mg	<b>6%</b>
<b>Potassium</b> 149.21mg	<b>4%</b>
<b>Total Carbohydrates</b> 2.82g	<b>&lt;1%</b>
Fiber 1.38g	<b>6%</b>
Sugar 0.43g	
<b>Protein</b> 12.66g	<b>25%</b>

### Recipe Tips

(6 total carbs)

## Floopsie Recipe

- 4 eggs (can separate and use only whites)
- 4oz cream cheese
- 1/4 tsp salt
- 1/4 tsp cream of tartar
- 2tsp of sweetener (splenda, stevia.. whatever equivalent)
- 2TBS coconut flour (I might try almond next...)



### Procedure

blend in magic bullet or blender and pour into a well greased 9x13 pan. there will be small lumps of cheese that's OK.

Serving size: Entire recipe (0.1 ounces).

Amount Per Serving	
<b>Calories</b>	1.94
Calories From Fat (0%)	0
	% Daily Value
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 581.76mg	24%
<b>Potassium</b> 123.87mg	4%
<b>Total Carbohydrates</b> 0.46g	<1%
Fiber 0g	0%
Sugar 0g	
<b>Protein</b> 0g	0%

### Time & Temp

bake at 300 for 25 minutes

## Garlic Parmesan Knots

*Serving Size: 2 rolls as an appetizer These little low carb garlic parmesan rolls make the best accompaniment to your favourite healthy soup or stew. Serve them hot out of the oven and slathered with butter for the perfect keto side dish.*

	Dough:	1	large egg
1/2	cup		Garlic Parmesan Butter
1/4	cup	3	Tbs butter, melted
2	tsp	2	Tbs freshly grated parmesan
1/2	tsp	2	tsp minced garlic
1/4	tsp	3/4	tsp kosher salt
1 1/2	cups	1/2	tsp dried parsley
5	Tbs		butter, melted

### Procedure

#### Dough:

Preheat oven to 350F and line a large baking mat with parchment paper or a silicone liner.

In a medium bowl, combine almond flour, coconut flour, baking powder, garlic powder, and salt. In a large saucepan, melt cheese over low heat until it's melted and can be stirred together.

Add butter, egg, and stir to combine. Stir in almond flour mixture until dough comes together (keep heat on low). It will still have some large streaks of cheese. Turn out dough onto a parchment-lined surface and knead until uniform (this only takes a little kneading).

Divide dough into 16 equal portions. Roll each portion into a 7-inch log and tie gently into a knot. Place on prepared baking sheet a few inches apart (they will spread a bit).

#### Garlic Parmesan Butter:

In a small bowl, whisk together butter, parmesan, garlic, salt, and parsley. Brush about half of the butter over knots before baking. Bake 15 to 20 minutes, until firm to the touch and golden brown.

Remove and brush with remaining garlic butter. Serve warm.

Servings: 8

Yield: Yield: 16 rolls

Serving size: 1/8 of a recipe (1.7 ounces).

Amount Per Serving	
<b>Calories</b>	175.94
Calories From Fat (80%)	141.27
	% Daily Value
<b>Total Fat</b> 16.06g	25% <sub>c</sub>
Saturated Fat 9.99g	50% <sub>c</sub>
<b>Cholesterol</b> 69.62mg	23% <sub>c</sub>
<b>Sodium</b> 534.74mg	22% <sub>c</sub>
<b>Potassium</b> 38.63mg	1% <sub>c</sub>
<b>Total Carbohydrates</b> 1.43g	<1% <sub>c</sub>
Fiber 0.04g	<1% <sub>c</sub>
Sugar 0.32g	
<b>Protein</b> 6.99g	14% <sub>c</sub>

### Recipe Tips

2 rolls each). Each serving has 2.66 g NET CARBS.

Food energy: 220kcal Total fat: 19.07g Calories from fat: 171 Cholesterol: 46mg Carbohydrate: 4.70g Total dietary fiber: 2.04g Protein

Use a tortilla press making thin crust pizzas. 7 - 8 inch pizza's. Can use this for crispy bread for a sandwich or for a small pizza.

