55 KETO VEGETARIAN

EASY AND DELICIOUS RECIPES

BY ELLA ROSS

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GOOD LUCK!

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What is keto and how does it work?

Keto diet (ketone, carbohydrate-free diet) - a method of losing weight, which involves a change in metabolism due to the exclusion from the diet of carbohydrates. With this diet, fats and proteins become a source of energy.

Ideally, carbohydrates are the source of energy. But if their reserves are not replenished, the body perceives the current situation as extreme and begins to spend reserves - fat cells. That is why they give stunning results - fats become the main source of nutrition of the body, and, therefore, burned very quickly.

The essence of the diet is to introduce the body into a state of ketosis and rebuild it to recycle energy not from glucose, but from ketones - molecules that the liver produces, processing the stored fat in the body. To do this, the amount of carbohydrates in the diet is reduced to a very low level, and the basis of the diet consists of fats (60–70% of the diet) and a moderate amount of proteins (20–30% of the diet). The paleo diet and the Atkins diet are known just as varieties of the ketogenic diet, allowing for more protein and a little less fat.

The fewer carbohydrates in the diet and, therefore, glucose in the blood, the faster the body will enter the state of ketosis and begin to use fat as fuel.

Vegan ketogenic diets are not recommended to adhere to children and adolescents without the direct appointment of a specialist. If you have serious health problems, then you should not experiment without prior agreement with your doctor.

The diet should be interrupted if you feel bad on it: any diet should suit you and your body specifically.

How to know when you are in ketosis?

There are some key signs of ketosis by which you can determine that your body is in this state. These signs allow you to assess the level of ketones and reduce the risk of ketoacidosis.

The following symptoms are indicative of ketosis:

- Dry mouth
- Bad or "fruity" breath, metallic taste in the mouth
- Strong urine odor
- Poor appetite.
- Euphoric feeling, excess energy
- Increased thirst

How does ketosis feel?

For the most part, with ketosis as part of a keto-diet plan, you will feel fine, but you will also feel many additional benefits. For example, many people point out that they feel smarter and better able to concentrate in a state of ketosis. Digestion is also improving, since well-known food allergens, such as gluten and lactose, are usually not part of the ketogenic diet.

Most people will also feel more stable energy levels throughout the day because fatty acids and ketones are forms of long-term energy. When you follow a carbohydrate-based diet, your body is prone to blood sugar fluctuations due to the inherent nature of carbohydrate and glucose metabolism.

A small lack of ketosis is the initial week or two when you just go on a ketogenic diet. This phase of staying in ketosis can lead to a condition called “keto-flu”. In this state, you feel a little ill at ease and scattered for a short period while your body adapts to new sources of energy. Do not worry, it passes quickly, and you will feel much better after the completion of the transition.

What to eat on keto vegetarian diet?

As with any change in diet, when switching to a keto vegetarian diet, you need to change your habits, buy all the necessary products and learn new ways to make them. A strict ketogenic diet involves reducing the number of carbohydrates to 20 grams per day, which is almost impossible to do in veganism while maintaining health. Focus on the maximum level of 50 grams of carbohydrates per day - this figure is quite realistic if we exclude cereals, legumes, and fruits.

Also (especially at the beginning), planning your meals will help avoid situations in which you cannot find the right foods and make yourself a balanced meal.

We recommend regularly donating blood for analysis to prevent an imbalance of micro and macro elements; if necessary, you can use them in the form of supplements or vitamins.

Go Keto In 5 Steps

1. Start with a daily fast. It is allowed to drink only water.
2. The diet should include “correct” fats - 4 g per 1 kg of weight, proteins, and carbohydrates - 1 g per 1 kg of weight.
3. Mandatory intake of vitamins and minerals (calcium, vitamin D, folic acid).
4. Drink as much as possible.
5. To use products from the list of allowed.

Benefits of keto vegetarian diet

- Fat loss
- Reduced cravings for junk food and sweets
- Improve cognitive function
- Improve physical fitness
- Improve health, wellness, and longevity

Interesting fact

The keto diet and LCHF are becoming more and more popular - not least because many stars follow these feeding methods, such as Kim Kardashian, Matthew McConaughey, and Rihanna, and the tabloids willingly pick up this topic. But one can hope that studies like this will help the method to gain popularity among medical professionals. The authors of the work refer to a published analysis, the authors of which - 26 doctors and scientists - list facts that, in their opinion, are not familiar enough to practicing doctors:

 Restricting carbohydrates - the most effective way to reduce blood sugar levels.
 Restricting carbohydrates benefits health without weight loss.
 The amount of consumption of both all fats and saturated fats does not correlate with the risks of cardiovascular diseases.
 Limiting carbohydrate intake is the most effective way (with the exception of starvation) of reducing triglyceride levels and increasing high-density lipoprotein levels.

Weekly menu

With these recipes, you can create a menu for a week or two, in the order you want.

Breakfast:

• chia or flaxseed pudding on a nut or coconut milk with a handful of berries,

• smoothies with vegan protein, avocado, greens, lemon juice,

• fritters on almond flour with berries,

Lunch:

• a large green salad with a whole avocado, broccoli, and walnuts,

• scramble from tofu with spinach and mushrooms,

• zucchini noodles with mushrooms and peanut sauce.

Snack or snacks:

• a handful of activated nuts,

• matcha tea smoothie, coconut milk, and almond urbech,

• a handful of berries (if you did not eat them for breakfast).

Dinner:

• gazpacho with hemp seeds and flax and nutcrackers,

• “pizza” of zucchini and flaxseeds with avocado and a big green salad with olives,

• Cauliflower rice with cashew cream.



SHOPPING LIST

Cereals and legumes

Quinoa - it does not contain gluten and cooks in 5 minutes, so it is indispensable when you need to quickly prepare lunch or dinner - curry or quinoa pie. Red lentils are a great base for quick hummus. Green and black lentils are germinated and stored in the freezer - it makes delicious pancakes and salads. Oatmeal is useful not only for cereal. You can grind them into flour and make cookies and granola. With buckwheat, they cook a delicious Russian Majadera dish, and from the adzuki bean curry with peanut butter.

Pasta

Spelted (it has less gluten than in wheat, and it is not subjected to intensive industrial processing).

Oils and refills

Olive oil - for salads and frying. Coconut (liquid) butter - for baking (by the way, it gives the dough the necessary density and texture). Tahini (sesame paste) - for sandwiches, desserts, as a salad dressing and pasta.

Almond oil

A good thickener for soups, fruit puree for the child, any desserts. Attention, life hacking: if you urgently need almond milk for dough, just whisk 1 tsp. almond oil and 6 fl. oz. water in a blender.

Hazelnut oil

Adds the taste of "Nutella" to the desserts, but without sugar.

6 Peanut butter.

It goes well with Asian sauces, soups (for example, peanut) and dough for biscuits.

Apple sauce

Replaces eggs in baking and, by the way, part of the liquid butter in recipes can also be replaced by apple sauce.

- Canned tomatoes. Strengthen the taste of any dish with tomatoes and indispensable for pizza.

Natural sweeteners

100% maple syrup - unlike the date syrup, it does not give the dishes a pronounced flavor and does not change their color. At the same time, it is important to understand that it is still sugar and use it carefully.

