

“FAT-HEAD” DOUGH

Ingredients:

1 ½ cups shredded mozzarella cheese

2 Tablespoons cream cheese

¾ cup almond flour

1 teaspoon white wine vinegar

1 egg

½ teaspoon salt

Coconut oil to grease your hands

Instructions:

1. Preheat oven to 400 degrees.
2. Place mozzarella cheese and cream cheese in a microwave safe bowl. Microwave on high until melted, stirring every 30 seconds.
3. While cheese is melting, add almond flour, white wine vinegar, egg and salt to mixing bowl; Mix well (Bosch, kitchen-aid or food processor work great but I have mixed by hand before and that works too). Add melted cheese to the bowl and mix until well incorporated.
4. Grease hands well with coconut oil.

Pizza:

Press dough using hands on cookie sheet (I press it out onto parchment paper and then move to baking sheet).

Bake for 7-9 minutes or until light golden brown

Remove from oven and top with favorite sauce, toppings and cheese. Place back in the oven until cheese is melted; Serves 2

Focaccia/Flat Bread:

Follow steps 1-5 and then season with desired spices (some of my favorites are rosemary and garlic powder). Bake 7-9 minutes until golden brown. Brush butter over crust while still hot. If desired you may sprinkle it with parmesan and place it back into the oven until melted. Cut into desired shape (bread sticks, hamburger buns, etc....). Store leftovers in the refrigerator and heat before serving.

For Veggie Bars:

Follow steps 1-6 and then:

After baking the crust until golden brown, flip and bake until golden brown on the opposite side. Cool on a cooling rack so the crust does not get soggy.

While crust is cooling make cream cheese spread by mixing the following ingredients together until creamy:

¾ cup cream cheese

1 clove crushed garlic

1 tablespoon mayonnaise

2 tsp. dill weed (I use Pampered Chef dill mix)

Spread evenly over the top of cooled crust. Top with finely chopped veggies (about 2 cups) of your choice. Refrigerate for at least 4 hours before serving.

Cut into small squares for snacks you can eat all day long. If you want it as a complete meal, sliced grilled chicken is great on top too.

For Soft Pretzels and Bagels:

Follow steps 1-6 and then:

Divide dough into 6 even sections. Roll into a 6-8 inch “snake” and then shape like a pretzel or bagel. You can season however you would like before baking (poppy seeds, salt, dried onions, garlic, rosemary, etc....). Bake until golden brown. I like to brush with butter when they are hot out of the oven. Store leftovers in the refrigerator and heat before serving.

Keto Potato Salad... That Isn't

Leanne Vogel [July 19, 2015](#)



Kevin and I have been enjoying this keto salad, served as a keto side to a big stack of roasted keto vegetables and keto barbecued meats. Don't do eggs? That's okay! You can use my egg-free mayo recipe that I linked up to in the keto recipe.

Keto Potato Salad... That Isn't

Author: Leanne Vogel

Recipe type: Vegan (option), Paleo, Gluten-free, Dairy-free, Sugar-free, Yeast-free, Corn-free, Grain-free, Nut-free, Egg-free (option), Low-Carb, Keto

Prep time: 20 mins

Cook time: 10 mins

Total time: 30 mins

Serves: 4

A paleo and keto "potato" salad... with no potatoes at all! Made with clean low-carb, keto ingredients. Can be made vegan, too.

Ingredients

Salad

- 1 head of cauliflower, chopped into bite-sized pieces
- 6 hardboiled eggs, omit if making vegan or egg-free
- 3 pickles, chopped
- ½ cup chopped fresh parsley

- ¼ cup green onion, green part only, chopped

Dressing

- ½ cup [avocado oil mayonnaise](#) or [my vegan mayo recipe](#)
- 2 tablespoons [gluten-free dijon mustard](#)
- 3 tablespoons pickle juice
- ¼ - ½ teaspoon [sea salt](#)
- Freshly ground pepper, to taste

Instructions

1. Prepare the cauliflower by cutting into bite-sized pieces. You can do this with a knife or if you want smaller pieces, shred. Steam for 2-3 minutes. Drain and set aside to cool.
2. Peel eggs and separate yolks, set aside. Cut the whites into small bite size pieces. Mix the egg whites into the cauliflower mixture in a large bowl along with chopped pickle, green onion and parsley.
3. Add egg yolks, mayo, mustard, pickle juice, salt and pepper into your high-powered blender and blend until smooth. Pour over the cauliflower mixture and stir to coat. Chill overnight and serve.

Recipe from Leanne Vogel. For nutrition facts and more photos see:

<https://www.healthfulpursuit.com/2015/07/potato-salad-that-isnt/>

Keto Sweet Rolls — Becky Gaisford

Yield: 12 lrg or 24+ small

Prep time: 2-3 hours (including time to let dough rise)

Total time: 3 hours + 12 minutes bake time

Ingredients

Shredded mozzarella cheese | 3 cups

Full-fat cream cheese | 4 oz (1/2 brick)

Almond flour | ¾ cup

KetoFUEL | ¾ cup

Truvia — 8-9 packets to sweeten dough to taste, or use Stevia, etc.