## Golden Flax Seed Bread with Rosemary Sage & Thyme

*Why is our recipe for Golden Flax Seed Bread with Rosemary, Sage & Thyme wicked good? Because it tastes excellent and it is good for you. Plus, it is ideal for those on a gluten-free diet. The bread makes tasty croutons for stuffing or dressing for holiday celebrations. Try it this holiday season!*

- 1 cup (112 grams) coconut flour
- 1 cup (104 grams) golden flax seed meal
- ¼ cup (24 grams) whole psyllium husk flakes
- 4 tsp (19.2 grams) baking powder, preferably aluminum-free
- 1 ½ (10.5 grams) teaspoons kosher salt
- 2 Tbs dried rosemary leaves, crumbled
- 1 Tbs dried sage leaves
- 1 ½ tsp dried thyme leaves
- 2 tsp garlic powder
- 12 (1 dozen) large eggs
- 1 ½ Tbs light olive oil, plus extra for greasing pan
- ½ cup (122 grams) whole milk (or almond milk, for paleo)
- 2 ½ Tbs organic raw apple cider vinegar



### Procedure

Preheat oven to 325°F. Lightly grease a large (1.5-pound, 10" x 5" x 3" high) nonstick loaf pan with olive oil and line the bottom with parchment paper. Set aside.

In a large mixing bowl, whisk together the coconut flour, golden flax seed meal, psyllium husk flakes, baking powder, salt, herbs and garlic powder. Set aside.

Using a stand mixer fitted with the paddle attachment, beat the eggs until they begin to bubble and froth around the edges of bowl. Add oil, milk and apple cider vinegar; beat until well blended. Add dry ingredients in a few batches and mix until just combined. Do not overmix as this will create a dense bread. Using a light hand, scrape the thick batter into prepared pan with a rubber spatula and smooth the top.

Bake until the bread is firm to the touch, about 80 to 85 minutes. Cool in pan for 5 minutes before removing from pan. Cool completely on wire rack.

Serving size: Entire recipe (1.1 ounces).

Amount Per Serving	
<b>Calories</b>	40.52
Calories From Fat (8%)	3.35
	% Daily Value
<b>Total Fat</b> 0.4g	<b>&lt;1%</b>
Saturated Fat 0.17g	<b>&lt;1%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 2238.16mg	<b>93%</b>
<b>Potassium</b> 117.45mg	<b>3%</b>
<b>Total Carbohydrates</b> 11.65g	<b>4%</b>
Fiber 1.85g	<b>7%</b>
Sugar 0.19g	
<b>Protein</b> 1.33g	<b>3%</b>

### Recipe Tips

*Bread and croutons can be prepared 1 to 2 days in advance. Store in zip-top plastic bags to keep until ready to use.*

## Low Carb Bun for One

*Easy single serve gluten free bun. Ready in about two minutes. Or twenty, if you prefer an oven-baked bun.*

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| 1 Tbs coconut oil or butter, melted | 1 Tbs coconut flour, packed        |
| 1 egg, slightly beaten              | 1/8 tsp baking soda                |
| 1 Tbs coconut milk                  | Sesame seeds for topping, optional |
| 1 Tbs almond meal, packed           |                                    |



### Procedure

Blend oil or melted butter, egg, milk, almond meal, coconut flour, and baking soda.

Pour batter into a greased 4" cake pan. Smooth top with a dampened spatula. Sprinkle with sesame seeds. Bake for 18-20 minutes in a 350 degree oven.

Or, cook bun in the microwave. Grease a 4" round microwave safe ramekin. Cook at full power for 55 - 60 seconds (in a 1500 watt oven). Cook time will vary depending on how powerful your microwave is.

Make two rolls by dividing batter between 2 smaller ramekins. Cook for about 45 seconds in microwave.

Serving size: Entire recipe (2.4 ounces).

Amount Per Serving	
<b>Calories</b>	115.31
Calories From Fat (61%)	70.84
	% Daily Value
<b>Total Fat</b> 8.11g	<b>12%</b>
Saturated Fat 4.37g	<b>22%</b>
<b>Cholesterol</b> 186mg	<b>62%</b>
<b>Sodium</b> 237.23mg	<b>10%</b>
<b>Potassium</b> 114.87mg	<b>3%</b>
<b>Total Carbohydrates</b> 3.91g	<b>1%</b>
Fiber 0.28g	<b>1%</b>
Sugar 1.11g	
<b>Protein</b> 6.86g	<b>14%</b>

## Low Carb Tortilla Recipe

1/3 cup water	1/2 tsp salt
3/4 cup egg whites	1/2 tsp cummin
1/4 cup coconut flour	1/2 tsp chili powder

### Procedure

Combine all ingredients using food processor or blender. Let mixture rest for 7-8 minutes to allow coconut flour to absorb some of liquid.