Flour

The favorite for baking is spelled flour, it has a minimum of gluten, so it is easier for the stomach to digest it, plus it is tasty and undergoes minimal industrial processing.

Tapioca flour is actually starch, good as a thickener for dough. Almond flour is ideal for cookies, crumbs, and pies. Chickpea flour and red lentil flour is also a thickener for pancakes, omelets, stuffed peppers.

Soymilk

Best replaces milk in coffee and baking.

Vanilla extract

It gives a wonderful taste to cakes, desserts, ice cream. It is important to buy an extract with natural vanilla, and not an artificial flavoring.

Apple cider vinegar

Together with baking soda, it perfectly loosens the dough for muffins and pies.

Soy sauce and tamari (gluten-free soy sauce)

For vegetable dishes, it goes well with peanut butter and rice.

Coconut oil (solid)

Unlike a liquid, it does not give the dishes a coconut flavor, so you can safely use in any recipe with butter.

Curry paste

Adds spicy willow to vegetable stews and curry.

Nutritional Yeast

They improve the taste of cheeses, curry, risotto, vegetable dishes and savory pies, and crumbs.

In freezer

Nuts (yes, they keep the quality in the freezer for the longest!)

Cashew - the basis for various cheeses, pies, ice cream. Blanched almonds for cheesecakes. Plain almonds, walnuts, and pecans are for salads.

Sprouts of cereals and legumes

It is convenient to sprout a lot at once (you can do it once every 2 weeks), and store leftovers in the fridge, add to salads.

Ready muffins and curry

The same thing - it is convenient to do a little more and store the stock in the freezer so that you can always have a light pastry at hand and have curry for lunch.



Nuts and seeds

What nuts and seeds are best for keto vegetarian diet?

Although all seeds and nuts are good for health, some of them are most suitable for keto or very low-carb lifestyle. The following are the best ones that you can include in your diet on a regular basis.

Least of all pure carbohydrates (per 28 g serving)

- Flaxseed: 0.8 g
- Pecan: 1.2 g
- Hemp seeds: 1.3 g
- Brazil nuts: 1.4 g
- Macadamia: 1.5 g
- Chia seeds 1.7 g
- Walnuts: 2 g
- Hazelnuts: 2 g
- Almond: 2.6 g

The greatest amount of fiber (per serving in 28 g)

- Chia Seeds: 10.6 g (2.7 g soluble)
- Flaxseed: 3.6 g (1.9 g soluble) per 14 g
- Almond: 3.5 g (0.35 g soluble)
- Sesame seeds: 3.3 g (0.8 g soluble)
- Pistachios: 2.9 g (0.7 g soluble)
- Hazelnuts: 2.7 g (1.1 g soluble)
- Pecan: 2.7 g (0.5 g soluble)

The best ratio of omega-6 to omega-3 fats

- Chia Seeds: 1: 3
- Flaxseed: 1: 4
- Hemp seeds: 2.5: 1

FOOD INDEX

Porridge

Product	Proteins	Fat	Carbo	Kcal
Buckwheat	4,5	1,6	27,4	137
Cornflakes	6,5	2,9	83,8	372
Semolina	2,5	0,3	16,4	77
Oatmeal	3,2	1,8	15,4	93
Cereals	11,9	7,5	69,1	358
Barley porridge	3,2	0,5	22,7	102
Millet porridge	3	0,8	17,2	92
Rice porridge	1,5	0,2	17,3	79
Barley porridge	1,4	0,3	18,7	84
Barley Flakes	9,1	3,2	79,7	345

Butter, margarine, fats

Product	Proteins	Fat	Carbo	Kcal
Chicken fat	0	99,7	0	896
Pork fat melted	0	99,5	0	882
Cream margarine	0,5	82,3	0	746
Milk table margarine	0,5	82	0,9	744
Mayonnaise 67%	3,3	67	2,4	624
Linseed oil	0	99,8	0	898
Olive oil	0	99,8	0	898
Sunflower oil	0	99,9	0	899
Butter 82,5%	0,5	82,5	1	747
Ghee	0,4	98,1	0,5	885

Milk products

Product	Proteins	Fat	Carbo	Kcal
Yogurt 1.5%	4,3	1,5	8,4	65
Yogurt 3.2%	5	3,2	8,9	87
Kefir 0%	2,8	0	3,8	29
Kefir 1%	2,8	1	4,0	37
Kefir 2.5%	3	2,5	4,0	51
Kefir 3.2%	3,2	3,2	4,1	57
Milk 0%	2,8	0	4,6	34
Milk 1%	2,8	1	4,6	43
Milk 2.5%	2,8	2,5	4,6	53
Milk 3.2%	2,8	3,2	4,6	58
Raw goat milk	3,1	4,2	4,7	71
Raw cow milk	3,2	3,6	4,7	63
Skimmed milk	2,1	0,1	4,5	30
Whole powdered milk	25,2	25	39,6	477
Condensed milk	7,3	7,7	9,7	139
Sour milk 3.2%	2,9	3,2	4,0	57
Ryazhenka 2.5%	2,9	2,5	4,1	53
Ryazhenka 4.0%	2,9	4	4,1	68
Cream 10%	2,8	10	4,1	121
Cream 20%	2,8	20	3,9	209
Sour cream 10%	3	10	2,9	118
Sour cream 15%	3	15	2,9	163
Sour cream 20%	3	20	2,9	208
Curds from curd mass	7,3	23	27,6	344
Dutch cheese	26,4	26,5	0	352
Russian cheese	24,1	29,8	0,4	366
Fat cottage cheese	14	18	1,9	236
Low fat cottage cheese	18,2	0,6	1,8	89
Cottage cheese bold	16,5	9	1,9	156

Vegetables

Product	Proteins	Fat	Carbo	Kcal
Eggplant	0,6	0,1	7,5	22
Beans	6,1	0,1	8,1	59
Swede	1,2	0,1	8,4	38
Green peas	5,4	0,2	13,6	75
Zucchini	0,8	0,3	5,9	30
White cabbage	1,9	0	5,7	31
Red Cabbage	1,9	0	6,3	34
Cauliflower	2,7	0	5,2	30
Cooked Potatoes	2	0,3	16,5	80
Fried potato	2,6	9,7	23,5	198
Potatoes young	2,2	0,3	12,5	57
Green onions (feather)	1,4	0	4,2	21
Leek	3,2	0	7,1	38
Onion	1,6	0	9,3	41
Carrot	1,3	0,1	6,3	29
Ground Cucumbers	0,7	0	3,1	15
Greenhouse Cucumbers	0,7	0	1,6	9
Olives	0,6	10,2	6,7	111
Sweet Green Pepper	1,2	0	4,8	24
Sweet red pepper	1,2	0	5,5	26
Parsley (greens)	3,8	0	8	45
Parsley (root)	1,6	0	11,2	48
Radish	1,5	0	4,2	22
Radish	1,7	0	7,1	33
Turnip	1,6	0	5,8	27
Salad	1,6	0	2,1	15
Beet	1,7	0	10,5	46
Tomatoes (ground)	0,7	0	4,1	19
Tomatoes (greenhouse)	0,7	0	2,6	12
Beans	4,4	0	4,4	36

