

KETO OVER 50

Welcome to KETO over 50!

Be sure to subscribe to my NEW Newsletter... Just go to www.KETOover50.com and enter your email. I'm just getting things started there, and I'm excited to share news, recipes, KETO hacks, contests, and updates! Plus, I'm now on X.com (formerly Twitter) @KETOover50.

Thanks! RJ

Here are the full descriptions, recipes, and Amazon links for:

🎄 ✨ **Keto Holiday Treats: 4 Insanely Good Classics All in One Video** 🎄 ✨

KETO Butter Pecan Shortbread Cookies

These shortbread-style cookies are a nostalgic treat, reminiscent of the packaged pecan shortbread cookies we grew up with—but keto-friendly and full of buttery goodness! Adapted from a recipe by Carolyn Ketchum at AllDayIDreamAboutFood.com, I couldn't wait to try this simple, egg-free recipe, hoping it would deliver delicious results.



While making these cookies, I found the dough a bit challenging to work with as it tended to crumble. Halfway through, I decided to add 2 tablespoons of liquid egg white (or you could add ONE fresh egg white) to the remaining dough. What do you think happened? Would the dough become more manageable or would the cookies turn out less crumbly... less “sandie”? 🤔🤔🤔 And which version of this recipe is my favorite now, presenting the perfect balance of a tender and firm Keto cookie?

Try it either way: with or without the egg whites. The flavor is absolutely divine. I've listed the egg whites as an optional ingredient in the recipe below. Watch the video to see which version won my vote! Let me know how they turn out for you and which version you prefer.

Give these KETO Butter Pecan Shortbread Cookies a try and enjoy a taste of keto-friendly comfort this holiday season! They're great for gifting or for coffee breaks at home. Original link: <https://youtu.be/iemhX91v8NQ>

Ingredients

- ½ cup unsalted butter softened
- ½ cup Swerve Sweetener
- 1 ¾ cups almond flour
- 2 tablespoons coconut flour
- ½ teaspoon vanilla extract
- 2 Tbsp Liquid Egg Whites (optional but encouraged!)
- ½ teaspoon salt
- ½ cup chopped TOASTED pecans

Instructions

1. Preheat the oven to 325°F and line two rimmed baking sheets with parchment paper.
2. In a large bowl, beat the butter and sweetener together until lightened and fluffy, about 2 minutes. Beat in the almond flour, coconut flour, vanilla extract, and salt until well combined. Stir in the chopped pecans.
3. Roll the dough into 1-inch balls and place a few inches apart on the prepared baking sheets. Flatten slightly with the palm of your hand.
4. Bake 5 minutes then remove from the oven and use a flat-bottomed glass to flatten again to about ¼ inch thick. Return to the oven and bake another 10 to 12 minutes, until the edges are golden brown.
5. Remove and let cool completely. Store on the counter for 4 days and in the refrigerator after that.

This recipe makes about 15 – 20 cookies. A serving of 2 cookies is 240 calories, 22.3gm Fat, 5.3 Carbs (less 3.1gm Fiber = 2.2 NET Carbs per serving), 5gm Protein.

As an Amazon Associate, I may earn a small commission from qualifying purchases. This won't affect the price you'll pay for anything I recommend.

Kirkland Signature Organic Pecans: <https://amzn.to/4eOp46s>

Anthony's Blanched Almond Flour, 2 lb, Finely Ground, Non-GMO, Keto Friendly: <https://amzn.to/3Os3SbL>

Monk Fruit Sweetener with Erythritol Granules, 4 Pounds, No After Taste, 1:1 White Sugar Substitute, Keto Diet Friendly: <https://amzn.to/3CW9rfT>

KEYWORDS:

Keto Cookies, Keto Desserts, KETO Holiday Recipes, Keto Butter Pecan Cookies

KETO CANNOLI DIP

Take your holiday dessert game to the next level with this Keto Cannoli Dip, the perfect companion to my crispy Keto Pizzelle cookies! (recipe follows) This rich, creamy dip brings all the flavors of classic cannoli—sweet ricotta, hints of vanilla and almond, and a touch of decadence—without the sugar or guilt. Whether you're hosting a holiday party or treating yourself, this low-carb dessert is sure to impress.