Preheat a lightly oiled 10-inch nonstick skillet over low-medium heat.

Once moderately heated, pour 1/4 cup or so of the batter into the center while tilting to spread the batter to about 7-8 inches in diameter. Flip tortilla once the top is no longer shiny and sticky. Repeat for second one.

At this point the skillet is most likely fully heated. So, reapply oil and \*pickup\* the skillet and pour batter using same tilt technique and place back onto burner. Repeat for fourth one.

Place each on parchment paper and slightly wipe off any excess oil. Do not stack as they may stick to each other.

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Total Time: 25 minutes

Serving size: Entire recipe (9.4 ounces).

Amount Per Serving	
<b>Calories</b>	98.58
Calories From Fat (4%)	4.42
	% Daily Value
<b>Total Fat</b> 0.5g	<b>&lt;1%</b>
Saturated Fat 0.03g	<b>&lt;1%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1521.64mg	<b>63%</b>
<b>Potassium</b> 324.42mg	<b>9%</b>
<b>Total Carbohydrates</b> 2g	<b>&lt;1%</b>
Fiber 0.47g	<b>2%</b>
Sugar 1.39g	
<b>Protein</b> 20.05g	<b>40%</b>

### Recipe Tips

*Serving size: 1 serving (Total recipe makes 4 servings)*

*Protein 5.88g, Cals 54, Fat 1.00g, Carbs 4.34g, Fiber 2.50g — NET CARBS: 1.84g*

## Oopsie Rolls

Nonstick cooking spray	3 oz (100 grams) full-fat cream cheese, cold, cubed
3 large eggs	1/8 tsp salt
1/8 tsp cream of tartar	

### Procedure

Preheat oven to 300 degrees F. Line a cookie sheet with parchment paper and lightly spray with nonstick spray. Separate the eggs, making sure no yolk gets into the whites and placing the whites in a clean, non-greasy bowl. Using a clean, non-greasy electric whisk, whip the egg whites and the cream of tartar until stiff.

In a separate bowl, use the same whisk to whisk together the yolks, cream cheese and salt, until smooth.

Using a spatula, carefully fold the egg whites into the cream cheese mixture, working in batches. Work by placing a mound of egg whites on top of the yolk mixture, then gently fold the yolk mixture from under and over the egg whites, rotating the bowl, again and again until the mixture is incorporated. You want to use the folding technique because you want to keep the air bubbles intact in the egg whites.

Spoon 6 large mounds of the mixture onto the prepared baking sheet. Gently press with a spatula on the top of each mound to flatten just slightly.

oopsie rolls unbaked

Bake 30-40 minutes, until golden-brown.

oopsie rolls baked

Cool a couple of minutes on the cookie sheet, then gently transfer to a wire rack to cool completely. Store leftovers in a slightly open Ziploc bag in the fridge for a couple of days.

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Total Time: 1 hour

Serving size: Entire recipe (5.3 ounces).

Amount Per Serving	
<b>Calories</b>	215.47
Calories From Fat (60%)	128.5
	% Daily Value
<b>Total Fat</b> 14.27g	22%
Saturated Fat 4.69g	23%
<b>Cholesterol</b> 558mg	186%
<b>Sodium</b> 503.88mg	21%
<b>Potassium</b> 268.94mg	8%
<b>Total Carbohydrates</b> 1.31g	<1%
Fiber 0g	0%
Sugar 0.56g	
<b>Protein</b> 18.84g	38%

### Recipe Tips

*Cool a couple of minutes on the cookie sheet, then gently transfer to a wire rack to cool completely. Store leftovers in a slightly open Ziploc bag in the fridge for a couple of days.*

### Time & Temp

Bake 30-40 minutes, until golden-brown.