Horseradish	2,6	0	16,1	70
Garlic	6,6	0	21,1	103
Spinach	2,5	0	2,6	22
Sorrel	1,6	0	5,5	29

Nuts, dried fruits

Product	Proteins	Fat	Carbo	Kcal
Peanut	26,2	45,3	9,9	555
Walnut	13,5	61,5	10,6	662
Raisin with bone	1,7	0	70,7	273
Raisin	2,5	0	71,4	285
Cashew nuts	25,8	54,3	13,3	647
Dried apricots	5,7	0	65,3	270
Almond	18,3	57,9	13,4	643
Sunflower seed	20,9	52,5	5,4	582
Dried apricots	5,3	0	67,9	279
Dates	2,5	0,4	69,6	277
Pistachios	20	50,5	7,3	555
Hazelnut	16,3	66,7	9,8	701
Prunes	2,7	0	65,3	262
Dried apples	3,1	0	68,3	275

Fruits and berries

Product	Proteins	Fat	Carbo	Kcal
Apricots	0,7	0 0	10,1	44
Quince	0,6	0	8,7	37
Cherry plum	0,3	0 0	7,6	35
A pineapple	0,3	0	11,9	49
Orange	0,8	0	8,6	38
Bananas	1,7	0	22,1	87
Cowberry	0,6	0	8,8	42
Grapes	0,5	0	17,8	73
Cherry	0,9	0	11,1	46
Garnet	0,9	0	11,9	53
Grapefruit	0,8	0	7,5	37
Pear	0,5	0,3	10,6	41
Blueberry	1,1	0	7,4	35
Melon	0,8	0	7,3	34
Blackberry	1,9	0	5,1	31
Wild strawberry	1,9	0,7	7,1	40
Figs	0,9	0	13,7	57
Kiwi	1	0,4	9,7	46
Dogwood	1,1	0	9,4	42
Strawberry	0,6	0	7	30
Cranberry	0,7	0	4,9	27
Gooseberry	0,8	0	9,7	43
Lemon	0,9	0	3,3	30
Raspberries	0,7	0,4	9,2	43
Mandarin	0,9	0	8,8	39
Mango	0,6	0	11,8	69
Cloudberry	0,9	0	6,9	33
Sea buckthorn	0,8	0,1	5,6	31
Peaches	0,9		10,1	42
Pomelo	0,6		6,1	29

Rowan	1,6	0	12,2	57
Plum	0,8	0	9,7	41
White currant	0,4	0	8,5	37
Red currants	0,6	0	8,7	39
Black currant	1,0	0	8,0	38
Persimmon	0,7	0	15,7	61
Cherries	1,3	0	12,5	54
Blueberries	1,2	0	8,8	41
Mulberry	0,6	0	12,5	50
Rosehip fresh	1,5	0	24,2	106
Dried rosehip	4,5	0	60,1	259
Apples	0,5	0	11,4	48

THE RECIPES



Sauce



Vegan Sour Cream

This milk-free sour cream is an excellent substitute for ordinary as well as all types of light or generally low-fat yogurts.

Details

Preparation Time: 5 minutes
Cooking time: 5 minutes
Serves: 10

Nutritional Values (Per Serve)

Kcal. per serve: 92
Fat: 21 g.
Protein: 8 g.
Carbs: 2 g.

Ingredients

- 1 lb. Soft tofu
- 1 tbsp. Olive oil
- 5 tsp. Lemon juice
- 2 tsp. Apple vinegar
- 1 tsp. Sugar or sweetener
- Salt, to taste

Preparation

- Put all the ingredients in a blender.
- Beat five minutes until the mass is very creamy and smooth.
- Cool the vegetarian sour cream for two hours so that it can thicken.
- Serve with what you want and fresh vegetable salads. Use within 5-6 days.

Pesto

Traditional pesto sauce is based on basil, pine nuts, and olive oil. But
Any combination of greens is possible. The sauce is rich vitamins and minerals perfectly suited to boiled vegetables and fish if you eat them.

Details

Preparation Time: 5 minutes
Cooking time: 10 minutes
Serves: 10

Nutritional Values (Per Serve)

Kcal. per serve: 349
Fat: 34.8 g.
Protein: 3.5 g.
Carbs: 5.1 g.

Ingredients

- 2 oz Cilantro
- 2 oz. Parsley
- 1 tbsp. Olive oil
- 9 Almond nut (pre-soaked and peeled)
- 2 tbsp. Pine nut
- 1 tbsp. Olive oil
- Salt, to taste

Preparation

- Rinse the cilantro and parsley, dip it in boiling water for a few seconds (until it appears bright green), cool, add the nuts and grind in a blender.
- Add oil and salt and stir for a few more seconds.
- You can add a clove of garlic and pumpkin seeds.

Guacamole

Avocado is a healthy fruit with a delicate flavor and high in nutrients. In him. There are vitamins B6, C, K, folic acid; copper, potassium; carotenoids; cellulose; monounsaturated fats; tryptophan. Due to its high content, Vitamin E Avocado is very beneficial for skin and hair.

Details

Preparation Time: 5 minutes
Cooking time: 10 minutes
Serves: 8

Nutritional Values (Per Serve)

Kcal. per serve: 110
Fat: 9.6 g.
Protein: 1.4 g.
Carbs: 4.9 g.

Ingredients

- 1 tbsp. Red onion, crushed
- 1 Lime (juice)
- 2 Avocado
- 1 Tomato
- 2 Celery
- 2 Fresh chopped chili peppers,
- salt to taste

Preparation

- Cut the avocado in half, remove bone and scrub the pulp with a spoon.
- Combine with the remaining ingredients.
- Blend all until smooth.

- Very tasty with dried toasts.

Lean Mayo

Vegetarians also want delicious salad dressings. This homemade mayonnaise is natural, without industrial harmful additives and products of animal origin, and the taste is just as good as the best sorts of ready-made mayonnaise.

Details

Preparation Time: 5 minutes
Cooking time: 10 minutes
Serves: 10

Nutritional Values (Per Serve)

Kcal. per serve: 588
Fat: 64 g.
Protein: 1 g.
Carbs: 3 g.

Ingredients

- 5 fl. oz. Sunflower oil
- 3 oz. Oatmeal milk
- 1 tbsp. Mustard
- 2 tbsp. Lemon juice
- Salt, to taste

Preparation

◈ First, you need to cook oatmeal milk. The easiest way is to pour 4 oz. of oatmeal with 10 fl. oz of water and leave it at room temperature overnight. In the morning, strain and squeeze through cheesecloth healthy oatmeal milk are ready.

◈ Then proceed to the preparation of mayonnaise.

◈ The main tool is an immersion blender. In oat milk, add salt, mustard, lemon juice, whip, then pour in a thin stream of oil.

◈ You can add mustard seeds for piquancy.

- The principle - the more oil, the thicker mayonnaise.

BREAKFAST



Vegetarian Keto Breakfast of Kefir and Banana.

It is very good to have breakfast or snack with this kefir drink (you can substitute with yogurt) and a banana. Cook quickly, eat tastily.

Details

Preparation Time: 5 minutes

Cooking time: 10 minutes

Serves: 2

Nutritional Values (Per Serve)

Kcal. per serve: 74.6

Fat: 10.56 g.

Protein: 2.3 g.

