

BREAKFASTS *to go!*



55 NEW RECIPES

By Ella Ross

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Quick & Easy 55 Keto Breakfast Recipes by Love Keto
Published by Ella Ross

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KETO FARMERS BREAD

Serves: 20 Prep: 30 Min. Cook: 2 Hrs

INGREDIENTS:

- "400g (2 Cups) Quark
- "4 Eggs
- "100g (1 Cup) of Potato Fiber (Oat Fiber)
- "30g (1/3 Cup) Ground Psyllium Husk
- "1 Pkt of Baking powder (16g or 1Tbsp+1Tsp)
- "100ml (1/2 Cup) of boiling water
- "2 Tbsp Vinegar
- " Salt

INSTRUCTIONS:

- 1 Mix eggs properly with a dash of salt
- Once they are mixed into the best fluffiness, add the quark or Cream cheese
- 2 In the meantime, mix all the dry ingredients and add it to the bowl
- Once all properly mixed, add boiling water and vinegar
- 3 Mix once again and let it sit for 15-20 minutes
- Preheat the oven to 150 C (302 F)
- 4 Take the dough out of the bowl and shape it into the bread loafFigure -.-
- Sprinkle with Fiber and with knife make few lines throughout the bread
- 5 Place it in the oven and bake for 90 minutes
-



8
Per Serving: Calories: 33Kcal - Fat: 1g - Protein: 2g - Carbs: 1g - Fiber: 4g

9



LOW CARB YOGURT BUNS

Serves: 20 Prep: 10 Min. Cook: 35 Min

INGREDIENTS:

"250g (2 Cup) Blanched almonds
"30g (4 Tbsp or 1/4 Cup) of Protein powder unflavored
"10g (2 tsp) of Baking powder
"10g (2 tsp) of Xantan gum
"1 Tsp Salt
"150g (2/3 Cup) Yogurt
"4 Eggs
"4 Tbsp Oil
"2 Tbsp Water

INSTRUCTIONS:

- 1 Heat up the oven on 150C (302 F)
. Mix dry ingredients
- 2 Separate eggs and whisk whites until stiff peaks form. Then placed them aside
. Mix Yogurt, oil and water together
- 3 Whisk egg yolks. Once whisked, slowly start adding wet ingredients mixture and dry ingredients mixture. I try to alternate with 2 spoons each to get a nice crumb-free consistence.
6. Once all combined, add whisked egg whites and gently mix all together on a low setting. This gives them the fluffy flavor.
- 5
7. With wet hands roll into circa 20 small buns and placed it on a baking tray covered with parchment paper. At the end I still press each ball into a bun so they get the nice bun like look.
8. Place it in the oven for 35 minutes



Per Serving: Calories: 125Kcal - Fat: 10g - Protein: 6g - Carbs: 2g - Fiber: 1g



KETO EGG DROP SOUP

Serves: 2 Prep: 2 Min. Cook: 5 Min

INGREDIENTS:

"200ml Bone Broth
"2 Eggs
"Parsley for deco

INSTRUCTIONS:

- 1 Bring Bone Broth to boil
- In a separate bowl mix 2 eggs with a fork
- 2 Once the broth is simmering, add
- slowly through the back of the fork the egg mixture and keep stirring
- 3 That's it
- The soup is done
- Bon appetite
- 4
-
- 5
-
- 6
-



Per Serving: Calories: 88Kcal - Fat: 6g - Protein: 8g - Carbs: 1g - Fiber: 0g



KETO FIBER NOODLES

Serves: 2 Prep: 5 Min. Cook: 13Min

INGREDIENTS:

- "55g (1/4 Cup) Cream Cheese
- "3 Eggs
- "1 Tbsp (6g) Oat Fiber or Potato Fiber
- "Optional : 15g Spinach

INSTRUCTIONS:

- 1 Preheat oven to 150 C or 300F
- Add all of the ingredients into the magic Bullet and mix
- 2 Prepare a baking sheet with Parchment paper
- Spread the whole mixture onto a baking sheet with parchment paper
- 3 With plastic spatula, make sure the mixture is spread evenly
- Place it into the oven for 8 minutes
- 4 Once baked, let it cool down and either use the Italian Pasta Machine, or roll it gently and cut with the knife into a desired thickness
-
- 5 Bon Appetite
-
- 6
-
- 7
-



Per Serving: Calories: 207Kcal - Fat: 17g - Protein: 11g - Carbs: 4g - Fiber: 3g



KETO EGG NOODLES

Serves: :4 Prep: 3 Min Cook: 11 Min

INGREDIENTS:

"60g (1/4 cup) Cream Cheese
"30g (2 Tbsp) Butter
"24g (4Tbsp) Almond Flour
"3 Eggs (40g)

Optional:

"5g (1tsp) Turmeric

INSTRUCTIONS:

1. Preheat oven to 150 C or 300F
2. Depending on what type would you choose, prepare all of the ingredients.
3. Add all of the chosen ingredients to the Magic Bullet or any of the kitchen mixer you have available and mix fully into a smooth consistency.
4. Prepare your baking tray and cover it with a silicone baking sheet.
5. Pour the whole mixture onto a baking tray.
6. Using your spatula or knife, gently spread the mixture evenly, making sure it is spread as thin as you can.
7. Place it into the oven and bake for 8 minutes.
8. Once the pasta sheet is baked, let it cool and gently roll into a log. Using a very sharp knife, cut the pieces into a pasta size you prefer.
Unroll and place into a bowl ready to serve.



Per Serving: Calories: 180Kcal - Fat: 17g - Protein: 6g - Carbs: 1g - Fiber: 1g



KETO POPCORN - CHEESE POPS

Serves: 4 Prep: 5Min Rest: 3-4 Days Cook: 8Min

INGREDIENTS:

100g (1 Cup or 3.5 oz)
Hard Cheese

INSTRUCTIONS:

1. Cut hard cheese first into slices and then into small squares (I have used Gouda)
2. Place it on a baking sheet covered with parchment paper and cover with a napkin
3. Keep it on a kitchen top for 48 Hrs
4. Heat up the oven to 200 C (392F)
5. Place the cheese in the oven for 3 minutes
6. Bon appetite



Per Serving: Calories: 88Kcal - Fat: 7g - Protein: 5g - Carbs: 0,4g - Fiber: 0g



KETO CHEESE BACON NACHOS

Serves: 8 Prep: 10 Min Cook: 22 Min

INGREDIENTS:

"50g (1/2 Cup) Grated
Emmental Cheese

"50g (1/2 Cup) Grated
Cheddar Cheese

"30g (1/8 Cup) Bacon

INSTRUCTIONS:

1. Preheat oven to 200C or 390F
2. Shred both of the Cheeses
3. Cut bacon into small pieces
4. Prepare a baking sheet with Parchment paper
5. Spread all of the Emmental cheese
6. Sprinkle with tiny pieces of bacon
7. Cover with all of the Cheddar Cheese
8. Shape all of it into one big square for easier cutting later on
9. Place it into the oven for circa 9 minutes
10. Take it out of the oven and let it cool a bit
11. Peel the whole sheet and cut with scissors into stripes.
12. Cut each stripe into triangles as per video shown
13. Place it on a clean parchment paper (to not use the leftover oil) and broils it for 1-2 minutes to get it crunchy



Per Serving: Calories: 64Kcal - Fat: 5g - Protein: 5g - Carbs: 0g - Fiber: 0g



ZUCCHINI CHIPS DEHYDRATED

Serves: 4 Prep: 15 Min Cook: 8 Hrs

INGREDIENTS:

- "3 Zucchini
- "2 Tablespoons of olive oil
- "2 Tablespoons of freshly ground thyme
- "2 Tablespoons of sesame seeds
- "1/2 Teaspoon of salt
- "1 Teaspoon of freshly grated garlic

INSTRUCTIONS:

- 1 Clean and dry zucchini
- . Cut them into a thin slices either on a bread/meat cutting machine, or by hand at the thinnest. I have used bread machine on N1.
- 2
- . Place all the zucchinis into a bowl, sprinkle with olive oil, freshly ground thyme, sesame seeds, salt and garlic.
- 3.
4. Gently mix all together and place it onto the dehydrator plates.
5. Switch the dehydrator onto the highest (in my case it is 70 C or 158 Fahrenheit)
6. Switch the plates every 2 hours to get the drying process evenly.
7. Once done store it in the airtight container or enjoy it in 2 minutes as we did (or one person in our family did)
8. Bon appetite



Per Serving: Calories: 137Kcal - Fat: 12g - Protein: 3g - Carbs: 6g - Fiber: 2g



SUGAR-FREE MERINGUE COOKIES

Serves: 16 Prep: 15 Min Cook: 2 Hrs

INGREDIENTS:

"262g (3/4 Cup) Sukrin
Fiber Syrup Clear
"1 Egg white
"1 TBS Powder Sugar
alternative (optional) (I use
Swerve or Sukrin)

INSTRUCTIONS:

- 1 Heat up the oven on 90C or 195F
. Prepare a double boiler and bring water to boil
- 2 Add syrup and egg white into the bowl and with hand-
mixer keep mixing until fluffy white consistency
appears
.
- 3 Keep mixing 3-4 minutes, until you see that the
consistency is not changing anymore
. Remove from the boiler and immediately add into the
stand mixer and mix it on high until you get a stiff peak
- 4 Once completely stiff, add the mixture into the piping
bag and pipe meringues onto silicon sheet. I was able to
make 160 small pieces, but depending on the size, you
can calculate
.
7. Once piped, place it onto a baking tray and into the oven
for 2 hours
8. After 2 hours, check if the meringues are dry. If yes, take
them out of the oven to let it cool.
8. If not yet completely dry, switch off the oven and let
meringues sit inside to finish the drying process.
10. Important: If you are not planning to eat them all
straight, I would suggest to place them into an airtight
container, where they will last forever.



