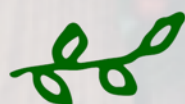




CHRISTMAS & THANKSGIVING

Easy Keto Recipes



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NUTRITIONIST

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Indulge, whilst keeping your holidays keto!

I'm excited for you! I think you're really going to love the recipes inside this little book.



Whether you want to stay full-keto or not over the Christmas, Thanksgiving or other holiday period, there are many benefits to be had from including at least some low-carb, high-fat keto recipes into your meal planning. These recipes will allow you to enjoy delicious foods, without sabotaging all your good work on the keto diet and will keep your blood sugar and energy levels stable. Plus, it will stop you piling on the pounds - you could find you even lose some weight!

The 40 recipes here are so very indulgent and have such a depth of richness and flavour that, unless you tell them, your family and friends won't suspect that there is no flour, no sugar, or any other carbs in them!

Wishing you happy holidays and delicious keto foods!

Laura Rimmer - Nutritionist & Creator of [Keto Life](#).



Appetizers

These appetizers are quick, tasty and light in calories (all under 150 cals per serving), so they won't fill your family and dinner guests up before the main course arrives.

1. Cheese & Spinach Stuffed Mushrooms



Total Time: 25 mins Yield: 4 servings
Calories per serving: 140

Ingredients

8 portobello mushrooms
1 tablespoon butter
2 cloves garlic, minced
80g (2 cups) fresh spinach, chopped
55g (2oz) cream cheese

2oz (55g) cheddar cheese, grated
salt and pepper to taste

Instructions

Preheat oven to 375°F (190°C/Gas Mark 5).

Remove stems from the mushrooms and chop them finely. Melt butter in a pan and add the chopped stems and minced garlic. Cook and stir for 2 minutes. Add the chopped spinach, cook until it wilts. Add the cream cheese, salt, and pepper. Stir until the cream cheese is melted and everything is well-combined.

Place the top half of the mushrooms on a baking tray. Add a spoonful of the spinach mixture to fill each mushroom. Sprinkle cheddar cheese on top of each one and bake for 12-15 minutes or until the mushrooms are browned. Serve and enjoy!

2. Salmon Cream Cheese Roll-Ups



Total Time: 10 minutes Yield: 4
Calories per serving: 100

Ingredients

100g wild smoked salmon
50g cream cheese
handful spinach or arugula (rocket)
black pepper to season

Instructions

Pull off strips of smoked salmon, cover each with small amount of cream cheese, add a few leaves of the arugula and some pepper and roll up. Serve and enjoy.

3. Green Bean Fries



Total Time: 25 mins Yield: 4 servings

Calories per serving: 120

Ingredients

350g green beans

1 large egg

30g grated parmesan

1/2 tsp pink Himalayan salt

1/4 tsp black pepper

1/2 tsp garlic powder

1/4 tsp paprika (optional)

30g cheddar cheese, grated

Instructions

Preheat the oven to 400°F (200°C/Gas Mark 6). Trim ends of green beans and make sure they are dry after washing. Combine the grated parmesan with the seasonings on a plate and mix evenly. Whisk the egg in a medium bowl. Drench a handful of green beans in the beaten egg and let the excess drop off. Roll the green beans in the parmesan mixture and sprinkle some cheese over.

Grease a large baking tray with butter and place the green beans on it, making sure that they have some room between each one. Bake for 10-15 minutes, checking to see that the cheese has become golden.

Let the green beans cool and serve with some mayo, ranch dressing or on their own. Enjoy!

4. Keto Garlic & Cheese Bread



Prep Time: 25 mins Yield: 8 servings
Calories per serving: 120

Ingredients

4 large eggs	1 tsp gluten-free baking powder
60g (2 heaped tbsp) full-fat natural yogurt	50g cheddar cheese, grated
40g coconut flour	3 cloves garlic, finely chopped
8g (2 tbsp) psyllium husks	Optional: 20g (2 tbsp) capers
1/2 tsp Himalayan pink salt	

Instructions

Preheat oven to 375°F (190°C/Gas Mark 5) and line a baking tray with parchment paper. In a medium bowl, whisk together the eggs and yoghurt. Stir in the coconut flour, psyllium husks, salt and baking powder and combine well. Add in the chopped garlic, cheddar cheese and capers, stir well. Pour out onto the lined baking tray in an oval shape so it's around 1 inch thick. Bake for 15 minutes, until golden, right and fluffy. Serve warm or cold on its own or with sundried tomatoes, chopped jalapeños or curried Keto Mayo. Delicious!

5. Classic Devilled Eggs




Prep Time: mins Yield: 4 servings
Calories per serving: 140

Ingredients

- 4 boiled eggs
- 2 tbsp Keto Mayo
- 1 tbsp dijon mustard
- 1 tsp paprika
- Salt and pepper to taste
- 2 tbsp chopped chives

Instructions

Cut the boiled eggs in half length-ways. Remove yolks and put them in a bowl. Add the Keto Mayo, mustard, salt and pepper. Crush the yolks and stir well with a fork. Either use a piping tube or spoon the mixture back into the hollow eggs. Sprinkle with paprika and the chopped chives. Serve and enjoy.

A festive dinner table is set with a plate of keto-friendly main course in the foreground. The plate contains sliced turkey, green beans, cranberry sauce, mashed potatoes, and a bread roll. The table is decorated with lit candles in rustic holders, a floral centerpiece, and holiday-themed items. The background is softly blurred, showing more of the table and warm, bokeh lights.

From full roast dinner with all the trimmings to quicker and easier, each main meal will be a hit in your household - and all are full keto with no compromises on flavour.