## Zucchini Tortillas for Soft Tacos

- |   |   |
|---|---|
| 1 lb (450 g) zucchini (or Summer squash or both)        | ½ cup (45 grams) Honeyville Almond Flour  |
| 1 tsp (5 g) salt  | ¼ cup (15 grams or 60 ml) oat fiber 500 (or Bob's Red Mill GF Baking Mix or more almond flour or coconut flour) |
| 2 large eggs  |   |
| 1 ½ oz onion (40 grams) or two medium scallions, minced | ½ cup (50 grams) finely grated Parmesan cheese  |
| 1 ½ tsp (7.5 ml) lemon pepper                           |   |
| ½ tsp (2.5 ml) baking powder                            |   |



### Procedure

Grate the zucchini on a box grater or in a food processor. Put the zucchini in a colander and sprinkle with the teaspoon of salt. Mix the zucchini gently to distribute the salt and let it sit for about 5 minutes. Squeeze the zucchini out with your hands and place into a medium sized mixing bowl.

Preheat the oven to 375 and position the racks to the lower and upper third of the oven. Line two baking sheets with parchment paper.

Add the eggs and onion or scallion to the zucchini and mix together. In a small bowl, add the dry ingredients and stir together. Add the dry to the wet and stir to incorporate. The batter should be thick but not stiff. Water will be released from the zucchini as the batter sits, just mix it in before measuring and baking.

Stir the zucchini mixture one more time and dip a ¼ cup measuring cup (60 liters?) into the batter, level off. Place three mounds onto the baking sheet and spread them into a thin, flat circle. Elaine suggests using a fork. Bake for 7 minutes, switch the baking pans (put the top pan on the bottom rack and the bottom pan on the top rack) and bake 7 minutes more or until the zucchini tortillas are cooked to your liking.

Let the zucchini tortillas cool a bit before removing with a spatula to a cooling rack to cool.

Servings: 8

Serving size: 1/8 of a recipe (0.9 ounces).

Amount Per Serving	
<b>Calories</b>	46.67
Calories From Fat (57%)	26.5
	% Daily Value
<b>Total Fat</b> 2.99g	5%
Saturated Fat 1.47g	7%
<b>Cholesterol</b> 52mg	17%
<b>Sodium</b> 435.32mg	18%
<b>Potassium</b> 39.85mg	1%
<b>Total Carbohydrates</b> 0.81g	<1%
Fiber 0.14g	<1%
Sugar 0.23g	
<b>Protein</b> 4.07g	8%

## Meats

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## Low Carb Breakfast Balls

2 lbs bulk pork sausage  
 1 lb ground beef  
 3 eggs  
 2 Tbs dried onion flakes  
 1/2 tsp black pepper  
 1/2 lb sharp cheddar cheese, shredded

### Procedure

Mix all the ingredients together until thoroughly blended (it is best to use your hands or an electric mixer).  
 Form into about 4 dozen 1 to 1 1/2 inch balls and place on a cookie sheet or broiler pan.

Servings: 12

Yield: Yield: 48 meatballs

Serving size: 1/12 of a recipe (5.2 ounces).

Amount Per Serving	
<b>Calories</b>	333.07
Calories From Fat (71%)	236.24
	% Daily Value
<b>Total Fat</b> 26.49g	<b>41%</b>
Saturated Fat 8.66g	<b>43%</b>
<b>Cholesterol</b> 136.84mg	<b>46%</b>
<b>Sodium</b> 569.15mg	<b>24%</b>
<b>Potassium</b> 300.19mg	<b>9%</b>
<b>Total Carbohydrates</b> 0.85g	<b>&lt;1%</b>
Fiber 0.24g	<b>&lt;1%</b>
Sugar 0.22g	
<b>Protein</b> 21.22g	<b>42%</b>

### Recipe Tips

*Once they are cool, they can be sorted into individual zip bags and frozen for a grab-and-go breakfast.*

### Time & Temp

Bake at 375°F for about 25 minutes.

## Salads and Dressings

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## Sumptuous Induction Honey Mustard Dressing

*(4 total carbs)*

- 3/4 cup mayonnaise
- 1/2 cup mustard
- 1/4 tsp red cayenne pepper
- 1/4 tsp garlic powder
- 3 packets Splenda

### Procedure

Mix well and chill before serving. My mom helped create this one!  
 Serving size: Entire recipe (10.8 ounces).