Per Serving: Calories: 26Kcal - Fat: 0g - Protein:0g - Carbs: 1g - Fiber: 11g



EASY KETO CUPCAKES

Serves:6 Prep: 5 Min Cook: 15 Min

INGREDIENTS:

- "3 Eggs
- "1 Tbsp (16g) Butter
- "3 Tbsp (40g) Powdered Sugar
- "3/4 Cup (70g) of Almond Meal
- "1,5 Tsp (6g) Baking Powder

INSTRUCTIONS:

- 1 Heat up the oven to 200C or 390F
- Mix eggs and powdered sugar substitute into a fluffy consistency using a hand mixer
- 2 Add all of the dry ingredients plus butter and give it a final proper mix.
- Place it on a Cupcake baking tray or into a separate silicon cupcake molds.
- 3 Bake in the oven for 10 minutes.
- Take it out and let it cool properly.
- 4
-
- 5
-
- 6
-



Per Serving: Calories: 120Kcal - Fat: 11g - Protein: 6g - Carbs: 1g - Fiber: 1g

Breakfast Recipes

Morning Frittatas



Prep Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients:

- 3 eggs
- 2 tablespoons almond milk
- Salt and black pepper, to taste
- 1/4 cup cheddar cheese,
- shredded 1/4 cup red bell
- pepper, chopped 1/4 cup onion,
- chopped
- 1/4 cup spinach, chopped

Method:

1. Fill the Instant Pot insert with 1 cup water and set the trivet inside.
2. Beat eggs with almond milk, spinach, salt, black pepper, red bell pepper, and onion in a bowl.
3. Pour this mixture into a 6 inches baking pan and drizzle cheese on top.
4. Set the egg9s pan on the trivet and secure the lid.
5. Choose the <Manual= mode and cook for about 10 minutes at High Pressure.
6. Once done, release the pressure naturally, then remove the lid.
7. Slice and serve.

Nutritional Information (per Serving)

Calories 196

Total Fat 17.9g

Saturated Fat 4.6g

Cholesterol 71mg

Sodium 183mg

Total Carbs 4g

Fiber 3.6g

Sugar 2.4g

Protein 12.5g

Ham Frittata



Prep Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients:

- 3 eggs
- 1/2 small onion, chopped
- 1/2 cup ham, cooked and diced
- 1/4 cup heavy cream
- 1/2 cup kale leaves, chopped
- 1/2 cup cheddar cheese,
- shredded 1/2 teaspoon Herbes
- de Provence Salt and black pepper, to taste

Method:

1. Fill the Instant Pot insert with 1 cup water and set the trivet inside.
2. Beat eggs with onion, ham, cream, kale, herbs de Provence, black pepper, and salt in a bowl.
3. Pour this mixture into a 6 inches baking pan and drizzle cheese on top.
4. Set the egg9s pan on the trivet and secure the lid.
5. Choose the <Manual= mode and cook for about 10 minutes at High Pressure.
6. Once done, release the pressure naturally, then remove the lid.
7. Slice and serve.

Nutritional Information (per Serving)

Calories 303

Total Fat 23.1g

Saturated Fat 8.7g

Cholesterol 82mg

Sodium 548mg

Total Carbs 4.6g

Fiber 2.3g

Sugar 0.4g

Protein 19.7g

Mushroom Casserole



Prep Time: 5 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients:

- 3 eggs
- 1/2 small onion, chopped
- 1/2 cup cooked bacon
- 1/4 cup heavy cream
- 1/2 cup cheddar cheese
- 1/2 cup cremini mushrooms, cooked and
- sliced Sea salt and black pepper, to taste

Method:

1. Fill the Instant Pot insert with 1 cup water and set the trivet inside.
2. Beat eggs with onion, bacon, cream, mushrooms, black pepper, and salt in a bowl.

3. Pour this mixture into a 6 inches baking pan and drizzle cheese on top.
4. Set the egg9s pan on the trivet and secure the lid.
5. Choose the <Manual= mode and cook for about 10 minutes at High Pressure.
6. Once done, release the pressure naturally, then remove the lid.
7. Slice and serve.

Nutritional Information (per Serving)

Calories 218

Total Fat 16.3g

Saturated Fat 6.3g

Cholesterol 121mg

Sodium 477mg

Total Carbs 3.3g

Fiber 0.1g

Sugar 1.2g

Protein 14.6g

Broccoli Casserole



Prep Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients:

- 3 eggs
- 1/2 small onion, chopped
- 1/4 cup heavy cream
- 1/2 cup cheddar cheese,
- shredded 1 lb. broccoli florets
- Sea salt and black pepper, to taste

Method:

1. Fill the Instant Pot insert with 1 cup water and set the trivet inside.
2. Beat eggs with cream, onion, broccoli, black pepper, and salt in a bowl.
3. Pour this mixture into a 6 inches baking pan and drizzle cheese on top.
4. Set the egg9s pan on the trivet and secure the lid.
5. Choose the <Manual= mode and cook for about 10 minutes at High Pressure.
6. Once done, release the pressure naturally, then remove the lid.
7. Slice and serve.

Nutritional Information (per Serving)

Calories 203

Total Fat 7.6g

Saturated Fat 5.4g

Cholesterol 108mg

Sodium 61mg

Total Carbs 11.1g

Fiber 0.2g

Sugar 2.3g

Protein 6.2g

Egg Cauliflower Bake



Prep Time: 10 minutes

Cooking Time: 10 minutes

Servings: 6

Ingredients:

- 6 bacon slices, chopped
- 2 cups cauliflower, shredded
- 6 eggs
- ¼ cup almond milk
- ½ cup cheddar cheese,
- shredded 1 teaspoon salt
- ½ teaspoon black pepper

Method:

1. Sauté bacon in the Instant Pot for 3 minutes until crispy on Sauté mode.

2. Grease a baking dish with cooking oil and place cauliflower shreds at the bottom.
3. Beat eggs with milk, black pepper, salt, cheddar cheese, and bacon in a bowl.
4. Pour this egg mixture over the hash browns.
5. Fill the Instant Pot insert with 1 cup water and set the trivet inside.
6. Set the prepared pan on the trivet and secure the lid.
7. Choose the <Manual= mode and cook for about 10 minutes at High pressure.
8. Once done, release the pressure naturally then remove the lid.
9. Serve warm.

Nutritional Information (per Serving)

Calories 365

Total Fat 24.3g

Saturated Fat 9.1g

Cholesterol 194mg

Sodium 1126mg

Total Carbs 19.7g

Fiber 1.9g

Sugars 1.5g

Protein 16.7g

Sausage Quiche



Prep Time: 10 minutes

Cooking Time: 10 minutes

Servings: 6

Ingredients

- 6 large eggs, beaten
- 1/2 cup almond milk
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 4 bacon slices, cooked and
- crumbled 1 cup ground sausage,
- cooked
- 1/2 cup ham, diced
- 2 large green onions, chopped
- 1 cup cheddar cheese, shredded

Method:

1. Fill the Instant Pot insert with 1 cup water and set the trivet inside.
2. Beat eggs with milk, salt, black pepper, bacon, sausage, ham, and green onions in a bowl
3. Pour this mixture into a 6 inches baking pan and drizzle cheese on top.
4. Set the quiche pan on the trivet and secure the lid.
5. Choose the <Manual= mode and cook for about 10 minutes at High Pressure.
6. Once done, release the pressure naturally, then remove the lid.
7. Slice and serve.

Nutritional Information (per Serving)

Calories 290

Total Fat 22.9g

Saturated Fat 12g

Cholesterol 228mg

Sodium 744mg

Total Carbs 3g

Fiber 0.8g

Sugars 1.4g

Protein 18.6g

Pancake



Prep Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients:

- 2 cups almond flour
- 2 1/2 teaspoons baking powder
- 2 tablespoons granulated Swerve
- 2 large eggs
- 1 1/2 cups almond milk

Method:

1. Beat eggs with milk in a suitable mixing bowl, then stir in almond flour, baking powder, and swerve.
2. Mix well until it makes a smooth batter.
3. Grease a 6 inches baking pan with cooking spray.

4. Pour this pancake batter into the baking pan.
5. Add 1 cup water into the insert of Instant Pot and set the trivet inside.
6. Set the pancake pan on the trivet and secure the lid.
7. Select the Manual mode and cook for 45 minutes at low pressure.
8. Once done, release the pressure naturally, then remove the lid.
9. Serve.

Nutritional Information (per Serving)

Calories 148

Total Fat 10.1g

Saturated Fat 1.3g

Cholesterol 93mg

Sodium 95mg

Total Carbs 8.7g

Fiber 1.6g

Sugars 2.4g

Protein 6.5g

Spinach and Cheese Casserole



Prep Time: 10 minutes

Cooking Time: 25 minutes

Servings: 6

Ingredients:

- 8 oz. sausage links
- 8 eggs
- 2 tablespoons spinach,
- chopped 2 oz. cheese
- 1 Roma tomato, diced
- 1/2 small onion, diced
- 1 small bell pepper, diced
- 1/4 cup almond milk

1/2 teaspoons salt
1/4 teaspoons black
pepper 1 1/2 cups water

Method:

1. Fill the Instant Pot insert with 1 cup water and set the trivet inside.
2. Beat eggs with spinach, sausage, tomato, onion, bell pepper, milk, and black pepper in a bowl.
3. Pour this mixture into a 6 inches baking pan and drizzle cheese on top.
4. Set the egg9s pan on the trivet and secure the lid.
 5. Select the Manual mode and cook for 25 minutes at High Pressure.
 6. Once done, release the pressure naturally, then remove the lid.
7. Slice and serve.

Nutritional Information (per Serving)

Calories 279

Total Fat 22.2g

Saturated Fat 9.4g

Cholesterol 251mg

Sodium 652mg

Total Carbs 5.5g

Fiber 1g

Sugars 3.3g

Protein 15.1g

Egg Bites



Prep Time: 15 minutes

Cooking Time: 9 minutes

Servings: 6

Ingredients:

- 5 large eggs
- 1/2 cup gruyere cheese, shredded

1/3 cup heavy cream
2 tablespoons water
1/8 teaspoons sea salt
1/8 teaspoons black
pepper 7 bacon slices,

Method: cooked

1. Fill the Instant Pot insert with 1 cup water and set the trivet inside.
2. Beat eggs with cream, cheese, bacon, black pepper, and salt in a bowl.
3. Pour this mixture into small ramekins
4. Set the egg ramekins on the trivet and secure the lid.
5. Select the Manual mode and cook for 9 minutes at high pressure.
6. Once done, release the pressure naturally, then remove the lid.
7. Serve.