Mains

6. Lemon & Garlic Easy Roast Turkey



Prep Time: 240 mins (4 hrs) Yield: 8, or 4 servings with plenty of leftovers for cold platters.
Calories per serving: 700

Ingredients

5-6kg turkey, neck and giblets removed and kept for the gravy
1 onion, halved
1 lemon, halved (save the zest for the butter)
whole bulb of garlic, halved

For the salt mix

2 tbsp sea salt
1 tbsp thyme leaves, chopped
1 tbsp fresh rosemary, chopped
1 tsp peppercorns

For the butter

100g butter
4 tbsp vegetable bouillon powder
1 lemon, zested (from the lemon for the turkey)

Instructions

Up to two days before cooking, make the salt mix by mixing the salt and pepper with the fresh thyme and rosemary. Sit the turkey in a roasting tin and gently push your fingers under the skin, starting from the neck, until you can push your whole hand in down the length of the breast. Take care not to tear the skin.

Season the bird all over with the salt mix, inside and out and under the skin. Leave the turkey in the tin and put in the fridge for up to two days – the longer you salt it, the more succulent the turkey will be. For the crispest skin, leave the turkey uncovered so it dries out, but loosely cover it if you prefer.

Place the butter, vegetable stock powder and lemon zest into a small bowl and mix until completely combined. Cover and chill. This can be made a few days ahead.

Remove the turkey from the fridge an hour or so before you want to cook it and remove the butter from the fridge to soften. Heat your oven to 350°F (180°C fan/Gas Mark 4). Work out your cooking time based on 40 mins per kg for the first 4kg, plus 45 mins for every kg after that.

Using your hands, spread the butter under the skin so that it covers the entire breast area and work it into the crevice between the thigh and the main body, then smooth the skin over with your hands and sprinkle with a extra little salt, pepper and thyme. Put the onion, lemon halves, and garlic in the turkey cavity.

Cover the tin loosely with foil and roast for the calculated cooking time. Around 30 mins before the end of cooking, increase the oven temperature to 400°F (200°C fan/Gas Mark 6), remove the foil, baste the turkey and return to the oven. When the turkey is beautifully brown and cooked through, remove from the oven and leave to rest on a warm platter covered with foil for up to 1 hr. Save the juices from the tin to make gravy.

7. Traditional Meatloaf



Total Time: 75 minutes Yield: 4 servings

Calories per serving: 260

Ingredients

400g 12% ground beef

1 egg

½ tsp Himalayan salt

½ tsp black pepper

2 tbsp nutritional yeast

2 cloves garlic, crushed

1 tbsp olive oil or soft butter

2 tbsp chopped fresh parsley (or 1 tsp dried)

2 tbsp chopped fresh oregano (or 1 tsp dried)

1 tsp apple cider vinegar

100g spinach (optional)

30g grated cheddar cheese

Instructions

Preheat your oven to 400°F (200°C/Gas Mark 6). In a large bowl mix the beef, salt, pepper and nutritional yeast. In a food processor or blender blend the eggs, olive oil, garlic, ACV, herbs and spinach for a minute or two. Add egg mixture to beef mixture and combine well. Place all in small loaf pan (greased or with grease-proof paper) and top with the cheddar cheese. Cook on middle rack for 45-60 minutes. remove the pan from oven and drain any excess fluid. Cool for 10 minutes before slicing and serving. Enjoy!

Keto Pastry Pie Crust

(for use in listed recipes)



Prep Time: 40 mins Yield: 8 servings

Calories per serving: 200

Ingredients

100g almond flour
40g coconut flour
1/2 tsp xanthan gum
1/4 tsp salt

100g butter
60g cream cheese
1 egg, lightly beaten
1 tsp apple cider vinegar
egg wash (for glossy finish)

Instructions

Add the almond flour, coconut flour, xanthan gum and salt to food processor and pulse to combine. Add butter and cream cheese and pulse for a few seconds until crumbly. Add in the egg and ACV and pulse until the dough just begins to come together like coarse bread crumbs (do not over-process the dough). Place the dough in cling film and form a round ball. Put in the fridge for at least 1 hour (can store for days, or months in the freezer). Roll out the dough between parchment paper - quick and while it's cold as. it's more crumbly than regular pie crust. Once shaped for your pie etc, put it in the freezer for 10 minutes before baking to keep its shape better and come out flakier. Brush with egg wash for a glossy finish. Bake at 400°F (200°C/Gas Mark 6) for 12-30 minutes depending on the size of the baked goods you are making - less time for small crackers, more for large pies. Cook until golden brown.

8. Classic Beef Wellington



Prep Time: 90 mins Yield: 8 servings
Calories per serving: 670

Ingredients

1kg beef fillet (tied)
2 tbsp olive oil
30g butter
1 small onion, finely chopped
150g flat mushrooms, finely chopped
130g smooth liver pâté
1 batch Keto Pastry Crust (see earlier recipe)
1 egg, beaten
1/4 tsp each of salt & pepper

For the mushroom gravy

20g butter
1/2 finely chopped onion
200g sliced mushrooms
200 ml beef stock
1 tbsp chopped parsley
1 tsp chopped fresh thyme
Salt and black pepper to taste

Instructions

Season the beef with black pepper. Heat the olive oil in a large frying pan, add the beef, and cook over a high heat until browned all over. Put the beef fillet in a roasting tin and cook in a preheated oven at 425°F (220°C/200°C fan/Gas Mark 7) for 25 minutes for rare beef, 35 minutes for medium, or 40 minutes for well-done. Leave to cool completely.

Meanwhile, melt the butter in the frying pan, add the onion and mushrooms, and cook, stirring, for 3 minutes or until softened. Increase the heat to high and cook until the excess moisture has evaporated. Turn into a bowl and leave to cool completely. Add the liver pâté to the mushroom and onion mixture, season with salt and pepper, and stir well to combine. Wrap the beef and pâté mixture in the pastry (see method below).