Amount Per Serving	
<b>Calories</b>	784.87
Calories From Fat (72%)	563.17
	<b>% Daily Value</b>
<b>Total Fat</b> 63.94g	<b>98%</b>
Saturated Fat 8.96g	<b>45%</b>
<b>Cholesterol</b> 45.83mg	<b>15%</b>
<b>Sodium</b> 2666.81mg	<b>111%</b>
<b>Potassium</b> 206.1mg	<b>6%</b>
<b>Total Carbohydrates</b> 52.31g	<b>17%</b>
Fiber 4.3g	<b>17%</b>
Sugar 14.83g	
<b>Protein</b> 7.21g	<b>14%</b>

## Shakes

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## Easy Breakfast Shake

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(6 total carbs)

3-oz. cube cream cheese  
 1/2 cup pasteurized eggs (Use raw eggs at own risk.)  
 1/4 cup heavy cream  
 1 tsp sugar-free syrup - any brand, any flavor!  
 4 ice cubes

### Procedure

---

Blend 30 seconds - ice cubes last - and enjoy!  
 Serving size: Entire recipe (2.6 ounces).

Amount Per Serving	
<b>Calories</b>	205.28
Calories From Fat (94%)	193.64
	% Daily Value
<b>Total Fat</b> 22.02g	<b>34%</b>
Saturated Fat 13.7g	<b>69%</b>
<b>Cholesterol</b> 81.52mg	<b>27%</b>
<b>Sodium</b> 23.05mg	<b>&lt;1%</b>
<b>Potassium</b> 44.77mg	<b>1%</b>
<b>Total Carbohydrates</b> 1.66g	<b>&lt;1%</b>
Fiber 0g	<b>0%</b>
Sugar 1.66g	
<b>Protein</b> 1.22g	<b>2%</b>

## Snacks

---

## ALMOND THINS

*These little snacks are very much like real crackers. You'd never know they were made of ground almonds. They are sturdy enough for dipping too. I may try to come up with a sweet cinnamon version sometime.*

3 oz	almond flour (1 cup)	1/4 tsp	salt *
2 tsp	granular Splenda	1/8 tsp	garlic powder
1	egg white	1/8 tsp	onion powder

### Procedure

Mix all ingredients well in a small bowl. Everything should be moist and the dough should hold together somewhat. Put the dough on a well-greased sheet of heavy-duty aluminum foil, about 15x18". It's helpful to crumble the dough mixture and spread the crumbs in a roughly rectangular shape on the foil. Cover the dough with a piece of wax paper that's been sprayed with non-stick spray. Roll out the dough to about 1/8" thick or slightly thinner. Try to get the dough to an even thickness. You can also carefully peel up the wax paper and reshape the dough to get it as close to rectangular as possible. Replace the wax paper and continue rolling until nice and even. Peel off the wax paper and use a pizza or ravioli cutter to score the dough into approximately 1-inch squares. I cut 8 strips one direction and 6 strips the other way after running the cutter down all four sides to even out the rectangle.

Lift the foil and set it on the oven rack and bake them at 325°F for 10-15 minutes, or until golden brown. Check after 10 minutes and if crackers at outer edge are getting pretty brown, remove those and continue baking the rest until golden. I used a thin metal spatula to very gently pry the crackers from the foil. Break them apart on the score lines and let cool.

Serving size: Entire recipe.

Amount Per Serving	
<b>Calories</b>	<b>8</b>
Calories From Fat (0%)	
	% Daily Value
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 0g	
<b>Cholesterol</b> 0mg	
<b>Sodium</b> 0mg	
<b>Potassium</b> 0mg	
<b>Total Carbohydrates</b> 1g	<b>&lt;1%</b>
Fiber 2g	<b>8%</b>
Sugar 0g	
<b>Protein</b> 4g	<b>8%</b>

### Recipe Tips

*\* I used 1/2 teaspoon salt originally and thought they were a little too salty, but my husband didn't think so.*

## CINNAMON THINS

*These need a bit more tweaking. Next time I will try them with the quantities in parenthesis. The carb counts are based on the adjusted quantities.*

- |         |                                    |         |                  |
|---------|------------------------------------|---------|------------------|
| 3 oz    | almond flour (1 cup)               | 1/8 tsp | vanilla          |
| 4 tsp   | granular Splenda (try 8 teaspoons) |         | Topping:         |
| 1       | egg white                          | 1 tsp   | granular Splenda |
| pinch   | salt (try 1/8 teaspoon)            | 1/8 tsp | cinnamon         |
| 1/4 tsp | cinnamon (try 1/2 teaspoon)        |         |                  |

### Procedure

Make the same as for the Almond Thins, but sprinkle the topping over the dough before baking. Spread the topping evening over the dough with your hand.