Nutritional Information (per Serving)

Calories 240

Total Fat 18.8g

Saturated Fat 7.6g

Cholesterol 198mg

Sodium 642mg

Total Carbs 0.9g

Fiber 0g

Sugars 0.4g

Protein 16.3g

Egg Shakshuka



Prep Time: 10 minutes

Cooking Time: 2 minutes

Servings: 4

Ingredients:

- 1 tablespoon olive oil
- ½ onion, diced
- ½ red bell pepper, diced
- 2 garlic cloves, minced
- 1 teaspoon chili powder
- ½ teaspoon smoked paprika
- ½ teaspoon ground cumin
- 2 cups baby kale, chopped
- 1 ½ cups marinara sauce
- ½ teaspoon of sea salt

- ½ teaspoon black pepper
- 4 eggs
- 1 tablespoon fresh parsley, chopped

Method:

1. Sauté onion, red bell pepper, and garlic with olive oil in the Instant Pot on Sauté mode for 5 minutes.
2. Stir in kale, marinara sauce, salt, black pepper, parsley, paprika, cumin, and chili powder.
3. Mix well and cook for 5 minutes. Make four wells in the kale mixture.
4. Crack one egg into each well and secure the lid.
5. Select the Manual mode and cook for 2 minutes at low pressure.
6. Once done, release the pressure naturally, then remove the lid.
7. Serve.

Nutritional Information (per Serving)

Calories 130

Total Fat 8.2g

Saturated Fat 1.9g

Cholesterol 164mg

Sodium 387mg

Total Carbs 8.4g

Fiber 1.7g

Sugars 2.3g

Protein 7.2g

Lunch Recipes

Beef Stroganoff



Prep Time: 10 minutes

Cooking Time: 23 minutes

Servings: 4

Ingredients:

- 1-lb. beef stew meat
- 1 tablespoon vegetable oil
- 1 tablespoon garlic,
- minced $\frac{1}{2}$ cup onions,
- diced
- $\frac{1}{2}$ cup zucchini slices

- 1 teaspoon salt
- 1½ cups mushroom,
- chopped ¾ cup of water
- 1 teaspoon black pepper
- 1 teaspoon salt
- ½ cup sour cream

Method:

1. Set the Instant Pot on Sauté mode on high.
2. Add the oil, onions, and garlic, then sauté for 3 minutes.
3. Stir in salt, mushrooms, zucchini, water, black pepper, and beef stew except for sour cream.
4. Secure the Pot's lid and select the Manual mode for 20 minutes on high pressure.
5. Once done, release the pressure naturally from the Pot and remove the lid after 20 minutes.
6. Stir in sour cream and then mix well.
7. Serve warm.

Nutritional Information (per Serving)

Calories 313

Total Fat 14.8g

Saturated Fat 5.6g

Cholesterol 110mg

Sodium 674mg

Total Carbs 6.4g

Fiber 1.5g

Sugars 2.3g

Protein 38.4g

Parmesan Meat Balls



Prep Time: 10 minutes

Cooking Time: 12 minutes

Servings: 6

Ingredients:

- 2 lbs. ground beef
- 2 tablespoons Parmesan cheese,
- grated 1 teaspoon dried oregano
- 1 tablespoon olive oil
- 1 egg
- 1 tablespoon flaxseed meal
- Salt and black pepper to taste
- 1 (14 oz.) can tomato sauce

Method:

1. Mix ground beef, flaxseed, oregano, Parmesan cheese, egg, salt, and pepper in a bowl.
2. Make small meatballs out of this beef parmesan mixture.
3. Add the meatballs and oil to the Instant Pot and sear them for 5 minutes on Sauté mode.
4. Add tomato sauce to the meatballs and secure the lid.
5. Select the Manual mode for 7 minutes at high pressure.
6. Once done, release the pressure for 5 minutes, then remove the lid.
7. Serve warm.

Nutritional Information (per Serving)

Calories 338

Total Fat 13.3g

Saturated Fat 4.4g

Cholesterol 163mg

Sodium 473mg

Total Carbs 4.1g

Fiber 1.4g

Sugars 2.9g

Protein 48.2g

Carrot Soup



Prep Time: 10 minutes

Cooking Time: 15 minutes

Servings: 2

Ingredients:

- 1 tablespoon olive oil
- 1 cup yellow onions, chopped
- 3 garlic cloves, smashed
- 2 cups carrots, chopped
- 1½ teaspoons fresh ginger,
- grated 1 tablespoon apple cider
- vinegar
- 3 vegetable broth
- Sea salt and black pepper, to taste 1 teaspoon choc zero maple syrup

Method:

1. Select the Sauté mode on the Instant Pot and add olive oil.
 2. Stir in onions and sauté until golden, then add ginger and garlic.
 3. Toss in carrots, apple cider vinegar and pour in the broth, salt, black pepper, and choc zero.
4. Secure the Pot9s lid and select the Manual mode for 15 minutes at high pressure.
 5. Once done, release the pressure naturally for 15 minutes, then remove the lid.
6. Puree the carrots soup using a hand blender until smooth.
7. Serve warm.

Nutritional Information (per Serving)

Calories 249

Total Fat 19g

Saturated Fat 26.6g

Cholesterol 124mg

Sodium 303mg

Total Carbs 4.1g

Fiber 1.1g

Sugars 1.2g

Protein 13.9g

Beef Broccoli Stew



Prep Time: 10 minutes

Cooking Time: 45 minutes

Servings: 4

Ingredients:

- 2 ½ lbs. beef stew chunks
- 2 zucchinis, chopped
- 2 tablespoons curry powder 1 teaspoon salt 1-
- lb. broccoli florets
- ½ cup chicken broth
- 1 tablespoon garlic powder 1 cup of coconut milk
- 1 tablespoon olive oil

Method:

1. Select the Sauté mode on the Instant Pot and add oil.
2. Stir in beef chunks and sauté until beef is brown.
3. Add curry powder, salt, broccoli florets, chicken broth, garlic powder, coconut milk, and zucchinis.
4. Secure the Pot's lid and select the Manual mode for 45 minutes at high pressure.
5. Once done, release the pressure naturally, then remove the lid.
6. Serve warm.

Nutritional Information (per Serving)

Calories 343

Total Fat 10.3g

Saturated Fat 8.6g

Cholesterol 0mg

Sodium 490mg

Total Carbs 11.8g

Fiber 4.4g

Sugars 4.2g

Protein 24.8g

Pork Carne Asada



Prep Time: 10 minutes

Cooking Time: 40 minutes

Servings: 8

Ingredients:

- 4 lbs. boneless pork, diced
- 1½ tablespoons chili powder
- 4 tablespoons salt
- 3 tablespoons olive oil
- 1 cup beef bone broth
- 1 large onion, sliced
- 1½ tablespoons cumin
- 2 tablespoons lemon juice
- 3 oz. tomato paste

Method:

1. Mix the pork meat with chili powder, salt, and cumin.
2. Add and heat oil in an instant pot on Sauté mode and put the seasoned pork and onion in it.
3. Sear the pork for 5 minutes, then add bone broth, lemon juice, and tomato paste.
4. Secure the Pot9s lid and cook on Manual mode for 35 minutes at high pressure.
5. Release the pressure naturally and add the rest of the ingredients.
6. Let it simmer for 5 minutes on Sauté mode and dish out.
7. Shred the cooked pork and serve warm.

Nutritional Information (per Serving)

Calories 347

Total Fat 14.3g

Saturated Fat 4.3g

Cholesterol 136mg

Sodium 2496mg

Total Carbs 6.1g

Fiber 2.1g

Sugars 1.8g

Protein 47.8g

Italian Mushroom Chicken



Prep Time: 10 minutes

Cooking Time: 22 minutes

Servings: 6

Ingredients:

- 1 tablespoon olive oil
- $\frac{3}{4}$ cup onion, julienned
- $\frac{1}{2}$ cup green bell pepper, julienned
- $\frac{1}{2}$ cup red bell pepper, julienned
- $\frac{1}{4}$ teaspoon salt
- $\frac{3}{4}$ cup marinara
- 2 tablespoons pesto
- 2 lbs chicken breasts, sliced
- $\frac{3}{4}$ cup mushroom, sliced

Method:

1. Press 8Sauté9 on your Instant Pot.
2. Add olive oil, onion, bell peppers, and salt. Sauté them for 4 minutes.
3. Stir in marinara, pesto, and chicken.
4. Secure the Pot9s lid and select 8Manual9 mode and cook on high pressure for 20 minutes.
 5. Once done, release the pressure naturally in 15 minutes, then remove the lid.
6. Shred the cooked chicken on a cutting board using a fork.
7. Return the chicken along with mushrooms to the Instant Pot.
8. Switch it to the Sauté mode and cook for 3 minutes.
9. Serve warm.

Nutritional Information (per Serving)

Calories 431

Total Fat 24.4 g

Saturated Fat 5.8 g

Cholesterol 204 mg

Sodium 521 mg

Total Carbs 7.1 g

Fiber 1.4 g

Sugar 3.3 g

Protein 37.5 g

Salmon with Chili-Lime Sauce



Prep Time: 10 minutes

Cooking Time: 5 minutes

Servings: 2

Ingredients:

Salmon:

2 (5 oz.) salmon fillets

1 cup of water

Sea salt to taste

Crushed Black pepper to taste

Chili-lime sauce:

- 1 jalapeno, seeds removed and diced

1 lime, juiced

2 garlic cloves minced

- 1 tablespoon choc zero maple syrup

1 tablespoon olive oil

1 tablespoon hot water

- 1 tablespoon fresh parsley, chopped

1/2 teaspoon paprika

•1/2 teaspoon cumin

Method:

1. Blend jalapeno, lime juice, garlic, maple syrup, hot water, parsley, olive oil, cumin, and paprika in a blender until smooth.
2. Fill the Instant Pot insert with 1 cup water and place the steamer basket inside.
3. Rub the fish fillets with black pepper and salt, then place them in the steamer basket.
4. Secure the Pot's lid and select Steam mode and cook on high pressure for 5 minutes.
5. Once done, release the pressure with a quick pressure release, then remove the lid.
6. Transfer the salmon to the serving platter and pour the chile-lime sauce on top.
7. Serve.