Wrapping beef wellington in the pastry

To wrap the beef in pastry, roll out 3/4 of the pastry to a 30 x 40 cm (12 x 16 in) rectangle. Spread half of the pâté mixture down the middle, leaving a 10 cm (4 in) border on each side. Remove the string tie from the beef and place it on the pâté mixture. Cover with remaining pâté mixture. Brush the pastry border with beaten egg. Fold the short sides of the pastry over the beef. Fold over the long ends and turn the parcel over. Brush with beaten egg. Roll out the remaining pastry, and cut into stars or strips to arrange in a lattice pattern on top of the pastry, then glaze with the beaten egg.

Bake at 425°F (220°C/200°C fan/Gas Mark 7) for 45 minutes or until the pastry is crisp and golden. Cover with foil after 30 minutes to prevent the pastry becoming too brown. Leave to stand for about 10 minutes, then slice and serve with the gravy.

For the mushroom gravy

To make mushroom gravy, melt 20g butter in a saucepan. Add the finely chopped onion and cook for 2 minutes until softened. Add the sliced mushrooms and cook gently for 5 minutes. Pour in the beef stock and simmer for 5 minutes. Add the parsley, thyme, salt and black pepper to taste.



9. Camembert & Walnut Wellington



Prep Time: 50 mins Yield: 4 servings
Calories per serving: 400

Ingredients

1/2 batch of Keto Pastry Pie Crust (see recipe earlier)
small wheel of Camembert cheese
20g walnuts roughly chopped
1 tsp thyme
1 tsp rosemary
1/2 teaspoon garlic powder

Instructions

Preheat your oven to 350°F (180°C/Gas Mark 4) and line a baking tray with parchment paper. Roll out pastry dough in between two sheets of parchment paper, lightly dusting with coconut flour as needed. Trim, depending on the size of your Camembert (bake the trimmings into crackers). Scatter the walnuts, garlic powder, thyme and rosemary in the centre of the pie crust. Place the Camembert wheel on top. Brush the edges with egg wash and fold around the wheel, trimming the excess dough as needed. Place the wrapped Camembert wheel onto the baking tray and freeze for at least 10 minutes (or overnight) prior to baking. Brush with egg wash and bake for 25-30 minutes, until golden all over. Allow to rest for 10 minutes before serving.

10. Chilli & Cauli Rice



Total Time: 30 minutes Yield: 4 servings
Calories per serving: 400

Ingredients

400g/1lb grass fed organic ground beef (12%) or turkey
3 spring/green onions, chopped (or 1/2 white onion)
4 sun dried tomatoes, chopped
150g tomato purée
1 tsp chilli powder
½ tsp ground cumin
½ tsp salt
3 bay leaves

½ tbsp nutritional yeast
3-4 garlic cloves, minced (or 1
tbsp garlic powder)
½ cup of water

Cauli Rice

3 tbsp butter
Head of 1 cauliflower
50g grated cheese (optional)

Instructions

Brown the ground meat in a large frying pan on medium to high heat. Add all the other ingredients, cover with a lid and turn the heat down to medium low. Allow to simmer for 15-20 minutes. In a separate pan, heat the butter. Process the cauliflower to make fine 'rice', add to the pan with butter and sauté for 5 minutes, until the cauli is cooked. Serve the chilli over the cauli rice, top with a few extra chopped green onions and some grated cheese.

11. Creamed Spinach Gratin



Prep Time: 45 mins Yield: 4 servings
Calories per serving: 600

Ingredients

1 kg fresh or frozen chopped spinach, defrosted
40g butter
1 chopped yellow onion
35g coconut flour
1/4 tsp nutmeg

200ml heavy cream
400ml almond or coconut milk (from carton, not tin)
100g grated Parmesan
1 tbsp Himalayan pink salt
1/2 tsp freshly ground black pepper
50g grated cheddar cheese

Instructions

Preheat your oven to 425°F (220°C/Gas Mark 7). Place your spinach in a large oven-proof dish and set aside to thaw or drain. Melt the butter in a frying pan over medium heat. Add the onions, and sauté until tender - approx 15 minutes. Add the coconut flour and nutmeg and cook, stirring, for 2 more minutes. Add the cream and milk, and cook until thickened. Squeeze out as much liquid as possible from the spinach, and add the spinach to the sauce. Add half of the Parmesan cheese and mix well. Season, to taste, with salt and pepper. Transfer the spinach to the oven-proof dish and sprinkle the remaining Parmesan and the cheddar on top. Bake for 20 minutes until hot and bubbly. Serve and enjoy!

12. Green Bean Casserole



Prep Time: 30 mins Yield: 4 servings
Calories per serving: 350

Ingredients

150g cooked chopped green beans
1 small onion, thinly sliced
100ml heavy cream
100ml chicken stock

3 cloves garlic, minced
100g cream cheese
1 tsp Himalyan pink salt
1/2 tsp black pepper
75g grated cheddar

Instructions

Drain the green beans well and pat dry. Place the onion, chicken stock, heavy cream, garlic and cream cheese in a pan over medium heat. Stir until the cream cheese softens and the sauce is smooth. Continue to stir until the mixture thickens and add salt and pepper. Add the green beans and simmer, stirring, approx 5 minutes. Add pepper as needed. Place the green bean mix into a large casserole dish, sprinkle with cheese. Bake at 400°F (200°C/Gas Mark 6) for around 15 minutes, watching carefully, until the cheese bubbles and turns golden. Serve and enjoy!