Carbs: 5.3 g.

Ingredients

- 1 Banana
- 1 tbsp. Honey
- 10 fl. oz. Kefir (yogurt) fat
- 2 tbsp. Hazelnut, Crushed
- Cinnamon, to taste

Preparation

- Peel banana and knead well, then mix with honey.
- Add chopped hazelnuts and kefir to the mixture, mix everything well.
- Pour the mixture into glasses and sprinkle with cinnamon on top.
- Vegetarian breakfast of kefir and banana is ready!

Yogurt Cocktail with Fruit

A useful drink for those who monitor their health and figure, when you really want to put something in your mouth, but you can't. This cocktail contains almost no calories.

Details

Preparation Time: 5 minutes
Cooking time: 10 minutes
Serves: 2

Nutritional Values (Per Serve)

Kcal. per serve: 53
Fat: 8.48 g.
Protein: 3 g.
Carbs: 4.4 g.

Ingredients

- ☐8 fl. oz. Yogurt fat
- ☐1 Apple
- ☐3 Plum
- ☐5 Strawberry
- ☐1 tbsp. Honey

Preparation

- Peel plums and apples. Add strawberries and honey. Beat the blender.
- Add kefir and mix well (with a blender).
- About 12 fl. oz. is obtained from this amount of drink. Done!

Italian Cheese Bread

Provolone cheese and hot peppers, wrapped in cheese dough - an excellent recipe for a hearty meal for those who follow the keto diet. Do not forget about vitamins and fiber - add fresh spinach salad to baking.

Details

Preparation Time: 10 minutes
Cooking time: 30 minutes
Serves: 4

Nutritional Values (Per Serve)

Kcal. per serve: 277
Fat: 22.8 g.
Protein: 14 g.
Carbs: 3.4 g.

Ingredients

- ☐ 5 oz. Monterey ground cheese
- ☐ 4 tbsp. Coconut flour
- ☐ 3 tbsp. Flax seed Flour
- ☐ 1 Egg (substitute powder)
- ☐ 1 tsp. Italian seasoning
- ☐ 2 ½ oz. Provolone Cheese
- ☐ 1 oz. Fresh spinach
- ☐ 1 oz. Bell pepper
- ☐ 1 tbsp. Olive oil
- ☐ 1 Egg yolk (substitute powder)

Preparation

◈ Preheat oven to 356 F. Combines coconut flour, flaxseed flour, and seasoning together in a small bowl. Rub the Monterey cheese into a large bowl and microwave until it is completely melted.

◈ Leave the cheese for a minute, then add the egg (substitute powder) and mix thoroughly.

◈ Add the dry mixture to the cheese and knead the dough.

◈ Spread parchment paper, then lay cheese dough on it and cover with another sheet of paper on top, then roll it with a rolling pin.

Put the spinach leaves on the dough and place them on top. Add pepper rings and drizzle with one teaspoon of olive oil.

◈ Using a knife, cut the dough into strips diagonally. Fold the dough into a pigtail.

◈ Beat the egg yolk (substitute powder) and put the mixture on the bread. Bake it for 15–20 minutes, until the spit is golden brown.

Cauliflower Pancakes

A delicious, very simple and incredibly useful recipe for cauliflower almond flour with almond flour!

- Rich and balanced: only 2 g of carbohydrates, more than 5 g of fat and 5 g of protein in each thing;
- Vitamin B12 promotes the production of red blood cells and regulates protein metabolism in the body;
- Monounsaturated fatty acids help the heart work.

Details

Preparation Time: 10 minutes

Cooking time: 25 minutes

Serves: 12

Nutritional Values (Per Serve)

Kcal. per serve: 78

Fat: 6.5 g.

Protein: 5 g.

Carbs: 2 g.

Ingredients

- 1 tsp. Cornstarch
- 1 Cauliflower
- ½ tsp. Salt
- 3 oz. Almond flour
- 2 oz. Tofu
- 1 tbsp. Avocado Oil
- Vegan sour cream

Preparation

◈Grind cauliflower in a blender. Transfer to a bowl, salt and leave for 10 minutes.

◈ Then add almond flour, tofu, and cornstarch to the cabbage. Mix thoroughly.

◈ Heat a pancake pan on medium heat, add avocado oil and fry pancakes for 3-4 minutes on each side. When removing the pancakes from the pan, put them on a paper towel so that they give off excess oil and moisture.

◈ Serve with sour vegan sour cream and green onions!

SALADS



Keto Club Salad

This keto salad has all the flavors and textures - it is filled with crispy lettuce, juicy cucumber, diced cheddar cheese, and a thick dressing on mayonnaise, with spicy notes of Dijon mustard!

Details

Preparation Time: 5 minutes
Cooking time: 15 minutes
Serves: 3

Nutritional Values (Per Serve)

Kcal. per serve: 330
Fat: 26.3 g.
Protein: 16.8 g.
Carbs: 4.8 g.

Ingredients

- ☐10 ounces Lettuce Salad
- ☐4 ½ ounces Cheddar Cheese
- ☐3 ounces Cucumber (sliced)
- ☐ 2 ounces Cherry tomatoes (cut in half)
- ☐3 Large eggs (substitute powder)
- ☐2 tbs. Sour cream
- ☐2 tbs. Mayo
- ☐ 1 ½ tablespoon Milk (almond or soy)
- ☐1 ½ tablespoon Dijon mustard
- ☐½ teaspoon Garlic powder
- ☐½ Dried onion
- ☐½ Dried parsley

Preparation

◈ Prepare a dressing: mix sour cream, mayonnaise, and spices.

◈ Add a tablespoon of milk. If the sauce turns out too thick, add another one, and do not forget to consider it when calculating the calories.

◈ Season the salad with the sauce. About two tablespoons per serving.

Fresh Carrot Salad with Peanuts and Raisins

Fresh carrot salad with peanuts and raisins in which a rather unusual combination of ingredients, gives a feeling of celebration, and does not overload us with extra calories. Very good for the triumph, not a single guest will refuse, and dressing the orange juice salad with zest makes it tender and you want to eat more and more.

Details

Preparation Time: 10 minutes
Cooking time: 20 minutes
Serves: 4

Nutritional Values (Per Serve)

Kcal. per serve: 129
Fat: 8.48 g.
Protein: 5 g.
Carbs: 4.35 g.

Ingredients

- 1 Lb. Carrot
- 1 Green Sweet Pepper
- 2 oz. Peanuts
- 2 oz. Raisins
- 1 tbsp. Poppy Seed
- 1 Orange
- 2 tbsp. Vegetable Oil
- 1 tsp. French Mustard

Preparation

- Boil poppy seeds in a separate bowl. Raisin pours boiling water separately. Let stand.

◈ Grate the orange zest. Squeeze the juice from the orange into the glass. Combine in a container (blender) orange juice, vegetable oil, mustard. Beat up.
◈ Grate carrots put in a bowl, add pepper, peanuts, poppy seeds, raisins. Mix everything.
◈ Pour the mixture in a bowl with prepared orange juice dressing. Fresh carrot salad with peanuts and raisins - ready!

Caprese Salad

Caprese is a very famous salad that can be cooked in 15 minutes. Ingredients in our time freely available.