Nutritional Information (per Serving)

Calories 264

Total Fat 16.1g

Saturated Fat 2.3g

Cholesterol 63mg

Sodium 66mg

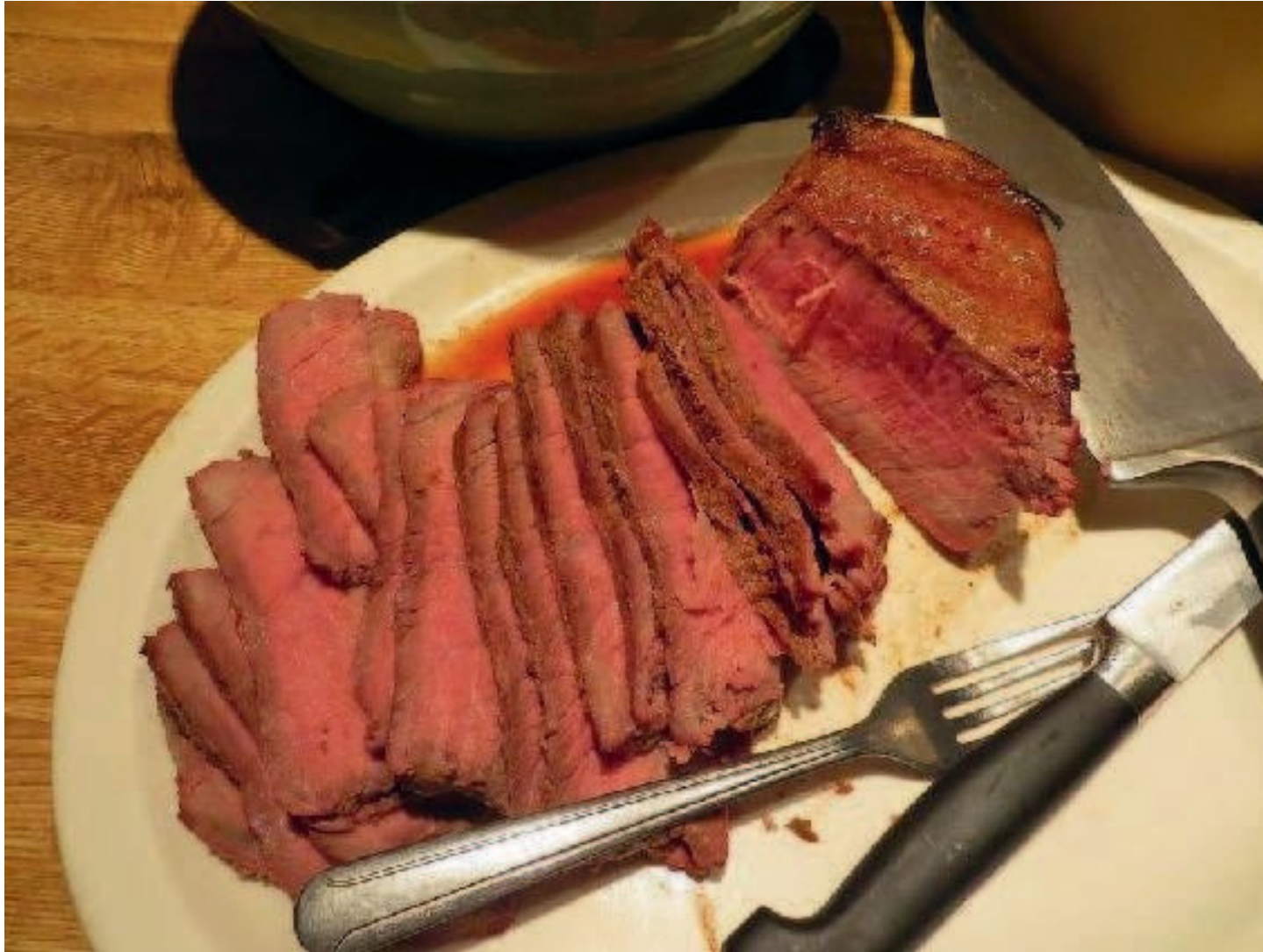
Total Carbs 4.6g

Fiber 1.5g

Sugars 0.9g

Protein 28.1g

Smoked Brisket



Prep Time: 10 minutes

Cooking Time: 60 minutes

Servings: 4

Ingredients:

- 1 ½ lb. beef brisket
- 2 tablespoons choc zero maple syrup
- 2 teaspoons smoked sea salt
- 1 teaspoon black pepper
- 1 teaspoon mustard powder
- 1 teaspoon onion powder
- ½ teaspoon smoked paprika
- 2 cups bone broth
- 1 tablespoon liquid smoke
- 3 fresh thyme sprigs

Method:

1. Mix salt, black pepper, mustard powder, onion powder, paprika, and choc maple zero in a bowl.
2. Rub the beef brisket with the spice mixture and cover to marinate for 30 minutes.
3. Pour oil into the insert of the Instant Pot and select 8Sauté9 mode.
4. Place the seasoned brisket and sear it until golden brown.
5. Add thyme, broth, and liquid smoke, then mix gently.
6. Secure the Pot9s lid and select 8Manual9 mode and cook on high pressure for 50 minutes.
7. Once done, release the pressure naturally and remove the lid.
8. Transfer the cooked brisket to a plate and cover it with a foil sheet.
9. Switch the Instant Pot to 8Sauté9 mode and cook the sauce for 10 minutes.
10. Slice the brisket and serve warm with sauce on top.

Nutritional Information (per Serving)

Calories 346

Total Fat 11.1g

Saturated Fat 4g

Cholesterol 152mg

Sodium 150mg

Total Carbs 1.3g

Fiber 0.4g

Sugars 0.3g

Protein 56.9g

Beef Stuffed Bell Pepper



Preparation Time: 15 minutes

Cooking Time: 13 minutes

Servings: 4

Ingredients:

- 1 cup beef mince
- 1 small onion chopped
- Salt and black pepper, to taste
- $\frac{1}{4}$ cup parmesan cheese
- 2 tablespoons olive oil
- 4 Bell Peppers, ends cut off and seeds removed

Sauce:

- 1 $\frac{1}{2}$ cup mayonnaise
- 3 teaspoons Dijon mustard

6 tablespoons water
2 teaspoons fresh lemon juice
2 tablespoons white wine vinegar
1 teaspoon salt
2 teaspoons of turmeric

How to Prepare:

1. Mix mayonnaise, Dijon mustard, water, lemon juice, wine vinegar, salt, and turmeric in a bowl.
2. Sauté oil with beef, onion, parmesan cheese for 7 minutes in the Instant Pot on Sauté mode.
3. Divide the beef mixture into the bell pepper cups.
4. Fill the Instant Pot with water and set the trivet inside.
5. Place the bell peppers cups on the trivet and secure the lid.
6. Select the Manual mode and cook for 6 minutes at low pressure.
7. Serve the bell peppers with the prepared sauce.

Nutritional Information (per Serving)

Calories 423

Total Fat 35.5g

Saturated Fat 7.8g

Cholesterol 22mg

Sodium 1050mg

Total Carbs 16.7g

Fiber 2.4g

Sugars 9.5g

Protein 12.9g

Zucchini Casserole



Prep Time: 15 minutes

Cooking time: 30 minutes

Servings: 8

Ingredients

- ½ cup almond milk
- ½ cup almond flour
- 8 large eggs
- Salt and black pepper, to taste
- 1 cup tomato, chopped
- 1 medium zucchini, diced
- 1 medium green bell pepper, chopped
- 1½ cups mozzarella cheese, shredded

Method:

1. Fill the Instant Pot's insert with 1 cup water and place the trivet inside.
2. Whisk flour with milk, eggs, black pepper, and salt in a bowl.
3. Stir in 1 cup of cheese, bell pepper, zucchini, and tomato, then mix gently.
4. Spread this mixture in a casserole dish and cover it with a foil sheet.
5. Place the dish in the trivet and secure the lid.
6. Select <Manual= mode and cook at <High Pressure= for about 30 minutes.
7. Hit <Cancel= and carefully do a Natural release, then remove the lid.
8. Serve warm.

Nutritional Information (per Serving)

Calories 102

Total Fat 9.6 g

Saturated Fat 2.4 g

Cholesterol 217 mg

Sodium 139 mg

Total Carbs 1.6 g

Fiber 1.6 g

Sugar 2.2 g

Protein 10 g

Snack Recipes

Butter Dipped Carrot



Preparation Time: 15 minutes

Cooking Time: 3 minutes

Servings: 6

Ingredients:

- 1 lb. baby carrots
- 2 tablespoons butter
- 2 tablespoons erythritol
- 2 tablespoons Dijon mustard
- 2 teaspoons garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon paprika

Salt and black pepper, to taste
•Dash of hot sauce

Method:

1. Fill the Instant Pot's insert with 1 cup water and place the steamer trivet inside.

2. Arrange baby carrots in the steamer trivet in the bottom of the Instant Pot.

3. Secure the Pot's lid and select <Manual= mode, and cook at <High Pressure= for 1 minute.

4. Hit <Cancel= and carefully do a quick release.

5. Remove the lid and transfer carrots onto a plate, and empty the Pot.

6. Add butter to Instant Pot and select <Sauté.=

7. Stir in cumin, paprika, black pepper, salt, hot sauce, erythritol, Dijon, and garlic.

8. Sauté for 2 minutes, then toss in carrots. Toss well.

9. Serve warm.

Nutritional Information (per Serving)

Calories 108

Total Fat 6.3 g

Saturated Fat 6.9 g

Cholesterol 31 mg

Sodium 214 mg

Total Carbs 10 g

Fiber 2.8 g

Sugar 1.9 g

Brussels Sprouts



Preparation Time: 15 minutes

Cooking Time: 3 minutes

Servings: 12

Ingredients:

- 1 lb. Brussels sprouts, trimmed and quartered
- ½ tablespoon unsalted butter, melted
- ½ cup almonds, chopped

Method:

1. Fill the Instant Pot's insert with 1 cup water and set the trivet inside.
2. Spread the Brussels sprouts on the trivet and secure the lid.
3. Choose the <Manual= mode and cook at <High Pressure= for about 3 minutes.
4. Hit <Cancel= and carefully do a quick release.
5. Remove the lid and transfer the Brussels sprouts onto serving plates.
6. Drizzle with the melted butter and almonds on top.