13. Roasted Cauliflower



Prep Time: 60 mins Yield: 2 servings (for 4 servings use 2 caulis and double the other ingredients)

Calories per serving: 300

Ingredients

1 large head cauliflower	1/4 tsp ground ginger powder
30g butter, melted	1/2 tsp smoked paprika powder
2 Tbsp water	1 tsp cumin powder
1/4 tsp cinnamon powder	1/4 tsp black pepper
1/8 tsp cloves powder	1 tsp erythritol powder (optional)
1/4 tsp coriander powder	1/2 tsp Himalayan pink salt
1/2 tsp turmeric powder	1 tbsp chopped parsley

Instructions

Preheat oven to 400°F (200°C/Gas Mark 6). Also fill a small baking pan halfway with water and set on the bottom of the oven. This will provide steam to help the cauliflower cook more evenly. Peel away green leaves, rinse the cauliflower and cut off the bottom stalk without removing too much of the core. Place in a oven-proof dish/pan.

In a mixing bowl, mix together the butter, water, spices, erythritol and salt. Taste and adjust flavour as needed.

Turn your cauliflower upside down and pour on most of the spice sauce. Let the sauce pour down the core, shake it around so it infuses the centre, and then turn the cauliflower over and use a brush to rub the leftover sauce all over the exterior for maximum flavour. Place the cauliflower core-side down before baking and add an extra pinch of salt and spice blend to the top and then finally sprinkle with parsley.

Place your cauliflower dish in the oven and roast for 35-50 minutes (depending on size of cauliflower) or until a knife easily pierces the core. If you prefer softer cauliflower, then roast for longer. For cauliflower with a little bite, roast for less time. To brown the exterior, increase the heat and roast for 2-4 more minutes, watching carefully so it doesn't burn. Remove from the oven, serve and enjoy.





Sides & Sauces

Traditional dishes, ketofied!

14. Creamy Garlic Roasted Mushrooms



Prep Time: 20 mins Yield: 4 servings
Calories per serving: 350

Ingredients

3 tbsp butter
500g mushrooms, quartered (can use a few different varieties if you like)
3 cloves garlic, minced
200ml double/heavy whipping cream
Salt and pepper to taste
Small handful chopped flat leaf parsley

Instructions

In a large frying pan over a medium to high heat, melt the butter. Add the mushrooms, garlic, cream and salt and pepper. sauté for 5 minutes, until the mushrooms are softening and browning. Add the cream, simmer for 2 minutes. Transfer to a serving dish and garnish with the parsley.

15. Lemon Garlic Asparagus



Prep Time: 30 mins Yield: 4 servings
Calories per serving: 110

Ingredients

500g asparagus
4 cloves garlic, chopped
2 tablespoons extra virgin olive oil
Juice of 1 lemon
1/2 tsp Himalayan pink salt
1/2 tsp black pepper

Instructions

Preheat oven to 400°F (200°C/Gas Mark 6). Cut off the woody ends of the asparagus spears. In a large bowl, add the olive oil, garlic, salt, pepper, lemon juice and asparagus. Toss to coat. Spread the asparagus spears on a large baking sheet. Bake for 15-20 minutes, or until the spears begin to brown, turning once. Serve and enjoy!

16. Roasted Veg Skewers



Prep Time: 45 mins Yield: 8 skewers (4 servings)

Calories per serving: 200

Ingredients

60ml olive oil
2 tbsp lemon juice
1 tbsp dried oregano
1 tsp salt
1 tsp pepper
2 zucchinis (courgettes), chopped into rounds

250g mushrooms, quartered
1 medium red onion, cut into 1-inch pieces
2 red bell peppers, cut into 1-inch pieces
2 yellow bell peppers, cut into 1-inch pieces
8 cherry tomatoes

Instructions

Preheat grill to medium heat. In a small bowl, mix the olive oil, lemon juice, oregano, salt, and pepper, stirring until mixed. Slide a zucchini slice down a skewer, followed by pieces of mushroom, red onion, and peppers, until there is a 1-inch gap at the top of the skewer. Brush each skewer liberally with the oil mixture. Repeat with the remaining skewers and vegetables. Grill the skewers for 12-18 minutes, turning halfway, until tender and browned. Serve and enjoy!

17. Cauliflower Mash



Total Time: 20 minutes Yield: 4 serving
Calories per serving: 150

Ingredients

- 1 cauliflower, broken into florets
- 3 tbsp butter
- 2 cloves garlic, crushed (or nutmeg, or curry powder - for a different flavour)
- ½ tsp Himalayan or natural sea or rock salt
- ¼ tsp black pepper
- 1 tsp nutritional yeast (optional - don't add if using nutmeg or curry powder)
- 1 tsp fresh chopped parsley

Instructions

Boil or steam the cauliflower and broccoli until quite soft - around 10 minutes. Drain water, add butter, garlic/spices, salt and nutritional yeast. Mix to combine. Use a potato masher or hand blender and mash/blend into a paste. Add more butter if desired for a creamier consistency. Garnish with parsley and pepper, serve and enjoy.

18. Brussels Sprouts & Chestnuts



Prep Time: 20 mins Yield: 8
Calories per serving: 180 (230 with bacon)

Ingredients

1 kg Brussels Sprouts, trimmed
1 tbsp butter
1 tbsp extra virgin olive oil
3 tbsp chicken broth

150g chestnuts, cooked, peeled and halved
2 tsp sage
1/2 tsp Himalayan pink salt
Black pepper to taste
Optional - 2 rashers of uncured streaky
bacon, fried and chopped

Instructions

Add Brussels sprouts to a large saucepan of boiling water and cook until bright green and just tender, approx 6-8 minutes. Drain well. Melt butter with oil and broth in a large skillet over medium heat. Add Brussels sprouts, cooked chestnuts, optional bacon pieces and sage and cook, stirring often, until heated through, 2-4 minutes. Season with salt and pepper. Serve warm and enjoy!