Paired with light, crispy pizzelle cookies, this Keto-friendly holiday treat is indulgent yet perfectly aligned with your health goals. It's quick to make, uses simple keto-approved ingredients, and will leave everyone asking for the recipe—even those not following a ketogenic lifestyle!

Subscribe to my Keto Over 50 channel <https://www.youtube.com/@KETOover50> for more festive desserts, tips, and recipes that make staying low-carb delicious and fun, *especially during the holidays*. Original link: <https://youtu.be/SGhXTolSziY>

Ingredients

- 8 ounces mascarpone cheese (I used Espresso flavor in this.)
- 7 ounces full-fat ricotta cheese (Thoroughly drained of any excess liquid)
- 1 1/4 cups powdered Allulose (I used regular Allulose that I turned to powder in my Nutri Bullet.)
- 1/4 cup heavy whipping cream
- 2 teaspoons vanilla extract
- 1/2 cup Lily's chocolate chips (sugar-free)
- orange zest, optional
- Pizzelle, Chaffle pieces, or strawberries for serving

Instructions

1. Place all the ingredients in a large bowl.
2. Using an electric mixer, beat until completely combined and creamy. (If the texture seems too thin, add a bit more powdered sugar. If it seems too thick, use a bit more cream. Keep in mind it will thicken as it sits and chills.)
3. Serve right away or chill for later.
4. Delicious dippers include PIZZELLE, chaffles, or fresh fruit.

“MODIFIED” MACROS (for only the dip – these don't include whatever you're dipping in it!)

Calories: 200kcal · Carbohydrates: 2g, Protein: 4g, Fat: 19g, Saturated Fat: 12g, Cholesterol: 50mg, Fiber: 1g

NOTE: Nutritional information given is approximate and can vary based on the exact products you use and any changes you make to the recipe. If these numbers are very important to you, I recommend you calculate them by each ingredient. ChatGPT can be a great tool to help you do this!

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Keto Cannoli Dip, Holiday Keto Desserts, Low-Carb Cannoli, Keto Dessert Ideas, Keto Treats Over 50.

KETO PIZZELLE

Indulge in the joy of the season with this Keto Pizzelle Recipe, a low-carb twist on the classic Italian holiday treat! These crispy, delicate cookies are perfect for anyone following a Ketogenic lifestyle, especially those over 50 looking for a guilt-free way to enjoy festive flavors. Made with keto-friendly ingredients, these pizzelle cookies are light, flavorful, and have just the right crunch to pair with your favorite coffee or tea.



Whether you're baking for yourself or preparing a holiday dessert tray for loved ones, this recipe will wow everyone while keeping you on track with your health goals. Easy to make and delightfully satisfying, these Keto Holiday Cookies are sure to become a seasonal favorite. These crisp Italian waffle cookies are a tradition for many families at Christmas. And now they're sugar-free and keto friendly! Special thanks to Carolyn Ketchum at AllDayIDreamAboutFood.com for this awesome recipe!

Subscribe to my channel, Keto Over 50, for more festive treats, tips, and recipes to make your holidays both delicious and healthy. <https://www.youtube.com/@KETOover50> Original link: <https://youtu.be/ctITrXReLw>

Ingredients

- 4 large eggs
- $\frac{2}{3}$ cup Swerve Sweetener
- 1 to 2 teaspoon extract of choice (anise, almond, or vanilla)
- $\frac{1}{2}$ cup butter, melted
- 2 cups almond flour
- $\frac{1}{2}$ tsp baking powder
- $\frac{1}{4}$ teaspoon salt

Instructions

1. In a high-powered blender or food processor, combine the eggs, sweetener, and extract of choice. Blend a few seconds to combine. Slowly drizzle in the butter with the blender on low speed.
2. Once all of the butter is combined, add the almond flour, baking powder, and salt and blend 30 seconds to combine. Let rest to thicken while heating the pizzelle maker.
3. Preheat the oven to 200F and line several cookie sheets with wire cooling racks.
4. Heat pizzelle press according to manufacturer's directions. Grease very lightly (if you have a non-stick press, you don't need to grease it).
5. Use one slightly heaping tablespoon for each pizzelle, and place just behind the center of the flower or waffle pattern (this helps when you close the press because the batter gets pushed forward). It may take you a few tries to get the amount of batter and the placement just right.
6. Close the lid slowly to allow the batter to spread, then lock the lid in place. Cook until just barely golden brown, about 30 to 60 seconds. You can peek at them and see if they are cooked yet and then reclose the lid.
7. Use a rubber spatula to remove the pizzelle from press and place in a single layer on the cooling racks. At this point they will be very soft. Cut off any of the edges that went outside of the pizzelle pattern, before they get crisp.