Nutritional Information (per Serving)

Calories 130

Total Fat 25.9 g

Saturated Fat 9.9 g

Cholesterol 49 mg

Sodium 39 mg

Total Carbs 4.1 g

Fiber 1.4 g

Sugar 1.1 g

Protein 6.4 g

Butter Glazed Broccoli



Preparation Time: 15 minutes

Cooking Time: 5 minutes

Servings: 4

Ingredients:

- 1 lb. broccoli florets
- 2 tablespoons butter, melted
- Salt and black pepper, to taste

Method:

1. Fill the Instant Pot's insert with 1 cup water and set the trivet inside.
2. Spread the broccoli florets on the trivet and secure the lid.
3. Choose the <Manual= mode and cook at <High Pressure= for about 5 minutes.
4. Hit <Cancel= and carefully do a quick release.
5. Remove the lid and transfer the Brussels sprouts onto serving plates.
6. Drizzle with the melted butter, black pepper, and salt on top.

7. Serve.

Nutritional Information (per Serving)

Calories 90

Total Fat 6.1 g

Saturated Fat 3.7 g

Cholesterol 173 mg

Sodium 117 mg

Total Carbs 7.6 g

Fiber 3.1 g

Sugar 1.2 g

Protein 3.2 g

Cauliflower Mash



Preparation Time: 15 minutes

Cooking Time: 3 minutes

Servings: 4

Ingredients:

- 1 head cauliflower, cut into florets
- 1 tablespoon butter, softened
- 1 garlic clove, minced
- 2 teaspoons fresh chives, minced
- Salt and black pepper, to taste

Method:

1. Fill the Instant Pot's insert with 1 cup water and set the trivet inside. 2. Spread the cauliflower florets on the trivet and secure the lid.
3. Choose the <Manual= mode and cook at <High Pressure= for about 3 minutes.
4. Hit <Cancel= and carefully do a quick release.

5. Remove the lid and transfer the cauliflower to the bowl.
6. Mash the cauliflower, then add the rest of the ingredients, then mix well.
7. Serve.

Nutritional Information (per Serving)

Calories 65

Total Fat 2.1g

Saturated Fat 1.3g

Cholesterol 57mg

Sodium 98mg

Total Carbs 10.2g

Fiber 1.9g

Sugar 4.6g

Protein 8.4g

Shrimp and Asparagus



Prep Time: 10 minutes

Cooking Time: 3 minutes

Servings: 4

Ingredients:

- 1 cup of water
- 1 bunch asparagus
- 1 teaspoon salt
- 1 lb Shrimp, peeled and deveined
- 1/2 lemon
- 2 tablespoons butter, melted

Method:

1. Fill the Instant Pot's insert with 1 cup water and set the trivet inside.
2. Toss shrimp and asparagus with $\frac{1}{2}$ teaspoons salt, melted butter, and lemon juice in a bowl.
3. Spread the shrimp and asparagus in a steamer basket and set it in the Instant Pot.
4. Choose the <Manual= mode and cook at <High Pressure= for about 3 minutes.
5. Hit <Cancel= and carefully do a quick release.

Nutritional Information (per Serving)

Calories 321

Total Fat 13.7g

Saturated Fat 1.8g

Cholesterol 15mg

Sodium 334mg

Total Carbs 2.6g

Fiber 0.3g

Sugar 0.7g

Protein 16.2g

Caprese Mini-Meatballs



Prep Time: 10 minutes

Cooking Time: 20 minutes

Servings: 10

Ingredients:

- 1/2 lb ground beef
- 1/2 lb ground pork
- 2 large eggs
- 1 tablespoon Italian
- seasoning 1 teaspoon garlic
- powder
- 1 teaspoon celery seed
- 1/2 teaspoons onion powder
- 1/2 teaspoons smoked
- paprika 1/2 cup almond meal
- 20 mini mozzarella balls
- 3 tablespoons avocado oil

- 1 can (14 ½) oz. diced tomatoes
- drained 2 cups of water
- 20 fresh basil leaves
- 5 pearl tomatoes, sliced
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar

Method:

1. Mix pork, beef, eggs, garlic powder, celery seeds, almond meal, paprika, onion powder, and Italian seasoning in a bowl.
2. Make 20 meatballs and insert 1 mozzarella ball into each meatball.
3. Select Sauté mode on the Instant Pot and add avocado oil.
4. Stir in meatballs and sauté for 4 minutes. Then transfer to a 7-cup casserole dish.
5. Add tomatoes to the meatballs.
6. Fill the Instant Pot with 2 cups water and set the trivet inside.
7. Add the casserole dish on the trivet and secure the lid.
8. Select the Manual mode and cook for 20 minutes at High Pressure.
9. Once done, release the pressure naturally and remove the lid.
10. Serve warm.

Nutritional Information (per Serving)

Calories 379

Total Fat 25g

Saturated Fat 1.7g

Cholesterol 75mg

Sodium 45mg

Total Carbs 4.5g

Fiber 1.1g

Sugars 0.5g

Protein 33.5g

Zucchini Fritters



Prep Time: 10 minutes

Cooking Time: 8 minutes

Servings: 4

Ingredients:

- 4 cups zucchini, shredded
- 1 teaspoon salt
- 1 large egg, beaten
- 1/3 cup almond flour
- 1/3 cup Parmesan cheese,
- shredded 2 garlic cloves, minced
- 1/2 teaspoons black pepper
- 6 tablespoons olive oil

Method:

1. Place zucchini shreds in a colander and drizzle salt on top, then leave it for 20 minutes.
2. Mix egg with flour, Parmesan, garlic, and pepper in a bowl.
3. Add the zucchini shreds to the flour mixture and toss well.

4. Select the Sauté mode on Instant Pot. Add 2 tablespoons oil to the insert.

5. Divide the zucchini mixture into 6 flattened fritters.

6. Cook 3 fritters at a time for 4 minutes per side.

7. Serve warm.

Nutritional Information (per Serving)

Calories 282

Total Fat 27.4g

Saturated Fat 4.1g

Cholesterol 48mg

Sodium 636mg

Total Carbs 6.6g

Fiber 2.3g

Sugars 2.1g

Protein 5.8g

Buffalo Cauliflower Bites



Prep Time: 10 minutes

Cooking Time: 2 minutes

Servings: 4

Ingredients:

- 1 head cauliflower, cut into large pieces
- 1/2 cup buffalo hot sauce

Method:

1. Fill the Instant Pot insert with 1 cup water and place the steam rack inside.
2. Toss the cauliflower with hot buffalo sauce in a bowl and spread it in the steam rack.
3. Select the Manual mode and cook for 2 minutes on High pressure.
4. Once done, release the pressure quickly, then remove the lid.
5. Serve warm.

Nutritional Information (per Serving)

Calories 212

Total Fat 15.7 g

Saturated Fat 9.7 g

Cholesterol 49 mg

Sodium 141 mg

Total Carbs 10.6 g

Sugar 0.4 g

Fiber 1.5 g

Protein 8.5 g

Turkey Meatballs



Prep Time: 10 minutes

Cooking Time: 15 minutes

Servings: 6

Ingredients:

Meatball:

1 lb ground turkey

1/3 cup almond meal

1 egg

1 teaspoon onion powder

1 teaspoon kosher salt

- 1/2 teaspoons black pepper
- 1 tablespoon Buffalo-style hot sauce

Sauce:

1 tablespoon olive oil

1/4 cup chicken broth

1/2 cup Buffalo-style hot sauce

Ranch, to serve

Method:

1. Mix turkey, almond meal, egg, onion powder, salt, black pepper, and hot sauce in a bowl.

2. Make 18 meatballs out of this mixture and keep them aside.

3. Select the Sauté mode on the Instant Pot and add oil to its insert.

4. Stir in meatballs and cook for 5 minutes per side.

5. Add chicken broth and hot sauce, then secure the lid.

6. Switch the Instant Pot cooking mode to Manual and cook for 5 minutes at high pressure.

7. Garnish with ranch and serve warm.

Nutritional Information (per Serving)

Calories 232

Total Fat 14.1g

Saturated Fat 2.2g

Cholesterol 104mg

Sodium 771mg

Total Carbs 6.3g

Fiber 0.7g

Sugars 3.8g

Protein 23g

Parmesan Puffs



Preparation Time: 15 minutes

Cooking Time: 5 minutes

Servings: 4

Ingredients:

2 egg whites

4 oz parmesan, grated

1 cup of water

Topping:

1 tablespoon bagel seasoning

1 tablespoon paprika

Method:

1. Beat egg whites with Parmesan in a mixer until fluffy and thick.
2. Make about 8 balls out of this parmesan mixture and place them on a plate.
3. Drizzle bagel seasoning and paprika on top.
4. Fill the Instant Pot's insert with 1 cup water and set the trivet inside.
5. Set the parmesan balls in a baking pan lined with parchment paper.

6. Place this baking pan in the Instant Pot and secure the lid.

7. Select the Manual mode and cook for 5 minutes on High pressure.

8. Serve.

Nutritional Information (per Serving)

Calories 145

Total Fat 7.2g

Saturated Fat 4.7g

Cholesterol 67mg

Sodium 130mg

Total Carbs 4.2g

Fiber 1.1g

Sugar 1.4g

Protein 7.2g

Onion Dip



Prep Time: 10 minutes

Cooking time: 21 minutes

Servings: 15

Ingredients

- 3 lbs yellow onions, sliced
- 6 tablespoons unsalted butter
- 1/2 teaspoons baking soda
- 1 teaspoon salt
- 1/2 teaspoons black pepper
- 12 oz sour cream
- 8 oz cream cheese
- 1 tablespoon soy sauce

Method:

1. Add sliced onion, black pepper, salt, and baking soda, and butter to the Instant Pot.
2. Select Saute mode and saute for 5 minutes.
3. Stir in sour cream, cream cheese, and soy sauce, then secure Pot's lid.
4. Select the Manual mode and cook for 16 minutes at High Pressure.
5. Once done, release the pressure from the Pot and remove the lid.
6. Mix well and mash the onion dip mixture with a hand mixer.
7. Serve.