Details

Preparation Time: 5 minutes
Cooking time: 15 minutes
Serves: 4

Nutritional Values (Per Serve)

Kcal. per serve: 161
Fat: 14.3 g.
Protein: 9.3 g.
Carbs: 2.2 g.

Ingredients

- 1 lb. Tomatoes
- 1 lb. Mozzarella cheese
- 2 Basel sprigs
- 4 oz. Basil fresh
- 2 oz. Parmesan cheese
- 2 tbsp. Pine nuts
- 1 Garlic clove
- 5 tbsp. Olive oil
- Salt and pepper, to taste
- Pesto sauce, to taste

Preparation

◈ For the sauce, grind parmesan on a fine grater. Separate the leaves from the twigs at the basil.

◈ Add all in a blender, add pine nuts, olive oil, garlic, and salt. Grind to a smooth mass.
◈ Cut tomatoes into thick circles.
◈ Mozzarella cut as well as tomatoes in thick circles.
◈ We collect the salad, spread on a serving dish, alternating between rings of tomato and mozzarella. Sprinkle with pepper, decorate with basil leaves. Add the sauce to taste.

Exotic New Year's Salad

Exotic New Year's salad for vegetarians includes a combination of rather unusual, sweet and salty and a little bitter. It looks festive, pleasure is guaranteed.

Details

Preparation Time: 5 minutes
Cooking time: 20 minutes
Serves: 4

Nutritional Values (Per Serve)

Kcal. per serve: 111
Fat: 11 g.
Protein: 7.1 g.
Carbs: 2.1 g.

Ingredients

- 1 Orange
- 1 Avocado
- 6 oz. Pitted olives
- 4 Cherry tomatoes
- 1 Lettuce leaves, bunch
- 1 Red Onion
- For refueling:
- 1-2 tsp. Apple vinegar
- 3 tbsp. Vegetable oil
- ½ tsp. Mustard
- Salt, pepper, to taste
- Sour cream to taste

Preparation

- Onion cut into thin half-rings, peel the orange and cut into cubes, avocados also into cubes, cut olives into rings.
- Cut lettuce leaves with scissors.
- Cherry tomatoes cut into quarters. Combine all ingredients.
- Apple cider vinegar, vegetable oil, mustard, salt, pepper, sugar mix in a separate bowl.
- Chopped and folded vegetables and fruits to fill the prepared sauce. Done!

Salad with Green Bean and Walnut

A simple recipe is delicious and healthy. Fill with vitality and energy during the daytime.

Details

Preparation Time: 10 minutes
Cooking time: 30 minutes
Serves: 3

Nutritional Values (Per Serve)

Kcal. per serve: 150
Fat: 13 g.
Protein: 3 g.
Carbs: 3.5 g.

Ingredients

- ☐ 1 lb. String beans, frozen
- ☐ 2 oz. Walnuts, peeled
- ☐ 3 tbsp. Olive oil
- ☐ 1 tbsp. Apple vinegar
- ☐ 3 cloves Garlic
- ☐ 1 small bunch Parsley
- ☐ Salt, pepper, to taste

Preparation

◈ Boil the bean pods in boiling salted water for 1-2 minutes after boiling. Immediately drain the water and cool the beans in ice water.
◈ Ready boiled beans should keep the color and remain crispy.
◈ Chop garlic. Grind the walnuts with garlic to a heterogeneous oily mass. Add vinegar, salt, and pepper - to taste.

◈ Parsley finely chopped. Boiled beans to shift in a bowl, season with olive oil and mix with chopped greens.
Add nut salad dressing to salad and mix thoroughly with other ingredients.

◈ The finished salad must be allowed to brew in the salad in the fridge for 30 minutes.

◈ Upon request, when serving, you can decorate the salad with pomegranate seeds and walnut slices.

Colorful Shoots Salad

Colorful vegetarian salad from shoots looks spectacular and full of the most useful for the body of useful substances. Preparing it for a snack, or for dinner, you will enjoy and eating this beautiful dish, while not delivering the body to the hassle of processing unnecessary extra calories.

Details

Preparation Time: 10 minutes
Cooking time: 25 minutes
Serves: 2

Nutritional Values (Per Serve)

Kcal. per serve: 45.6
Fat: 11.5 g.
Protein: 1.5 g.
Carbs: 3.5 g.

Ingredients

- 1 Peking cabbage
- 5 oz. Champignons
- 5 oz. Soybean sprouts
- 3 Tomatoes

For sauce:

- 5 tbsp. Yoghurt
- 2 tbsp. Sour cream
- Salt, pepper, to taste
- 4 tbsp. Greens (basil, parsley, sorrel)
- 1 tbsp. Olive oil

Preparation

◈ Thinly chop Chinese cabbage, clean the mushrooms and also cut them into thin slices.
◈ Rinse and dry the soybean sprouts.
◈ Peel tomatoes from hard bases and cut each into eight pieces.
◈ Mix yogurt and sour cream, add there chopped greens and olive oil.
◈ The resulting sauce pours a mixture of vegetables. Walnuts are beautifully laid out on a serving dish.

Warm Salad with Green Beans

This salad will always help if there is no time but you really want to eat.
This recipe is suitable for busy people.

Details

Preparation Time: 5 minutes
Cooking time: 10 minutes
Serves: 4

Nutritional Values (Per Serve)

Kcal. per serve: 78
Fat: 12 g.
Protein: 6 g.
Carbs: 4 g.

Ingredients

- ☐ 13 oz. Green string beans
- ☐ 12 Cherry tomatoes
- ☐ 5 Basil leaves
- ☐ 1 lemon
- ☐ 2 tbsp. Olive oil
- ☐ 1 tbsp. Sesame
- ☐ Salt, pepper to taste
- ☐ 2 oz. Walnut

Preparation

◈ Boil the beans for 2-3 minutes, then transfer them to a salad bowl, add chopped tomatoes, chopped basil, sprinkle with olive oil and lemon juice, sprinkle with sesame, walnut, salt, pepper, and mix. Serve warm.

SOUPS



Light Vegetable KETO Soup from Zucchini and Lentils

Sometimes you want a light meal, zucchini grown on your site or purchased from a farmer will be the main ingredient in the recipe of this light soup. Lentil will give it density, a little fat from vegetable oil. The soup is very vegetarian and low-calorie.

Details

Preparation Time: 15 minutes
Cooking time: 20 minutes
Serves: 6

Nutritional Values (Per Serve)

Kcal. per serve: 22.6
Fat: 3.6 g.
Protein: 1.55 g.
Carbs: 1.7 g.

Ingredients

- ☐ 7 oz. Red lentils
- ☐ 2 Carrots
- ☐ 3 tbsp. Vegetable oil
- ☐ 1 Onion
- ☐ ½ Young squash
- ☐ ½ oz. Zucchini
- ☐ 1 Tomatoes
- ☐ 22 fl. oz. Water
- ☐ 2 tbsp. Chopped greens
- ☐ Salt, to taste
- ☐ Ground black pepper, to taste
- ☐ 2 Garlic, cloves

Preparation

◈ Fill the lentils with water and set on fire, bring to a boil, add carrots, cut not large. Leave to cook until done.
◈ Finely chopped onion fry in vegetable oil in a frying pan.
◈ Zucchini finely cut and add to the onions.
◈ Cut the tomatoes into small cubes and add them to the rest of the vegetables in the pan. Fry for about 7 minutes.
◈ Add the vegetables to the pan with lentils, salt, and pepper, bring to a boil. Add chopped greens. Light vegetable soup of zucchini and lentils - a vegetarian dish is ready!