19. Keto Sausage & Cauliflower Stuffing



Prep Time: 40 mins Yield: 8 servings
Calories per serving: 210

Ingredients

3 Tbsp butter	1/2 tbsp dried sage
1/2 onion, chopped	1 tbsp fresh rosemary, chopped
2 stalks celery, chopped	400g ground/minced pork or lamb
2 cloves garlic, minced	200ml chicken or vegetable stock
1 head of cauliflower, finely chopped	30g walnuts, chopped
30g coconut flour	1/2 tsp each salt and pepper

Instructions

In a frying pan, melt the butter over a medium high heat. Sauté the onions and celery for 3 minutes. Add in the ground meat and cook for another 4 minutes breaking it up as it cooks. Add the garlic, cauliflower, coconut flour, salt and pepper. Turn the heat down to medium heat and cook for 8 minutes, stirring well. Add in the herbs and chicken stock to the pan and mix well. Cover with a lid and allow to cook for 15 minutes or until all of your liquid has absorbed, stirring every few minutes. Transfer to a serving bowl and top with the walnuts and some parsley. Serve with your turkey and enjoy.

20. Roasted Radishes



Prep Time: 65 mins Yield: 4 servings
Calories per serving: 130

Ingredients

2 bunches of radishes (about 20), trimmed and halved
3 tbsp extra virgin olive oil
2 tsp thyme
1/2 tsp sea salt
1/2 tsp black pepper
1 tbsp garlic powder (or 3 loves of garlic, finely chopped)

Instructions

Preheat your oven to 400°F (200°C/Gas Mark 6). Brush a baking dish or tray with olive oil. Add radishes to the baking dish, drizzle with olive oil, thyme, garlic and season with salt and freshly ground black pepper. Roast for 45-60 minutes, until golden and crisp, tossing them about half way through. Check them often after around 40 minutes to see when they are done. Serve right away.

21. Keto Gravy



Prep Time: mins Yield: 8 servings
Calories per serving: 120

Ingredients

Turkey giblets/innards (optional)
120ml of pan drippings from roasted whole turkey or legs
700ml chicken stock
120ml heavy/double cream
1/4 tsp salt and pepper
1 teaspoon Worcestershire sauce
1/4 tsp xanthan gum
1 tsp dried thyme

Instructions

Put the turkey giblets in a saucepan with the pan drippings, chicken stock and cream into a saucepan and bring to a boil. Reduce heat to medium-low and simmer uncovered for about one hour until it reduces by half. Blend the gravy with a hand-held blender. Return the gravy to the stove and bring it back to a simmer over medium-low heat. Add the Worcestershire sauce, xanthan gum and thyme. Whisk until it thickens to the desired consistency. Remove from heat and serve with your turkey.

22. Keto Cranberry Sauce



Prep Time: 20 mins Yield: 4 servings
Calories per serving: 40

Ingredients

300g cranberries, fresh or frozen
80g powdered erythritol
pinch of salt
100ml water
1/4 tsp cinnamon powder, optional

Instructions

Place all ingredients in a saucepan. Bring to the boil and cook over a medium heat for approx 10 minutes, stirring occasionally. Allow to cool and transfer to a serving jug/dish. Serve with your turkey, enjoy!

23. Keto Mayo



Total Time: 15 minutes Yield: 6
Calories per serving: 300

Ingredients

- 1 egg yolk
- 1 teaspoon Dijon mustard
- 200ml extra virgin olive oil (or 50/50 olive and avocado oil)
- 1 tablespoons white wine or apple cider vinegar
- one squeeze of lemon juice
- pinch of sea salt
- ½ tsp erythritol or few drops of stevia (optional)

Instructions

Whisk the egg yolks in a bowl for 1 minute. Add the mustard and continue to whisk. Gradually add half of the oil, whisking continuously for 4 minutes, or until thickened. Whisk in the vinegar and then continue to whisk in the remaining oil. Season with a pinch of salt, a squeeze of lemon juice and a little more vinegar and erythritol, if needed. Store in a glass jar in the fridge for up to one week



Desserts

Decadent, delicious, sweet and rich - these desserts are the ultimate in keto cuisine and will satisfy everyone at your table.

24. Keto Pumpkin Pie



Prep Time: 75 mins Yield: 8 slices
Calories per serving: 450

Ingredients

1 batch of Keto Pastry Pie Crust (see earlier recipe)	140g powdered erythritol
400g pumpkin puree	1 tbsp pumpkin pie spice
120ml heavy/double cream	1/4 tsp Sea salt
2 eggs	1 tbsp Vanilla extract (optional)
	Whipped cream to serve

Instructions

Preheat your oven to 350°F (180°C/Gas Mark 4). Line the bottom of a medium round pie pan with parchment paper. Roll out a batch of Keto Pastry Pie Crust and press into the bottom of the pan. You can pinch the edges if you want for a decorative effect. Bake the crust for 10-12 minutes, until lightly golden and then allow to cool for at least 15 minutes. Beat together all remaining ingredients at medium-low speed, until smooth. Reduce your oven temperature to 325°F (165°C/Gas Mark 3). Pour the filling into the crust. Bake for 40-50 minutes, until the pie is almost set but still slightly wobbly in the middle. (Check on it occasionally, and if you see the crust start to brown, cover the crust edge with foil and return to the oven until the filling is done.) Cool completely then refrigerate for at least an hour before slicing. Serve with whipped cream, enjoy!