Nutritional Information (per Serving)

Calories 179

Total Fat 14.7g

Saturated Fat 9.2g

Cholesterol 39mg

Sodium 350mg

Total Carbs 10g

Fiber 2g

Sugars 3.9g

Protein 3g

Dinner Recipes

Chicken Soup



Prep Time: 5 minutes

Cooking Time: 12 minutes

Servings: 2

Ingredients:

- 2 tablespoons olive oil

- 3 celery stalks, chopped
- 3 large carrots, peeled and sliced
- 1 small yellow onion, chopped
- ¼ teaspoon dried oregano, crushed
- ¼ teaspoon dried thyme, crushed
- Salt and black pepper, to taste
- 4 cups chicken broth
- 1 cup of water
- 1-lb. cooked chicken, shredded
- 2 cups fresh kale, trimmed and chopped

Method:

1. Select <Sauté= mode on the Instant Pot and add oil to its insert.
2. Add carrot, celery, and onion and sauté for about 5 minutes.
3. Stir in herbs and black pepper and sauté for about 1 minute.
4. Pour in broth and water, then the secure lid.
5. Select the <Soup= mode and cook for 4 minutes.
6. Once done, release the pressure quickly, then remove the lid.
7. Switch the Instant Pot to Sauté mode, stir in chicken, and cook for 2 minutes.
8. Serve warm.

Nutritional Information (per Serving)

Calories 318

Total Fat 12g

Saturated Fat 2.4g

Cholesterol 82mg

Sodium 564mg

Total Carbs 8.9g

Fiber 2.5g

Sugar 4.3g

Protein 39.5g

Shrimp Stir Fry



Prep Time: 10 minutes

Cooking Time: 9 minutes

Servings: 6

Ingredients:

- 2 tablespoons olive oil
- 1 medium onion, julienned
- 1 celery stick, julienned
- 1 green bell pepper, julienned
- 1 red bell pepper, julienned
- 1/2 teaspoon salt
- 4 cloves garlic, diced
- 1/2 tsp chili flakes
- 1 lb frozen raw shrimp
- 1/2 cup tomato passata

•Garnish with fresh parsley

Method:

1. Select the <Sauté= mode on the Instant Pot and then add oil to its insert.
2. Add julienned onion, celery, and garlic and sauté for about 2 minutes.
3. Stir in shrimp and rest of the ingredients, then seal the lid.
4. Choose the <Manual= mode and cook for about 5 minutes at <Low Pressure.=
5. Once done, release the pressure from the Pot with quick release and remove the lid.
6. Serve warm.

Nutritional Information (per Serving)

Calories 403

Total Fat 17g

Saturated Fat 4g

Cholesterol 40mg

Sodium 404mg

Total Carbs 1.4g

Fiber 1.2g

Sugar 2.4g

Protein 53.8g

Beef Chili



Prep Time: 15 minutes

Cooking Time: 27 minutes

Servings: 6

Ingredients:

- 1 tablespoon avocado oil
- ½ yellow onion, chopped
- 1 small red bell pepper, chopped
- Salt, to taste
- 4 garlic cloves, minced
- 2 tablespoons sugar-free tomato paste
- 2-lb. ground beef
- 3 tablespoons chili powder

1 tablespoon ground cumin
1 tablespoon dried oregano, crushed
1 (14½-oz.) can sugar-free tomatoes,
drained ½ cup chicken broth
2 tablespoons fresh lemon juice
1/3 cup cheddar cheese, shredded

Method:

1. Select the <Sauté= mode on the Instant Pot and then add oil to its insert.
2. Add bell pepper, onion, and a pinch of salt and sauté for about 3 minutes.
3. Stir in garlic and tomato paste and sauté for about 1 minute.
4. Add salt and beef, then cook for 7 minutes.
5. Stir in thyme and spices and cook for 1 minute.
6. Add tomatoes and broth to the Instant Pot and seal the lid.
7. Choose the <Manual= mode and cook for about 15 minutes at <High Pressure.=
8. Once done, release the pressure from the Pot with quick release and remove the lid.
9. Add cheddar cheese and lemon juice.
10. Mix well and serve warm.

Nutritional Information (per Serving)

Calories 360

Total Fat 13.1g

Saturated Fat 5,2g

Cholesterol 98mg

Sodium 280mg

Total Carbs 3.9g

Fiber 3.3g

Sugar 4.3g

Protein 49.8g

Lamb Curry



Prep Time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients

- 1-lb. lamb shoulder, cut into bite-sized
- pieces 1 tablespoon curry powder
- $\frac{1}{4}$ cup unsweetened coconut milk
- 2 tablespoons coconut cream
- 1 tablespoon coconut oil
- 1 medium yellow onion, chopped
- $\frac{1}{2}$ cup chicken broth
- 1 tablespoon fresh lemon juice
- Salt and black pepper, to taste

2 tablespoons fresh basil, chopped

Method:

1. Toss lamb, $\frac{1}{2}$ tablespoon of curry powder, coconut milk, and coconut cream in a bowl, then marinate for 20 minutes.

2. Hit the <Saute= button of the Instant Pot and add butter and oil to its insert.

3. Saute chopped onion and garlic for about 4 minutes.

4. Stir in the rest of the curry powder and cook for 1 minute.

5. Add marinated lamb cubes and saute for about 5 minutes.

6. Stir in lemon juice, broth, salt, and black pepper.

7. Secure the Pot's lid and select <Manual= mode, and cook for about 20 minutes at <High Pressure.=

8. Once done, release the pressure from the Pot with quick release and remove the lid.

9. Switch the Instant Pot to Saute mode and add the cream marinade.

10. Cook for 5 minutes on this mode and mix well.

11. Garnish and serve warm.

Nutritional Information (per Serving)

Calories 323

Total Fat 18.5g

Saturated Fat 10.7g

Cholesterol 122mg

Sodium 288mg

Total Carbs 4.8g

Fiber 1.5g

Sugar 1.9g

Fish Curry



Prep Time: 10 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients

- 1 tablespoon olive oil
- 2 curry leaves
- 1 small yellow onion, chopped
- 2 garlic cloves, minced
- 2 tablespoons curry powder
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon red chili powder
- ½ teaspoon ground turmeric
- 2 cups unsweetened coconut milk
- 1½ lb. salmon fillets, cut into bite-sized pieces

1¼ cups tomatoes, chopped
1 Serrano pepper, seeded and
chopped 1 tablespoon fresh lemon

How to prepare

1. Select the <Sauté= mode on the Instant Pot and then add oil to its insert.
2. Stir in curry leaves and saute for about 30 seconds.
3. Toss in onions and garlic and saute for about 4-5 minutes.
4. Add spices and saute for another 1 minute.
5. Hit <Cancel= and stir in fish, coconut milk, tomatoes, and Serrano pepper.
6. Secure the lid, select <Manual= mode, and cook at <Low Pressure= for about 5 minutes.
7. Hit <Cancel= and carefully do a Natural release.
8. Remove the Pot's lid and stir in the lemon juice.
9. Serve hot.

Nutritional Information (per Serving)

Calories 559

Total Fat 43.2 g

Saturated Fat 4 g

Cholesterol 150 mg

Sodium 719 mg

Total Carbs 10.4 g

Fiber 0.5 g

Sugar 0.1 g

Protein 38 g

Whole Chicken



Prep Time: 10 minutes

Cooking time: 31 minutes

Servings: 6

Ingredients

- 1 (2½-lb.) whole chicken, neck and giblet removed
- 1 tablespoon cayenne pepper
- Salt and black pepper, to taste
- 2 tablespoon olive oil
- 1½ cups chicken broth

Method:

1. Season and rub the chicken with cayenne pepper, salt, and black pepper liberally.
2. Select the <Sauté= mode on the Instant Pot and then add oil to its insert.

3. Place the spice-rubbed chicken in the Instant Pot and cook for about 6 minutes until golden brown.
4. Hit <Cancel= and transfer the chicken onto a plate.
5. Fill the Instant Pot with broth and set the trivet inside.
6. Set the chicken on top of the trivet with its chicken breast side up.
7. Secure the Pot's lid and cook <Manual= mode and cook for about 25 minutes at <High Pressure.=
8. Once done, release the pressure from the Pot with quick release and remove the lid.
9. Transfer the chicken to a plate and leave it for 10 minutes.
10. Serve warm.

Nutritional Information (per Serving)

Calories 507

Total Fat 13 g

Saturated Fat 5 g

Cholesterol 0.3 mg

Sodium 504 mg

Total Carbs 1.1 g

Fiber 0.4 g

Sugar 0.4 g

Protein 36 g

Duck Legs



Preparation Time: 15 minutes

Cooking Time: 60 minutes

Servings: 6

Ingredients

- 4 (7-oz.) duck legs
- Salt and black pepper, to taste
- $\frac{1}{2}$ tablespoon olive oil
- $\frac{1}{4}$ cup carrot, peeled and chopped
- $\frac{1}{4}$ cup celery stalk, chopped
- $\frac{1}{4}$ cup yellow onion, chopped
- 3 garlic cloves, chopped
- 1 cup chicken broth
- 2 tablespoons lemon juice
- $\frac{1}{8}$ teaspoon dried sage
- $\frac{1}{8}$ teaspoon dried thyme
- 2 tablespoons fresh parsley, chopped

Method:

1. Season and rub the duck legs with salt and black pepper generously.
2. Place oil in Instant Pot and select <Sauté.=
3. Add the duck legs and sear for about 10 minutes until golden.
4. Hit <Cancel= and transfer duck legs onto a plate.
5. Remove grease from Pot, while leaving 1 teaspoon of fat.
6. Select <Sauté= and sauté carrot, celery, onion, and garlic for 2 minutes.
7. Hit <Cancel= and add broth, duck legs, dried herbs, salt, and black pepper.
8. Secure the Pot's lid and select <Manual= mode, and cook at <High Pressure= for about 45 minutes.
9. Hit <Cancel= and carefully do a Quick Release.
10. Remove the lid and transfer duck legs to a platter.
11. With a hand blender, blend the onion mixture in the Pot.
12. Switch it to <Sauté= mode and sauté for about 3 minutes.
13. Serve duck legs with this gravy.