Broccoli Soup with Chickpeas and Corn

Soup prepared according to this recipe is very nourishing, despite the fact that without meat. Broccoli, chickpea, corn fill the soup with flavor and give the necessary richness. Lunch may well consist only of this dish.

Details

Preparation Time: 10 minutes
Cooking time: 40 minutes
Serves: 6

Nutritional Values (Per Serve)

Kcal. per serve: 41
Fat: 5.86 g.
Protein: 2.3 g.
Carbs: 2.7 g.

Ingredients

- ☐ 4 oz. Chickpea
- ☐ 4 oz. Broccoli
- ☐ 4 oz. Carrot
- ☐ 1 Onion
- ☐ 1 Corn, cup
- ☐ 1/4 Celery, root
- ☐ Salt, to taste
- ☐ Mayo or Sour cream
- ☐ 2 tbsp. Olive oil
- ☐ 3-pint Water

Preparation

◈ Soak the chickpeas in the evening, for 8 hours. When we start to make soup, we send the chickpeas to the pan first. Onions and celery cut into small cubes, and when the water boils, half of them are sent to a saucepan with water, in which we cook the soup, the rest in a frying pan with heated vegetable oil. Grate carrots on a coarse grater.

◈ Half of the carrots put in a saucepan, the rest in the pan. Add whole pepper to the pan.

◈ Add vegetable oil to the pan, break broccoli into inflorescences (you can cut the inflorescences into four parts) and send them to the pan. Finely cut the greens.

◈ Mix everything in the pan, fry almost until cooked.

◈ In the boiling vegetable broth add the contents of the pan, salt, pepper, add bay leaf and corn. Bring to a boil and turn off. Let it brew for about 15 minutes. Done! Add sour cream or mayonnaise, as you like!

Fried Poblano Soup with Tofu

Soup based on mashed cauliflower with vegan sour cream and tofu, which will decorate the table at any time of the year.
Fried Peppers Poblano can be replaced with ordinary Bulgarian pepper if you want the dish to be not too spicy. Add fresh spinach a great way to get extra fiber, iron, and vitamin C, while following the keto diet!

Details

Preparation Time: 20 minutes
Cooking time: 30 minutes
Serves: 4

Nutritional Values (Per Serve)

Kcal. per serve: 242
Fat: 17 g.
Protein: 9.1 g.
Carbs: 3.7 g.

Ingredients

- 2 Pepper Poblano
- ½ Cauliflower head
- 8 ½ oz. Vegetable broth
- 1 tbsp. Butter
- 1 oz. Diced onion
- 2 oz. Vegan sour cream
- 10 oz. Tofu
- 1 tbsp. Garlic powder
- 1 tsp. Caraway
- 1 tsp. Paprika

Preparation

◈ Turn the oven on medium level and place the peppers Poblano on a baking sheet.
◈ Roast, turning sometimes until the skin gets dark and peppers get soft.
◈ Put the pepper in a container and cover and let it cool.
◈ Steam the cauliflower until it becomes very soft. It takes about 5 minutes in the microwave or 7-10 on a regular stove.
◈ Using a blender or food processor, mash cauliflower and 90 grams. vegetable broth. Pour the rest of the broth and continue to mix the mashed potatoes until it becomes a homogeneous mass.
◈ Melt the butter in a saucepan and fry the onions on medium heat until it becomes translucent.
◈ Add half the cauliflower puree to the pan, sour cream and cheese, cook, stirring until the soup thickens. Reduce heat.
◈ Remove the peel and seeds from the chilled pepper Poblano and cut it into cubes, leaving about 1 tablespoon to decorate the finished soup.
◈ Add the remaining cauliflower puree and diced pepper to the pan. Simmer on medium heat for about 5 minutes.
◈ Add garlic powder, smoked paprika, and cumin to the soup and remove from the heat. Serve hot, sprinkled on top of the remnants of pepper and cheese.

Lentil Soup

Lentil soup puree is a very simple but healthy dish. Quickly cooked, lentils are quickly boiled soft. The minimum number of calories and the richest set of vitamins and trace elements necessary for the body, this is especially important for vegetarians, who, because of the lack of meat in the diet, do not receive the necessary amino acids. Legumes, and in this case, lentils will fill this shortcoming.

Details

Preparation Time: 10 minutes

Cooking time: 60 minutes

Serves: 10

Nutritional Values (Per Serve)

Kcal. per serve: 80

Fat: 21 g.

Protein: 5 g.

Carbs: 4.2 g.

Ingredients

- ☐2-pint Water
- ☐½ lb. Lentil
- ☐4 oz. Onions
- ☐5 oz. Carrot
- ☐1 oz. Tomato paste
- ☐1 fl. oz. Vegetable oil
- ☐6 oz. Fresh Tomato
- ☐ 4 fl. oz. Sour cream (Soy)
- ☐½ oz. Garlic
- ☐Salt, pepper, to taste

Preparation

◈ Rinse lentils well, put in a saucepan and pour cold water, put on the fire and bring to a boil, then reduce the heat and cook for 20 minutes.
◈ Onions, carrots clean, finely chopped and fry in hot vegetable oil until golden brown.
◈ Peel tomatoes on the skin, chop and add to the vegetables in a frying pan, fry and add tomato paste, fry everything well.
◈ Add simmered vegetables to the simmering soup, boil for another 10 minutes.
◈ The soup boiled, add spices, salt, sour cream and turn off the heat. Stir with a blender. When serving, decorate with greens.

Cream Soup with Broccoli and Cheese

Broccoli is an incredibly useful thing:

◈ They contain potassium, calcium, magnesium and omega-3 fatty acids;

◈ Recent research suggests that broccoli is effective in preventing breast cancer;

◈ Provides eye health thanks to Vitamin A, which is part of;

◈ Vitamin E and a substance called glucoraphanin contribute to the production of collagen, thereby maintaining healthy skin;

◈ Vitamin C prevents the occurrence of fine and deep wrinkles, blocking free radicals.

In general, eat broccoli more often.

Details

Preparation Time: 10 minutes

Cooking time: 30 minutes

Serves: 4

Nutritional Values (Per Serve)

Kcal. per serve: 277

Fat: 21.9 g.

Protein: 15.1 g.

Carbs: 3.3 g.

Ingredients

□10 oz. Broccoli, frozen

□1 Carrot, medium size

□1 Onion, medium size

□2 tbsp. Olive oil

□1 tsp. Garlic powder

□ 1 pint Vegetable bouillon

□1 ½ Fresh Spinach

□ ½ cup Vegan sour cream

□ 3 oz. Cheddar Cheese

□3 oz. Cheese Gouda

- Salt and spices, to taste

Preparation

◈ Heat the olive oil in a saucepan (deep frying pan) over medium heat. ◈ Fry the onions and carrots for 1-2 minutes, then add broccoli, garlic, salt, and pepper. Stir for another minute, stirring constantly.