25. Keto Berry Brandy Trifle



Prep Time: 90 mins Yield: 8 servings
Calories per serving: 590

Ingredients

For the sponge cake

3 egg whites (leftover from custard recipe)
3 whole eggs
50g erythritol
1 tsp vanilla extract
140g almond flour
1 tsp baking powder
Pinch Salt
3 tbsp brandy (optional)

For the keto custard

400ml heavy/double cream
6 egg yolks
2 tbsp erythritol
2 tsp vanilla extract
1 pinch Salt

For the trifle

2 natural raspberry low-carb/sugar free jelly sachets
200ml heavy whipping cream
1 punnet fresh strawberries, sliced
1 punnet fresh blueberries

Instructions

Sponge Cake

Preheat your oven to 350°F (180°C/Gas Mark 4) and line a shallow square tin with parchment paper. Whisk together the egg whites, whole eggs, erythritol and vanilla on high for 5 minutes until thick and airy. Combine the almond flour, baking powder & salt in a small bowl and mix well. Sprinkle the dry mixture into the egg mixture and gently fold in to combine. Spread into your lined tin and place in the oven. Bake for 10-12 minutes until golden brown. Keep an eye on it as almond flour can brown very quickly. Allow to cool and then pour the brandy evenly over the sponge.

Custard

Add the cream, vanilla and salt to a small saucepan. Heat over a medium heat stirring occasionally until just boiling, then take off the heat. Whisk together the egg yolks and erythritol in a small bowl until combined. Slowly pour the hot cream mixture over the egg yolks, whisking continuously. Return the mixture to a clean saucepan. Cook over medium-low heat, stirring continuously, until the mixture thickens and coats the back of a spoon. Remove from the heat and allow to cool. Put in your refrigerator until completely chilled.

Assembling your trifle

Prepare your jelly as per the package directions and set in the fridge in a rectangle container. Whip your cream to soft peaks. Cut the jelly and sponge cake into square pieces. Arrange one layer of cake squares in the bottom of your serving bowl. Use approximately one third of your cake pieces. You do not need to cover the base of the bowl completely just randomly place the pieces. Arrange one third of the jelly squares over the top of the cake layer and add a few strawberry slices and blueberries. Spoon over approximately one half of the custard mixture, trying to get it into all the space between the squares. Repeat the layers two more times, until all your sponge cake, jelly and custard has been used. Top with whipped cream then the last raspberries and blueberries. Let the whole things set in the fridge for an hour. Serve and enjoy!

26. Keto Mince Pies



Prep Time: 45 mins Yield: 8
Calories per serving: 240

Ingredients

Mince pie cases

150g almond flour
1 egg
1 tbsp coconut flour
2 tbsp erythritol
1/2 tsp ground cinnamon
1/2 tsp ground nutmeg

Mince Pie Filling

1 small apple grated/shredded
1/2 zucchini/courgette, finely diced
50 g butter
2 tbsp erythritol
1/4 tsp mixed spice
1/4 tsp cardamon
1/4 tsp ground cloves
1/4 tsp ground nutmeg
75g almond flour

Instructions

Mince Pie Cases

Add all the ingredients into a mixing bowl and mix together with a fork until it's like a soft pastry. Roll out in between 2 sheets of baking paper and cut each circle slightly larger than the case you will be baking them in. Press the pastry circles into each case and place on a baking tray. Bake in the cases at 350°F (180°C/Gas Mark 4) for 10 minutes, then remove from the pastry from each case and bake for 2 minutes on the baking tray to brown slightly.

Mince Pie Filling

Melt the butter and the grated apple on a low heat in a saucepan. Add all the other ingredients and heat through for 5 minutes. Remove from the heat and once cool, divide the mixture evenly amongst the pie cases and add a pastry star on the top of each one. You can serve cold or warm by heating in the oven on a low heat for 10 minutes. Serve with whipped cream, enjoy!

27. Keto Christmas Pudding



Prep Time: 3.5 hours Yield: 4 servings
Calories per serving: 400

Ingredients

100g almond flour	1 tbsp heavy/double cream
50g suet	1 tsp baking powder
1 egg	1 tsp cacao powder unsweetened
100g carrots, grated	2 tbsp erythritol
50g blueberries, frozen	2 tsp mixed spice
50g cherries, frozen	2 tsp cinnamon
20g walnut pieces	1/2 orange zest
2 tbsp butter, melted	50ml brandy (optional)
	heavy/double cream, or Keto Custard (see Keto Trifle recipe) to serve

Instructions

In a large bowl, add the fruit and carrots and stir. Mix in the suet and dry ingredients and melted butter. Add in the Brandy and combine the mixture well. Grease a glass bowl with butter, fill with the pudding batter and cover with two layers of tin foil. Place the bowl in a large saucepan and pour in enough water to come halfway up the sides of the bowl. Bring to the boil, place a lid on the pan and simmer for 3 hours (make sure the water never boils dry. Once done, turn out upside down onto a plate and serve with heavy cream or Keto Custard, enjoy!

28. Keto Raspberry Pavlova



Prep Time: 300 mins (5 hours) Yield: 4 large servings
Calories per serving: 510

Ingredients

6 large egg whites
1/2 tsp cream of tartar or 1 tsp apple cider vinegar
120g powdered erythritol
350ml heavy whipping cream
1 tbsp vanilla extract
300g fresh raspberries
few springs of mint to garnish

Instructions

Preheat your oven to 275°F (140°C/Gas Mark 1). Place the egg whites into a large bowl and beat on medium-low speed. Continue for about 2 minutes until the whites become foamy. Then, add the cream of tartar (or ACV). Add 80g of the erythritol, a tablespoon at a time. Keep beating until it reaches a stiff-peak and glossy stage. Spoon the mixture on a tray lined with parchment paper and create a round approx 8-inch meringue. Using a spoon or spatula, build up the sides of the meringue into a nest shape so that it can hold the whipped cream and raspberries once it's baked.