Nutritional Value:

Calories 391

Total Fat 14g

Saturated Fat 3.1g

Cholesterol 207mg

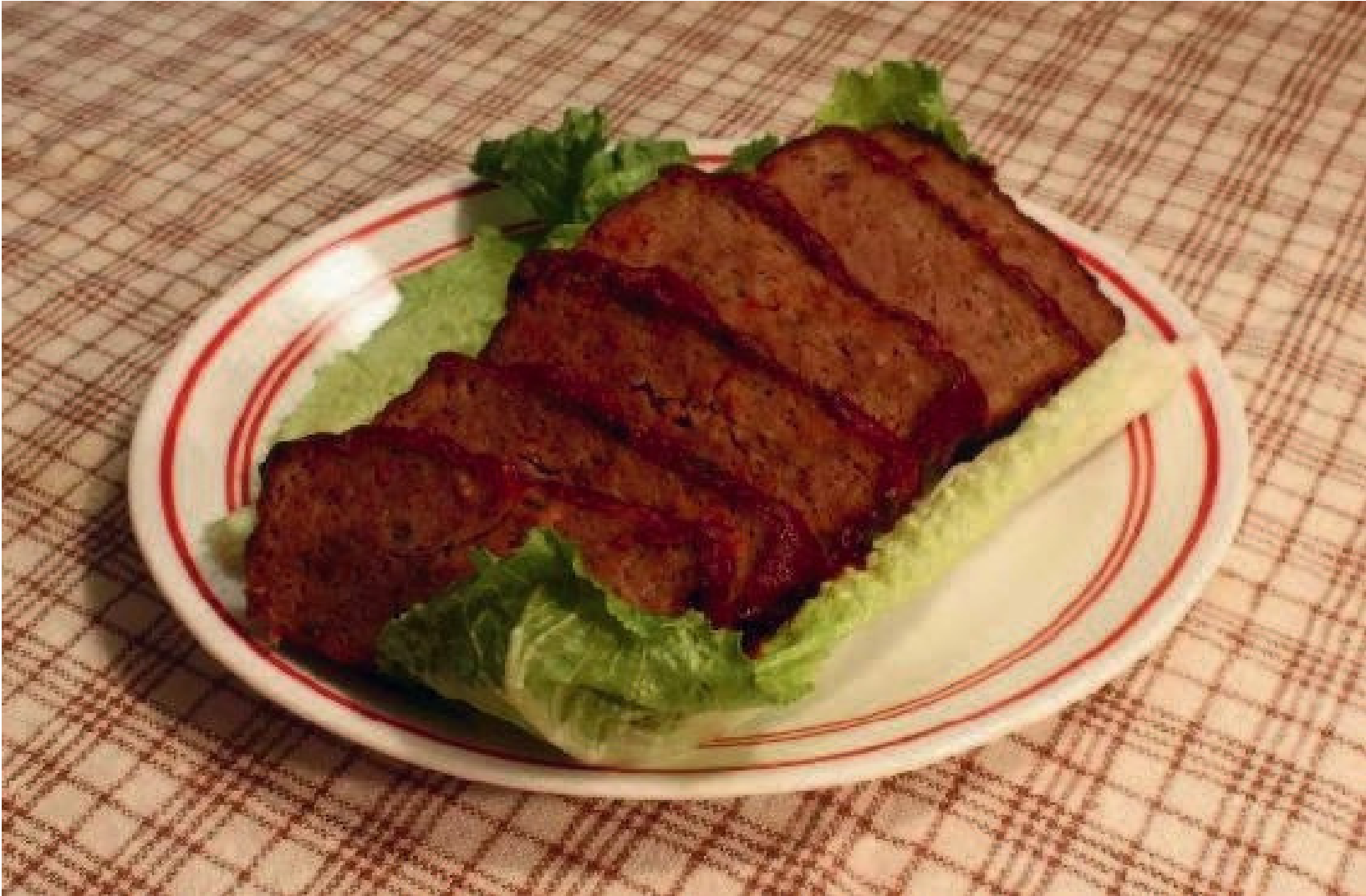
Sodium 457mg

Total Carbs 2.8g

Fiber 0.6g

Sugar 1.1g

Beef Meatloaf



Preparation Time: 15 minutes

Cooking Time: 35 minutes

Servings: 6

Ingredients:

- 2-lb. grass-fed ground beef
- 1½ cups fire-roasted salsa
- 1 large yellow onion, chopped
- 1 organic egg
- ¼ cup xanthan gum
- 1 teaspoon ground cumin
- 1 teaspoon red chili powder
- 1 teaspoon paprika
- Salt and black pepper, to taste
- 1 tablespoon avocado oil

Method:

1. Mix ground beef, yellow onion, egg, xanthan gum, cumin, red chili powder, paprika, black pepper, salt, avocado oil, and 1 cup salsa in a bowl.
2. Spread this meatloaf mixture in a loaf pan, greased with cooking oil.
3. Fill the Instant Pot with 1 ½ cups water and set the trivet inside.
4. Place the meatloaf on the trivet, spread the remaining salsa on top, and seal the lid.
5. Select the Meat/Stew mode and cook for 35 minutes.
6. Once done, release the pressure quickly and remove the lid.
7. Slice and serve.

Nutritional Value:

Calories 265

Total Fat 8g

Saturated Fat 2.9g

Cholesterol 203mg

Sodium 319mg

Total Carbs 9.6g

Fiber 0.9g

Sugar 2.2g

Protein 35.5g

Mushroom Curry



Preparation time: 10 minutes

Cooking time: 21 minutes

Servings: 08

Ingredients:

- 1 lb. button mushroom
- 2 onion, chopped
- 5 garlic cloves, chopped
- 4 green chilies, chopped
- 4 teaspoon vegetable oil
- 1/2 teaspoon powdered turmeric
- 2 teaspoon garam masala powder
- Salt, to taste
- 2 green bell pepper, julienned

- 2 tomato, julienned
- 3 inches ginger, chopped
- 4 tablespoon fresh cream
- 1/2 teaspoon cumin seeds
- 3 teaspoons red chili powder
- Red and green chili, to garnish

Method:

1. Add oil to the Instant Pot's insert and press <Sauté.=
2. Toss in onion, garlic, and ginger and sauté for about 5 minutes until soft.
3. Add green chili, mushroom, turmeric, garam masala, bell pepper, cream, cumin seeds, red chili, and garam masalas powder.
4. Mix well and sauté for 2 minutes, then secure the lid.
5. Choose the <Manual= mode and cook for about 14 minutes on High Pressure.
6. Once done, release the pressure quickly, then remove the lid.
7. Garnish with green and red chilies.
8. Serve warm.

Nutritional Information (per Serving)

Calories 424

Total Fat 33.6g

Saturated Fat 9.4g

Cholesterol 203mg

Sodium 288mg

Total Carbs 3.2g

Chicken Drumsticks



Preparation time: 10 minutes

Cooking time: 18 minutes

Servings: 5

Ingredients:

- 1 cup of coconut milk
- 1 thick lemongrass stalk,
- trimmed 4 garlic cloves, crushed
- 2 tablespoons soy sauce
- 2 tablespoons fish sauce
- 1 teaspoon five-spice powder
- 10 skinless chicken drumsticks
- Salt and black pepper, to taste
- 1 teaspoon coconut oil
- 1 large yellow onion, sliced
- $\frac{1}{4}$ cup fresh cilantro, chopped
- 2 tablespoons lime juice

Method:

1. In a blender, blend lemongrass, coconut milk, soy sauce, garlic, fish sauce, and five-spice powder until smooth.
2. Season and rub the chicken drumsticks with salt and black pepper evenly.
3. Add oil to the Instant Pot's insert and press <Sauté.= Saute onion for 3 minutes.
4. Select <Cancel= and stir in chicken drumsticks and sauce.
5. Secure the Pot's lid and select the <Manual= mode for about 15 minutes at High Pressure.
6. Once done, release the pressure quickly, then remove the lid.
7. Add cilantro and lime juice, then serve warm.

Nutritional Information (per Serving)

Calories 147

Total Fat 8.8g

Saturated Fat 6.2g

Cholesterol 200mg

Sodium 511mg

Total Carbs 3.5g

Fiber 0.9g

Sugar 1.8g

Protein 13.8g

Dessert Recipes

Blueberry Chia Pudding



Preparation Time: 15 minutes

Cooking Time: 3 minutes

Servings: 4

Ingredients:

- 1 can (14 oz) coconut milk
- 1 cup water
- 1 (12 oz) bag frozen blueberries
- 1 cup chia seeds
- 1 cup almond meal
- 1/2 cup choc zero maple syrup
- 1/2 teaspoons vanilla extract
- Fresh berries, for garnish

Method:

1. Mix coconut milk, chia seeds, water, blueberries, almond meal, vanilla extract, and maple syrup in the Instant Pot.

2. Cover and seal the Pot9s lid, then cook on Manual mode on High for 3 minutes.
3. Release the pressure in 5 minutes, then remove the lid.
4. Divide the pudding into the serving cups and allow it to cool.
5. Refrigerate the pudding for 1 hour, then garnish with berries.
6. Enjoy.

Nutritional Information (per Serving)

Calories 204

Total Fat 14.7g

Saturated Fat 1.2g

Cholesterol 0mg

Sodium 14mg

Total Carbs 14.1g

Fiber 6.6g

Sugars 5.1g

Protein 7g

New York Cheesecake



Preparation Time: 15 minutes

Cooking Time: 34 minutes

Servings: 8

Ingredients:

1 cup almond meal

- 4 tablespoons unsalted butter, melted

A pinch salt

1 1/2 tablespoon swerve

1/4 cup coconut flour

Cheesecake Batter

16 oz. Philadelphia cream cheese

2 large eggs

2/3 cup erythritol

1/2 cup sour cream

2 tablespoons xanthan gum

2 teaspoons vanilla extract

2 pinches sea salt

Method:

1. Mix almond meal with butter, salt, swerve, coconut flour in a bowl, and spread this mixture into a 7 inches springform pan lined with parchment paper.

2. Beat cream cheese with eggs, erythritol, sour cream, vanilla extract, salt, and xanthan gum in a mixing bowl using a beater.

3. Spread this mixture in the prepared crust.

4. Fill the Instant Pot's insert with 2 cups of water and set the trivet inside.

5. Set the pan on the trivet and seal the lid.

6. Select Manual mode and cook for 34 minutes at High Pressure.

7. Once done, release the pressure from the Pot with quick release and remove the lid.

8. Allow the cake to cool, then cover and refrigerate for 4 hours.

9. Slice and serve.

Nutritional Information (per Serving)

Calories 246

Total Fat 20.8g

Saturated Fat 9.6g

Cholesterol 83mg

Sodium 294mg

Total Carbs 7.9g

Fiber 3g

Sugars 2.8g

Brownie Cake



Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 8

Ingredients:

- 4 tablespoons butter
- 2 large eggs
- 1/3 cup almond flour
- 1/2 teaspoons baking powder
- 1/3 cup unsweetened cocoa powder
- Pinch of sea salt
- 1/3 cup erythritol
- 1/3 cup sugar-free chocolate chips
- 1/3 cup pecans, chopped
- 1 cup of water
- 2 tablespoons powdered erythritol

Method:

1. Beat eggs with baking powder, flour, cocoa powder, erythritol, and salt in a mixing bowl until smooth.
2. Stir in pecans and chocolate chips, then spread the batter in 6 inches pan, then cover it with an aluminum foil.
3. Fill the Instant Pot's insert with 2 cups water and set the trivet.
4. Set the prepared pan in the trivet and seal the lid.
5. Select the Manual mode and cook for 20 minutes on High pressure.
6. Once done, release the pressure naturally, then remove the lid.
7. Allow the brownie cake to cool, then slice it into squares.
8. Garnish it with powdered erythritol.
9. Serve.