◈ Pour in the broth, stir and simmer for 8-10 minutes until the vegetables are soft. Turn off the heat, add cream and stir.

◈ Pour half the soup into a blender and add half the spinach. Grind to the desired consistency. Then, repeat the process with the second half.

◈ Pour the pureed soup back into the pan (deep pan), add the cheese and stir until it is completely melted.

Mushroom Soup

Simple and tasty soup for every day.

Details

Preparation Time: 10 minutes
Cooking time: 25 minutes
Serves: 4

Nutritional Values (Per Serve)

Kcal. per serve: 468
Fat: 45 g.
Protein: 6 g.
Carbs: 8 g.

Ingredients

- ☐ 4 oz. Vegetable oil
- ☐ 1 Shallot onion
- ☐ 1 lb. Forest mushrooms
- ☐ 1 Garlic
- ☐ ½ tsp. Dry Thyme
- ☐ 24 fl. oz. Water
- ☐ 9 fl. oz. Vegan sour cream
- ☐ 9 oz. Celery root
- ☐ 1 tbsp. White wine vinegar
- ☐ Fresh parsley (optional)

Preparation

◈ Wash and slice the mushrooms and celery root. Peel and finely chop the onion and garlic.

◈ Fry the onions and garlic in a deep-frying pan for 2-3 minutes in vegetable oil, then add the mushrooms and celery and fry until done. Set aside a couple of mushrooms for serving.

◈ Pour the water into the pan, put the thyme, vinegar, cube and bring to a boil. Boil for 15 minutes until celery is tender.

◈ Pour the vegan sour cream into the soup and grind to a smooth consistency.

Pour into plates, garnish with a couple of fried mushrooms and sprinkle with chopped parsley.

Gazpacho

A tomato does not lose its beneficial properties during heat treatment; on the contrary, it increases the concentration of lycopene, a strong antioxidant. Useful for heart diseases.

Details

Preparation Time: 10 minutes
Cooking time: 15 minutes
Serves: 4

Nutritional Values (Per Serve)

Kcal. per serve: 82
Fat: 16 g.
Protein: 2 g.
Carbs: 3.4 g.

Ingredients

- 3 Tomato
- 2 Cucumber
- 1 Sweet pepper
- 1 Onion
- 1 tbsp. Olive oil
- 3 Cloves of garlic
- Parsley and others herbs, to taste
- Sauce #4, to taste
- 2 oz. Rye cracker

Preparation

- Scald tomatoes with boiling water, peel skin.
- Grind vegetables in a blender.

- Add spices, olive oil, juice lemon.
- Cool the soup.
- Before serving add sauce #4 and sprinkle with herbs and crackers.

MAIN COURSE

Mushroom Risotto

You do not have to take cooking courses to impress guests with gastronomic delights. Meet the risotto with forest mushrooms, keto version.

Details

Preparation Time: 10 minutes
Cooking time: 45 minutes
Serves: 4

Nutritional Values (Per Serve)

Kcal. per serve: 624
Fat: 52 g.
Protein: 18 g.
Carbs: 8 g.

Ingredients

- 1 lb. Cauliflower
- 10 fl. oz. Vegetable broth
- 9 oz. Forest mushrooms
- 2 Slice of garlic
- 1 Onion
- 9 fl. oz. Fatty cream
- 1½ Vinegar
- 6 oz. Parmesan cheese, grated
- 5 oz. Butter
- Provencal herbs, to taste
- Salt and pepper, to taste

Preparation

◈ Fry the mushrooms in butter until golden brown, then add the onion and garlic. Fry another 3 minutes.
◈ Finely chop the cauliflower and add to the pan.
◈ Boil the broth and pour into the pan, add vinegar and bring to a boil. Salt, pour in the cream and continue to boil until the cabbage is soft and the excess liquid is evaporated.
◈ Remove from heat, add Parmesan and stir until it melts.
Put risotto on plates and sprinkle with olive herbs.

Vegetable Pizza

In traditional Italian pizza dough is appreciated, it is a well-known fact. In our version, we appreciate the simplicity and ease of vegetables. Pizza should be accessible to all.

Details

Preparation Time: 10 minutes
Cooking time: 15 minutes
Serves: 4

Nutritional Values (Per Serve)

Kcal. per serve: 454
Fat: 31 g.
Protein: 20 g.
Carbs: 8 g.

Ingredients

- ☐2 cup Cauliflower, grated
- ☐2 tbsp. Coconut flour
- ☐1/2 tsp salt
- ☐4 Egg (powder)
- ☐ 1 tbsp. Psyllium powder

Preparation

◈ Heat the oven to 176 degrees.
◈ Layout a parchment form for pizza or baking sheet.
◈ Mix the ingredients for the dough, then set it aside for 5 minutes to allow the coconut flour and psyllium to absorb the liquid and thicken.
◈ Pour the dough into a mold or baking tray and carefully level. Bake for 15 minutes or until golden brown.
◈ Remove from the oven, then place the top of your choice on top.

Teriyaki Casserole with Cauliflower

This keto casserole recipe is one of my favorites! The fact is that I am a big fan of Asian cuisine - in particular, wok, teriyaki sauce and the method of cooking stir fry. Of course, I had to give up roasting, but I kept the ingredients and sauce.

Details

Preparation Time: 10 minutes
Cooking time: 50 minutes
Serves: 6

Nutritional Values (Per Serve)

Kcal. per serve: 304
Fat: 17 g.
Protein: 30 g.
Carbs: 4.1 g.

Ingredients

- ☐ 1 tsp. Ground Ginger
- ☐ 1 tsp. Garlic, powder
- ☐ 1 tbsp. Rice wine vinegar
- ☐ 3 fl. oz. Soy sauce
- ☐ 4 fl. oz. Water
- ☐ 1 fl. oz. Olive oil
- ☐ 14 oz. Cauliflower
- ☐ 2 oz. Carrot
- ☐ 4 oz. Broccoli

Preparation

- In a bowl, mix ginger, garlic, and vinegar.
- Add water and soy sauce.

◈ Add olive oil to the sauce. Stir the sauce thoroughly until it is smooth and thicker.

◈ Put the diced broccoli, diced carrots, and cauliflower in a baking dish.

◈ Pour above all teriyaki sauce, mix, cover with foil and bake in the oven preheated to 356 °F for an hour.

Eggplant with Tofu and Mushrooms

A wonderful recipe for dinner for a family or company of good friends.

Details

Preparation Time: 15 minutes
Cooking time: 45 minutes
Serves: 4

Nutritional Values (Per Serve)

Kcal. per serve: 99
Fat: 9 g.
Protein: 4 g.
Carbs: 3 g.

Ingredients

- ☐ 13 oz. Champignon
- ☐ 13 oz. Eggplant
- ☐ 1 Onion
- ☐ 2 Tomato
- ☐ 3½ oz. Tofu
- ☐ 3 fl. oz. Sauce #4

Preparation

- Wash and clean the mushrooms. Cut them into slices.
- Cut tomatoes and onions.
- Cut the eggplants.
- Grate the tofu.
- Lay out on a baking sheet in layers: eggplants - cheese - mushrooms - eggplants - cheese - mushrooms - cheese - tomatoes - mayonnaise - cheese.