Place in the oven in the middle section and bake for 15 minutes. Then, turn the temperature down to 210°F (100°C) and cook for another 2 hours. After 2 hours, turn the oven off and keep the meringue in for another 1-2 hours or overnight. This will help the meringue dehydrate and get crispy. Make sure it is completely cooled before removing from the oven and adding the topping.

Whip the cream and add the vanilla extract and the remaining 40g of erythritol, continue to whip to combine. Fill the meringue nest with the vanilla cream and top with raspberries and garnish with a few mint springs. Refrigerate for at least half an hour. Serve and enjoy!



29. Peanut Butter Mug Cake



Prep Time: 5 mins Yield: 1 mug
Calories per serving: 390

Ingredients

3 Tbsp peanut butter
1 tsp baking powder
3 tsp erythritol
1 egg
Whipped cream to serve (optional)
Cinnamon to top (optional)

Instructions

Mix the peanut butter, baking powder, erythritol and egg in a mug until the mixture is smooth. Microwave for 1 minute and 20 seconds. Allow to cool for a minute. Top with whipped cream and/or a pinch of cinnamon or sugar-free maple syrup. (If you don't want to use a microwave, steam in bowl in a saucepan of water for 10 mins).

30. Keto Gingerbread Cookies



Prep Time: 35 mins Yield: 12 cookies
Calories per serving: 200

Ingredients

200g almond flour
1/2 tsp xanthan gum
1/2 tsp salt
1/2 tsp baking soda
1 tsp cinnamon

1 tsp ginger
1/2 tsp nutmeg
1/2 tsp ground cloves
80g butter, softened
100g erythritol
1 egg

Instructions

Preheat your oven to 350°F (180°C/Gas Mark 4) and line a baking tray with parchment paper. In a medium bowl, add the almond flour, xanthan gum, salt, baking soda and spices and whisk until thoroughly combined and set aside. Cream butter in a large bowl for around 3 minutes. Add in the erythritol and continue to beat until thoroughly mixed. Add in the egg and mix again. With your mixer on low, add in half of your flour mixture - mixing until just incorporated. Mix in the rest. Roll out the dough between two pieces of parchment paper and cut out the shapes. Place cookies on the baking tray and bake for 10-20 minutes, until fully golden. (Baking time varies a lot here, depending on thickness and size of the cookies). Allow to cool on cooling rack for a few hours or overnight. Serve and enjoy!

31. Candied Pecans



Prep Time: 70 mins Yield: 8
Calories per serving: 220

Ingredients

250g pecans
50g erythritol or xylitol
1/4 tsp cinnamon
1 egg white
sea salt to taste

Instructions

Preheat your oven to 250°F (120°C). Line a baking tray with parchment paper. In a bowl, mix the erythritol and cinnamon together. In a separate bowl, beat the egg white with an electric mixer until soft peaks form. Mix the pecans into the cinnamon sugar and fold in the egg white. Spread the pecans onto the baking tray in a single layer and sprinkle with some sea salt. Bake for 35-45 minutes, tossing them every 15 minutes or so. Allow to cool completely - they'll crisp up while cooling. You can store in an airtight container and enjoy as nibbles.

32. Cranberry Cream Cheese Loaf



Prep Time: 75 mins Yield: 8 slices
Calories per serving: 190

Ingredients

120g erythritol	30g coconut flour
120g butter, softened	30g almond flour
225g cream cheese, softened	1/2 tsp baking powder
4 eggs	1/2 tsp salt
1 tsp vanilla extract	100g cranberries

Instructions

Preheat your oven to 350°F (180°C/Gas Mark 4). Line a 2lb loaf tin with parchment paper. Whisk the butter and erythritol together. Add the cream cheese and whisk until smooth. Add the eggs and vanilla and continue to whisk. Add the coconut flour, almond flour, baking powder and salt. Whisk until combined. Gently fold in the cranberries. Spoon the mixture into the loaf tin and bake for 45-60 minutes, until golden brown on top and a knife comes out clean through the middle. Allow to cool on a wire rack. Slice, serve and enjoy!

33. Chocolate Yule Log



Prep Time: 60 mins Yield: 8 servings
Calories per serving: 280

Ingredients

6 eggs, separated
40g coconut flour
100g erythritol
30g cocoa powder
½ teaspoon baking powder
½ teaspoon salt
60g heavy/whipped cream

Chocolate frosting

100g butter unsalted, softened
50g erythritol
150g cream cheese, softened
25g cocoa powder

Instructions

Preheat your oven to 350°F (180°C/Gas Mark 4). Grease and line a long rectangle baking tin with parchment paper. Whisk the egg whites until stiff. In another bowl whisk the egg yolks and erythritol together. Add the remaining dry ingredients to the egg yolk mixture and combine well. Fold in the egg whites and then spoon into the baking tin and smooth evenly. Bake for 20 minutes, remove from the oven and place a piece of parchment paper over the cake whilst still warm. Remove the cake from the tin, keeping the parchment paper on the bottom of the tin so that the cake has parchment paper either side of it.

Roll the cake into a swiss roll shape - this will make it easier to unroll and fill later. Set aside to cool. Once the cake is cool, gently unroll the cake from the parchment paper and spread with a layer of the whipped cream. Gently roll the cake back into the swiss roll shape. Place in the fridge for at least 30 minutes to help keep its shape. Make the chocolate frosting by blending the butter and cream cheese together until smooth. Add the erythritol and cocoa powder and beat until smooth and blended. Smother the topping all over the cake. Keep in the fridge to firm up the topping. Serve and enjoy!