Nutritional Information (per Serving)

Calories 164

Total Fat 25.3 g

Saturated Fat 18.1 g

Cholesterol 259 mg

Sodium 146 mg

Total Carbs 7.1 g

Fiber 1.6 g

Sugar 5.6 g

Protein 7.4 g

Chocolate Chip Cake



Preparation Time: 15 minutes

Cooking Time: 10 minutes

Servings: 8

Ingredients:

- 1/2 cup coconut oil
- 1 cup monk fruit sweetener
- 3 large eggs
- 2 cups almond flour
- 1 1/2 teaspoons baking soda
- 1/2 teaspoons salt
- 1/2 cup sugar-free chocolate chips

Method:

1. Blend eggs with monk fruit, almond flour, baking soda, salt, and coconut oil in a mixing bowl until smooth.
2. Stir in chocolate chips, then mix gently.

3. Transfer this banana batter to a greased Bundt pan, then cover with an aluminum foil.
4. Fill the Instant Pot with 2 cups water and set the trivet inside.
5. Set the Bundt pan on the trivet and seal the Pot's lid.
6. Choose the <Manual= mode and cook for about 10 minutes on High pressure.
7. Once done, release the pressure from the Pot with quick release and remove the lid.
8. Allow the cake to cool, then slice.
9. Serve.

Nutritional Information (per Serving)

Calories 404

Total Fat 37.6g

Saturated Fat 17.6g

Cholesterol 62mg

Sodium 545mg

Total Carbs 8.5g

Fiber 4g

Sugars 0.1g

Protein 10.1g

Blueberry Cheesecake



Preparation Time: 15 minutes

Cooking Time: 25 minutes

Servings: 4

Ingredients:

- 4 tablespoons unsalted butter,
- melted 24 oz. cream
- cheese 1 cup blueberry
- puree
- 2 teaspoons vanilla extract
- 1 pinch kosher salt
- 3 large eggs
- 3/4 cup erythritol
- 1 cup whipped cream

Method:

1. Beat cream cheese, butter, salt, blueberry puree, vanilla, eggs, erythritol, and whipped cream in a mixing bowl until fluffy.
2. Divide this batter into 4 ramekins, then cover them with a foil.
3. Fill the Instant Pot insert with 2 cups and set the trivet inside.
4. Place the prepared ramekin in the Instant Pot and seal the Pot's lid.
5. Select the Manual mode and cook for 25 minutes on High pressure.
6. Once done, release the pressure naturally and remove the lid.
7. Allow the baked to cool, then cover with a plastic wrap and refrigerate for 4 hours.
8. Garnish with cream and blueberries.
9. Serve.

Nutritional Information (per Serving)

Calories 431

Total Fat 42g

Saturated Fat 25.8g

Cholesterol 195mg

Sodium 344mg

Total Carbs 5.3g

Fiber 0.5g

Sugars 2.1g

Protein 9.3g

Pumpkin Cheesecake



Preparation Time: 15 minutes

Cooking Time: 35 minutes

Servings: 8

Ingredients:

- 1 pinch kosher salt
- 4 tablespoons butter, melted
- 24 oz. cream cheese
- 1 cup canned pumpkin puree
- 2 teaspoons vanilla extract
- 1/4 teaspoon ground nutmeg
- 3 large eggs
- 3/4 cup erythritol
- 1 1/2 teaspoons ground cinnamon
- 1 cup whipped cream

Topping:

- 1/2 teaspoon ground cinnamon
- 1/4 cup erythritol

Method:

1. Beat cream cheese, butter, salt, pumpkin puree, vanilla, nutmeg, eggs, erythritol, cinnamon, and whipped cream in a mixing bowl until fluffy.
2. Spread this batter in a 7 inches springform pan, then cover it with a foil.
3. Fill the Instant Pot insert with 2 cups and set the trivet inside.
4. Place the pumpkin batter pan in the Instant Pot and seal the lid.
5. Select the Manual mode and cook for 35 minutes on High pressure. 6. Once done, release the pressure naturally and remove the lid.
7. Allow the baked pumpkin cake to cool, then cover with a plastic wrap and refrigerate for 4 hours.
8. Mix the erythritol with cinnamon ground and drizzle over the cake.
9. Slice and serve.

Nutritional Information (per Serving)

Calories 433

Total Fat 42.1g

Saturated Fat 25.9g

Cholesterol 195mg

Sodium 345mg

Total Carbs 5.8g

Fiber 1.1g

Sugars 1.5g

Creme Brulee



Preparation Time: 15 minutes

Cooking Time: 13 minutes

Servings: 4

Ingredients:

- 1 vanilla bean
- 1 1/3 cups heavy cream
- 1/4 cup 3 tablespoons erythritol 1/8 teaspoon kosher salt
- 5 large egg yolks

Method:

1. Add vanilla bean seeds and cream to a saucepan, then cook for 5 minutes.
2. Allow the vanilla cream mixture to cool for 20 minutes.
3. Mix 2 tablespoons erythritol and vanilla beans pod in a small bowl.

4. Whisk remaining erythritol with vanilla cream and salt in a mixing bowl.
5. Stir in egg yolks and beat until it makes a smooth mixture.
6. Strain the mixture through a fine-mesh sieve into a bowl.
7. Divide this crème Brulee mixture into the 4-4 oz. ramekins and cover with a foil.
8. Fill the Instant Pot insert with 1 cup water and set the trivet inside.
9. Place the prepared ramekins in the Instant Pot and seal the lid.
10. Select the manual mode and cook for 8 minutes on low pressure.
11. Once done, release the pressure and naturally and remove the lid.
12. Allow the crème Brulee ramekins to cool for 20 minutes, then refrigerate for 1 hour.
13. Drizzle the vanilla pod vanilla beans mixture on top of the crème Brulee.
14. Melt this topping with a kitchen torch and allow it to cool.
15. Serve.

Nutritional Information (per Serving)

Calories 205

Total Fat 20.4g

Saturated Fat 11.2g

Cholesterol 317mg

Sodium 99mg

Total Carbs 1.9g

Fiber 0g

Sugars 0.2g

Chocolate Lava Cakes



Preparation Time: 15 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients:

- 2 tablespoons granulated Swerve
- 1/2 cup unsalted butter, diced
- 1 cup sugar-free dark chocolate chips
- 1/3 cup brown swerve
- 1/4 teaspoon kosher salt
- 2 teaspoons xanthan gum
- 1/4 cup 1 tablespoon almond flour
- 2 large eggs
- 2 teaspoons vanilla extract
- Erythritol, for dusting

Method:

1. Grease 4- 6 oz ramekins with cooking spray and add 1 ½ teaspoon granulated swerve to each ramekin.
2. Melt sugar-free chocolate chips and butter in a bowl by heating in the microwave.
3. Stir in brown swerve and mix well, then allow it to cool for 5 minutes.
4. Add flour, xanthan gum, and salt then mixes well.
5. Beat whole eggs, vanilla extract, and egg yolks in another bowl and add to the flour mixture.
6. Mix well until it makes a smooth batter, then divide into 4-6 oz ramekins.
7. Fill the Instant Pot with 1 ½ cups water and set a trivet inside.
8. Set the prepared ramekins on the trivet and seal the lid.
9. Select the Manual mode for 10 minutes at high pressure.
10. Once done, release the pressure naturally and remove the lid.
11. Allow the cakes to cool, then dust them with swerve.
12. Serve.

Nutritional Information (per Serving)

Calories 287

Total Fat 28.8g

Saturated Fat 15.6g

Cholesterol 154mg

Sodium 348mg

Total Carbs 2g

Chocolate Pots De Crème



Preparation Time: 15 minutes

Cooking Time: 6 minutes

Servings: 6

Ingredients:

- 1 1/2 cups heavy cream
- 1/2 cup almond milk
- 5 egg yolks
- 1/4 cup erythritol
- pinch of salt
- 8 oz. sugar-free dark chocolate, melted
- To garnish:
 - Whipped cream and sugar-free syrup

Method:

1. Mix milk and cream in a saucepan and cook it on a simmer.
2. Beat egg yolks with salt and erythritol in a mixing bowl.
3. Stir warm milk mixture, then stir in chocolate and mix well.

4. Divide the mixture into 6 custard cups.
5. Fill the Instant Pot with 1 ½ cups water and place the trivet inside.
6. Set the custard cups on the trivet and seal the Instant Pot's lid.
7. Select the manual mode for 6 minutes at high pressure.
8. Once done, release the pressure naturally and remove the lid.
9. Allow the chocolate custard to cool, then refrigerate for 4 hours.
10. Garnish with cream and syrup.
11. Serve.

Nutritional Information (per Serving)

Calories 230

Total Fat 22.6g

Saturated Fat 12.4g

Cholesterol 324mg

Sodium 84mg

Total Carbs 3g

Fiber 0g

Sugars 0.9g

Protein 4.4g

2-Ingredient Cheesecake



Prep Time: 10 minutes

Cooking Time: 25 minutes

Servings: 4

Ingredients:

- 1 (14 oz.) can coconut milk

- 1 cup yogurt

Method:

1. Beat yogurt with coconut milk in a mixing bowl, then divide it into 4-6 oz ramekins.
2. Cover the ramekins with a foil sheet.
3. Fill the Instant Pot's insert with 2 cups water and place the trivet inside.
4. Set the ramekins on the trivet and seal the Instant pot lid.
5. Select the Manual mode for 25 minutes on High pressure.
6. Once done, release the pressure from the Pot with quick release and remove the lid.

7. Allow the cheesecake to cool, then flip it over the serving plate.
8. Serve.

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.....SERVES.....

TIME		COOK TEMP

INGREDIENTS	NOTES
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DIRECTIONS

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