8. Place the cookie sheets in the oven and let the pizzelle stay inside for 15 to 20 minutes to crisp up.
9. Repeat with the remaining batter.

Nutrition: Makes 24 cookies

Serving: 2 pizzelle, Calories: 203, Carbs: 4.3g, Fiber: 2g, Net Carbs: 2.3, Protein: 6.2g, Fat: 17.9g

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I LOVE this Pizzelle Iron! I've even made very thin chaffles in it.

Cuisinart WM-PZ10 Pizzelle Press: <https://amzn.to/4fZzwcb>

KEYWORDS:

Keto Pizzelle Recipe, Keto Holiday Cookies, Low-Carb Italian Cookies, Keto Treats Over 50, Holiday Keto Desserts.

THE BEST KETO CANDIED PECANS, A Perfect Sweet & Salty Holiday Treat!

Get ready to fall in love with these KETO Candied Pecans—a snack so irresistible, you'll want to make them all year long! With a perfectly balanced sweet and salty glaze infused with cinnamon, these low-carb candied pecans are the ultimate holiday treat for anyone following a keto or low-carb lifestyle.

These pecans aren't just a snack—they're a versatile addition to your holiday celebrations:

- Snack on-the-go without breaking your keto goals
- Use as a crunchy salad topper for extra flavor
- Make them ahead as homemade gifts your friends and family will adore

Whether you're prepping for the holidays or craving a guilt-free indulgence, these sugar-free candied pecans are quick, easy, and absolutely divine. Plus, they're made with simple, wholesome ingredients you likely already have in your pantry.

Try this recipe today and bring a little keto-friendly sweetness to your holiday table! Original recipe courtesy of JenniferBanz.com Original link: <https://youtu.be/VxKcCk3rtTU>

Prep Time: 5minutes minutes

Cook Time: 1hour hour

Ingredients

- 2 ½ cups Pecan halves
- ¾ Cup Monkfruit and Erythritol blend
- 1 teaspoon cinnamon
- 1 teaspoon Kosher salt



- 1 egg white, **BEATEN UNTIL FROTHY**

Instructions

1. Preheat oven to 250F.
2. Line a 9x13 sheet pan with parchment paper or a silicone baking mat.
3. In a mixing bowl, mix together the pecan halves and the frothy, beaten egg white.
4. In another bowl, mix together the sweetener, cinnamon and salt. Add it to the pecan halves and the egg white and mix well to coat the pecans.
5. Lay the pecans out on the baking sheet in a single layer.
6. Bake in the oven for 1 hour, stirring every 15 minutes. The pecans will brown and get crunchy. Watch them carefully, especially those last 15 minutes!

Nutrition per serving

Servings: 10

Just 2 Net Carbs for ¼ cup

Serving: 0.25cup, Calories: 202, Carbs: 4g, Fiber: 2g, Protein: 3g, Fat: 20g, Sugar: 1g

NOTE: Nutritional information given is approximate and can vary based on the exact products you use and any changes you make to the recipe. If these numbers are very important to you, I recommend you calculate them by each ingredient. ChatGPT can be a great tool to help you do this!

KEYWORDS:

Easy keto, gluten free, keto holiday recipe, keto snack recipe, recipe for KETO candied pecans

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Monk Fruit Sweetener with Erythritol: <https://amzn.to/41aa8fW>

Cuisinart WM-PZ10 Pizzelle Press: <https://amzn.to/4fZzwcb>

Kirkland Organic Pecans: <https://amzn.to/4eWr906>

Morton, Coarse Kosher Salt, Box, Non-Iodized, All-Purpose (3 Lbs): <https://amzn.to/4g8NWa1>

I'd love to hear your comments after you've made one or more of these treats!