Gluten Free Pizza

This recipe is for those who cannot live without pizza. You can add your favorite products and arrange as you like. This pizza is very tasty and healthy.

Details

Preparation Time: 10 minutes
Cooking time: 45 minutes
Serves: 4

Nutritional Values (Per Serve)

Kcal. per serve: 241.6
Fat: 18.5 g.
Protein: 8.5 g.
Carbs: 12 g.

Ingredients

- 4 oz. Rice flour
- 2 fl. oz. Sunflower or olive oil
- 2 fl. oz. Sauce #1
- 5 oz. Vegan cheese (for your taste)
- 4 oz. Tomato
- 4 oz. Bell pepper
- 2 oz. Zucchini
- Provencal herbs, to taste
- Salt and pepper, to taste

Preparation

- Mix flour and vegetable oil until crumbs.
- Add sour cream and mix again thoroughly.

- From the dough to form a ball and send in the freezer for 30 minutes.
- Cut tomato, zucchini, pepper.
- Roll out the pizza slice.
- Brush with tomato paste and layout and zucchini.
- Put tomatoes and peppers on top.
- Send to oven for 15 minutes at 330 °F.
- Grate cheese, sprinkle cheese pizza and send to the oven for 3 minutes.

Cauliflower with Almonds

Cauliflower improves metabolic processes in the body, promotes healing of ulcers in the mucous membrane due to the delicate fiber, which is easily perceived by the body without causing discomfort. Almonds contain proteins, calcium, phosphorus and iron, essential for the body.

Details

Preparation Time: 10 minutes

Cooking time: 25 minutes

Serves: 4

Nutritional Values (Per Serve)

Kcal. per serve: 119

Fat: 9.8 g.

Protein: 4 g.

Carbs: 3.9 g.

Ingredients

- 1 Cauliflower
- 4 tbsp. Olive oil
- Handful petals of almond
- 4 Garlic, cloves
- Salt, pepper, to taste

Preparation

◈ Preheat oven to 360 °F. Wash a cabbage, disassemble into inflorescences and blanch in boiling salted water 5
minutes.

◈ Cut the garlic into slices.

◈ Grease the baking dish with oil, spread out the cabbage. Pour the dressing out chopped garlic and almonds with salt, pepper, mix (most conveniently with your hands).

◈ Send the cabbage to the oven for 20-25 minutes. Slightly crush before serving.

◈ Serve as a separate dish or in addition to mushrooms.

Biscuit with Tomato, Basil and Tofu

The beauty of this keto recipe is that the biscuits do not have to look beautiful to be very tasty. In fact, the opposite is true - the simpler they look, the better they taste.

Details

Preparation Time: 10 minutes
Cooking time: 30 minutes
Serves: 3

Nutritional Values (Per Serve)

Kcal. per serve: 323
Fat: 24 g.
Protein: 14 g.
Carbs: 7.9 g.

Ingredients

- 3 oz. Almond flour
- 2 tbsp. Potato starch
- ½ oz. Ground dried garlic
- 1 oz. Tofu cheese (minced)
- ½ oz. Sauce #2 (Pesto)
- 4 Fresh basil
- 4 Cherry tomatoes

Preparation

- Preheat oven to 360 °F. and spread on a baking sheet parchment for baking.

Mix almond flour, dried garlic, and some water.

- Add potato starch and mix until smooth.
- Form a large ball of dough and place it on the prepared parchment for baking.

◈ Slightly press the ball in the middle the biscuit should be about 0.5 inches thick. It may be sticky, so wet your hands with water before this.
◈ Spread pesto in the center of the biscuit, leaving free edges. Put on the pesto filling tofu, basil leaves, and tomatoes.
◈ Using the edge of the parchment, wrap the edges of the crust up and cover a little with the stuffing.
◈ Bake for 20-25 minutes until the crust becomes brown.

DESSERT



Cream Cheese Truffles

This is a keto recipe for an exquisite delicacy with the taste of chocolate, coffee, and rum. Most truffles, instead of chocolate, consist of cocoa powder without sugar and cream cheese and are very easy to make.

Details

Preparation Time: 5 minutes
Cooking time: 15 minutes
Serves: 24

Nutritional Values (Per Serve)

Kcal. per serve: 72.7
Fat: 10 g.
Protein: 1.2 g.
Carbs: 1.7 g.

Ingredients

- 1 lb. Creamy Cheese (Soy cream)
- 2 oz Cocoa powder without sugar
- 4 tbsp. Sweetener
- 1/4 tsp. Liquid stevia extract
- 1/2 tsp. Rum Extract
- 1 tbsp. Instant Coffee
- 2 tbsp. Water
- 1tsp. Fat whipped cream
- 24 pieces- Paper molds for candy (for serving)

Preparation

◈ In a large container, mix cream cheese, half cocoa powder, sweetener, stevia, rum extract, instant coffee, water, and cream.

◈ Using a mixer, mix all ingredients together until smooth.

◈ Take the remaining half of cocoa powder. Approximately a teaspoon with a hill of the resulting mixture roll in your hands into a ball, and then roll in cocoa powder. You should get 24 truffles. Carefully place them in individual paper molds for candy.

◈ Put in a fridge for an hour before serving.

Cauliflower Muffins

Amazing keto recipe - just 2.2 g of carbohydrates in one muffin! Where else do you see this? Besides, they are very easy to cook!

Details

Preparation Time: 10 minutes
Cooking time: 45 minutes
Serves: 12

Nutritional Values (Per Serve)

Kcal. per serve: 109
Fat: 8.7 g.
Protein: 6.1 g.
Carbs: 2.2 g.

Ingredients

- 3,5 oz. Chopped Cauliflower
- 1 oz. Almond flour
- ½ tsp. Chees Feta
- 2 tsp. Baking powder
- 2 tsp. Garlic powder
- 2 tsp. Celery
- 2 tsp. Oregano
- 2 tbsp. Oat-flakes
- Paprika to taste
- Salt and pepper

Preparation

- Grind the cauliflower, place in a large bowl and add all the dry ingredients.
- Finely chop the cauliflower and add to the pan.

◈ Pour oatmeal with hot water and mix thoroughly until the mixture begins to hold the form.
◈ Spread the mixture in cupcake molds.
◈ Sprinkle with Feta cheese. Bake for 35 minutes in a preheated oven to 356 °F.

Coconut Cookie

These delicious bombs containing a large amount of fat. If you miss the sweet, then boldly prepare this cookie.

Details

Preparation Time: 10 minutes
Cooking time: 15 minutes
Serves: 6

Nutritional Values (Per Serve)

Kcal. per serve: 483
Fat: 42.5 g.
Protein: 11.8 g.
Carbs: 12.2 g.

Ingredients

- 4 fl. oz. Tofu
- Soy milk
- 4 oz. Coconut shavings
- 1 tsp. Xylitol, to taste

Preparation

- Place the tofu in a blender with a sufficient amount of soy milk, mix smoothly.
- Add sugar substitute and coconut chips to the protein mass, mix gently.
- Heat oven to 356 °F.
- Form small balls.
- Put the coconut balls on a baking sheet.
- Bake cookies for 10-15 minutes until golden brown.



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SERVES

TIME		COOK TEMP

INGREDIENTS	NOTES

DIRECTIONS

GOOD LUCK!