34. Keto Rum Balls



Prep Time: 10 mins Yield: 8 balls (4 servings)

Calories per serving: 140

Ingredients

- 50g cocoa powder
- 50g coconut oil, melted
- 50g almond flour
- 20g coconut flour
- 2 tbsp heavy/double cream
- 50g shredded coconut
- 2 tsp erythritol
- 2 full droppers of liquid stevia
- 50ml rum (optional)

Instructions

Mix all the ingredients, with half of the shredded coconut together into a bowl. Combine until sticky and form into balls, you can change the consistency by adding more almond flour. Roll in the remaining shredded coconut and serve, enjoy!

35. Pumpkin Chocolate Truffles



Prep Time: 30 mins Yield: 20 truffles (10 servings)

Calories per serving: 80

Ingredients

50g pumpkin puree

3 tsp erythritol

1 full dropper liquid stevia

1/4 tsp cinnamon

1/4 tsp ginger

1/4 tsp ground nutmeg

30g heavy/double cream

60g cocoa butter

20g chopped almonds

60g 85-100% dark chocolate

25g collagen powder or coconut flour

Instructions

In a medium saucepan over a medium heat, add the pumpkin puree, erythritol, stevia, cinnamon, ginger, nutmeg, cream and cocoa butter. Once the cocoa butter begins to melt, stir until well combined. Remove from heat and stir in the collagen powder.

Place mixture in a bowl, cover and refrigerate for at least 1-2 hours. Form the pumpkin mixture into balls and then place them on a lined tray in your freezer or fridge. Melt the chocolate, take the balls out of the fridge and, one at a time, put the pumpkin balls on a fork and dip in the melted chocolate. Finally, roll half of the balls in the chopped almonds. Place back on to the tray and refrigerate for around 3 hours before serving. Enjoy!



Drinks

Alcoholic keto tipples to indulge in, guilt-free.

36. Keto Egnog



Prep Time: 30 mins Yield: 12 servings
Calories per serving: 150

Ingredients

3 egg yolks
3 tbsp erythritol
200ml coconut milk (from a can)
150ml heavy/double cream
Dash of nutmeg, cinnamon, and cloves
1 tsp vanilla extract
200ml brandy

Instructions

Whisk egg yolks and erythritol together in a large bowl. In a saucepan on medium heat, add in the coconut milk, cream, spices, and vanilla extract. Bring to a boil and then remove from heat and gradually add the hot coconut milk in small amounts to the egg mixture. Stir well and then pour everything back into the saucepan and let it reach 160°F (70°C). Let cool for a bit. Stir in the brandy. Pour the liquid through a sieve into a jug and store in the fridge overnight before serving.

37. Keto Irish Cream



Prep Time: 40 mins Yield: 12 servings
Calories per serving: 230

Ingredients

120g erythritol
1/2 tsp instant espresso powder
1 tbsp cocoa powder
500ml heavy/double cream
1 tsp almond extract
1/2 tsp vanilla extract
300ml Irish whiskey

Instructions

Combine the erythritol, espresso powder and cocoa in small saucepan. Slowly add in the heavy cream. Bring mixture to a slow boil, reduce heat slightly and simmer for 10-15 minutes. Remove from heat. Stir in extracts and whiskey. Allow to cool. Store in a glass bottle in the refrigerator for up to three weeks.

38. Keto Advocaat



Prep Time: 30 mins Yield: 12 servings
Calories per serving: 120

Ingredients

10 egg yolks
1/2 tsp salt
200g erythritol
375 ml brandy
2 tsp vanilla extract

Instructions

In a bowl, beat the egg yolks, salt and erythritol until thickened. Slowly trickle in the brandy, while continuing to beat the mixture. Pour the mixture into a medium saucepan and warm over a low heat, whisking continuously. Heat and whisk until the Advocaat is thick and simmering. Be careful not to let it boil. Remove the saucepan from the heat and whisk in the vanilla extract. Using a funnel, pour the warm Advocaat into a bottle and refrigerate. Serve cold and enjoy. It will keep for up to 3 weeks in the fridge.

39. Keto Mulled Wine



Prep Time: 45 mins Yield: 4 servings
Calories per serving: 200

Ingredients

- 1 orange
- 5 whole cloves
- 3 whole star anise pods
- 1 piece (1 inch) peeled fresh ginger, thinly sliced
- 1 cinnamon stick
- 200ml water
- 100g erythritol
- 1 bottle (750ml) red wine

Instructions

Peel orange in strips using a vegetable peeler, being careful not to remove any pith (the white part). Add the peel, cloves, star anise, cinnamon, ginger, water, and erythritol in a saucepan over medium heat. Bring to a simmer, stirring occasionally, and cook for 10 minutes. Remove from heat and add the wine. Let stand for 20 minutes to 'mull'. Just before serving, strain and gently reheat the mulled wine over medium heat until just beginning to simmer. Be careful not to boil it! Serve warm and enjoy!

40. Keto Cinnamon Hot Chocolate



Prep Time: 10 minutes Yield: 1
Calories per serving: 300

Ingredients

1 heaping tsp cocoa powder or 1.5 tsp of cacao powder
250ml boiling water
1 tbsp grass-fed butter or ghee
1 tbsp coconut oil or MCT oil
2 tsp erythritol or 2 droppers of liquid stevia
pinch of cinnamon or dash of vanilla essence (optional)
1 tbsp whipped cream (optional)

Instructions

Pour the boiling water into a mug with the cocoa powder and erythritol and stir well. Add the other ingredients. Blend, whisk or stir for 10 seconds. Top with cream, enjoy!

*Enjoy Your
Keto Life!*