Serving size: Entire recipe.

Amount Per Serving	
<b>Calories</b>	<b>8</b>
Calories From Fat (0%)	
	% Daily Value
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 0g	
<b>Cholesterol</b> 0mg	
<b>Sodium</b> 0mg	
<b>Potassium</b> 0mg	
<b>Total Carbohydrates</b> 2g	<b>&lt;1%</b>
Fiber 1g	<b>4%</b>
Sugar 0g	
<b>Protein</b> 3g	<b>6%</b>

### Recipe Tips

*Per batch: 532 Calories; 43g Fat; 21g Protein; 23g Carbohydrate; 11g Dietary Fiber; 12g Net Carbs*

*Per 8 crackers: 67 Calories; 5g Fat; 3g Protein; 3g Carbohydrate; 1g Dietary Fiber; 2g Net Carbs*

## Mom's Homemade Cheese Chips

Small pinch of grated cheddar for each "chip"    ½ tsp garlic powder  
 ½ tsp onion powder

### Procedure

Bake on cookie sheet at 400° for 6 minutes until flat, hard, & crisp - not burned! Remove with spatula; place on paper towel. Allow to cool a bit.

Serving size: Entire recipe (0.1 ounces).

Amount Per Serving	
<b>Calories</b>	9.22
Calories From Fat (2%)	0.2
	% Daily Value
<b>Total Fat</b> 0.02g	<1%
Saturated Fat 0.01g	<1%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1.81mg	<1%
<b>Potassium</b> 30.31mg	<1%
<b>Total Carbohydrates</b> 2.08g	<1%
Fiber 0.32g	1%
Sugar 0.12g	
<b>Protein</b> 0.38g	<1%

### Recipe Tips

*My mom thought of this one - an Induction-friendly cheese-flavored chip you can enjoy with sour cream, salsa, crab dip*

# Soup

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## Roasted Garlic Chicken Soup

*A creamy roasted garlic soup recipe with hearty chunks of chicken. The perfect winter warm up meal!*

20 cloves	garlic, unpeeled	1/2 tsp	dried thyme
2 Tbs	olive oil	4 cups	chicken stock
	salt and pepper to taste	1/2 cup	whipping cream
2 Tbs	butter	1 ½ lbs	cooked chicken thighs or breasts, cubed
1	medium onion, thinly sliced		salt and pepper to taste
12 cloves	garlic, peeled		

### Procedure

Preheat oven to 350F and place unpeeled garlic cloves in a shallow baking dish. Add olive oil, salt and pepper and toss to coat.

Roast until garlic is golden brown, about 35 minutes.

Cool and squeeze out garlic with fingers into a small bowl.

In a large saucepan over medium heat, melt butter. Add onions and cook until translucent, about 6 minutes.

Add roasted garlic, additional garlic cloves, and thyme and cook 2 to 3 minutes, until fragrant.

Add chicken stock and bring to a simmer. Cook 20 minutes.

Puree using a blender or immersion blender. Stir in whipping cream and cooked chicken and season with salt and pepper.

Warm through and serve.

Serving size: Entire recipe (47.7 ounces).

Amount Per Serving	
<b>Calories</b>	1200.33
Calories From Fat (74%)	886.03
	% Daily Value
<b>Total Fat</b> 100.19g	<b>154%</b>
Saturated Fat 47.42g	<b>237%</b>
<b>Cholesterol</b> 224.09mg	<b>75%</b>
<b>Sodium</b> 3008.08mg	<b>125%</b>
<b>Potassium</b> 1491.08mg	<b>43%</b>
<b>Total Carbohydrates</b> 50.59g	<b>17%</b>
Fiber 4.35g	<b>17%</b>
Sugar 12.28g	
<b>Protein</b> 29.59g	<b>59%</b>

### Recipe Tips

Serves 6. Each serving has 7 g of carbs.

## Index

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