Xanthan gum | 1 tsp

Egg | 1 — room temp

Yeast | 2 tsp or 1 pkg

Warm Water | 2 Tbsp

Melted Butter | 3 Tbsp

Directions:

In microwave, melt the cream cheese and mozzarella together. Stir to bring together. Dissolve yeast in the water until activated. Mix xanthan gum, almond flour & ketoFUEL together. Add egg, yeast and 1 Tbsp of the melted butter. Knead together, using a dough hook on your mixer, if you have one. Add the cheese mix. Keep kneading until incorporated. Grease hands with coconut oil and spread out dough on parchment paper, making a rectangle (dough should be about ¼ " thick.) Spread melted butter onto dough, sprinkle with cinnamon. Spread a mixture of (4oz) cream cheese, a splash of heavy cream, vanilla extract (about ½ tsp) & a splash of sugar free maple syrup; onto the dough. Sprinkle with chopped pecans. Roll up jelly roll fashion and slice into rolls...placing onto baking sheet lined with either parchment paper or use a silpat silicon sheet. Let rise until double and bake in a 400 degree oven for 10-12 minutes or until browned. (Watch these!) When cool, frost with a frosting made of 4 oz cream cheese, 3 Tbsp butter, splash of heavy cream, 1 C powdered Swerve, 1 tsp vanilla. For smaller rolls, split dough in half and make mini rolls, placing in mini cupcake tins to rise. (These will bake in about 8-9 minutes instead.)

Keto Lemon Sour Cream Muffins – Low Carb

***** 4.7 from 21 reviews

Tender lemon cake, topped with crunchy streusel and a sweet tart lemon glaze! Keto, low carb, Atkins friendly, and gluten free to boot!

Author: Mellissa Sevigny
Yield: 8 to 12 servings
Category: Low Carb Muffin Recipe
Cuisine: American



INGREDIENTS

FOR THE MUFFIN:

- 1/2 cup butter, softened
- 3/4 cup granulated erythritol sweetener **
- 3 large eggs
- 3 Tbsp lemon juice
- 1 Tbsp lemon zest
- 1 1/2 cup superfine almond flour **
- 1/2 cup coconut flour **
- 2 tsp baking powder
- 1/4 tsp xanthan gum or arrowroot powder
- 1/2 tsp vanilla extract
- 1 cup full fat sour cream
- pinch of salt

FOR THE STREUSEL TOPPING:

- 3 Tbsp butter, melted
- 3/4 cup superfine almond flour **
- 3 Tbsp erythritol sweetener **
- 1 tsp lemon zest
- 1 Tbsp coconut flour

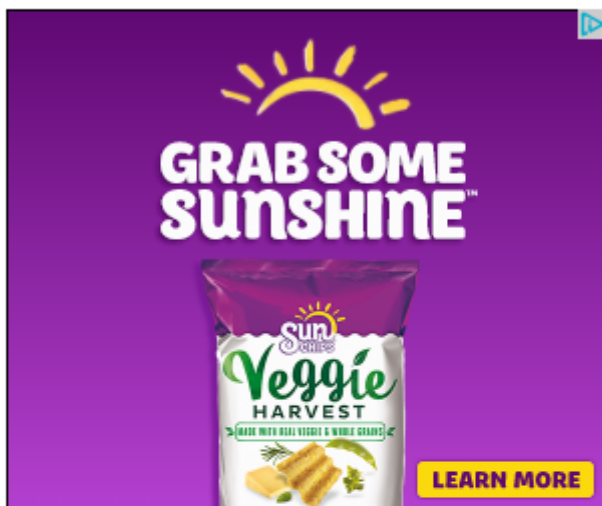
FOR THE LEMON GLAZE:

- 1/2 cup confectioners style erythritol **
- 3 Tbsp lemon juice

INSTRUCTIONS

FOR THE MUFFIN LAYER:

1. Combine all of the muffin ingredients in a blender and blend for 2-3 minutes or until smooth.
2. The mixture is thick so you'll have to stop a few times and scrape the sides down with a silicone spatula to get it going the first minute or so.
3. Preheat the oven to 350 degrees (F) and then start your streusel topping.



FOR THE STREUSEL TOPPING:

1. Combine the melted butter, almond flour, sweetener, lemon zest and coconut flour in a small bowl and stir well with a fork until a crumbly dough forms.
2. Spoon the muffin batter from the blender into 8 large or 12 regular muffin cups – or into a small loaf or cake pan.
3. Crumble the streusel topping in pea sized pieces over the top of the batter.
4. Bake on the middle rack of your oven at 350 degrees for 35 minutes (large muffins) or 25 minutes (average sized muffin) or 50 minutes (loaf or cake pan) OR until a toothpick or knife inserted in the center comes out clean.

FOR THE LEMON GLAZE:

1. Combine the erythritol and lemon juice in a cup or small bowl. Stir with a fork until smooth.
2. If too runny, add another Tbsp of erythritol (or more) until an opaque but still pourable glaze forms.
3. If too stiff to pour, add another tsp of lemon juice to loosen.
4. Pour the glaze over the muffins after they are baked and slightly cool. Serve warm or room temperature.
5. Store any leftovers covered in the refrigerator for up to a week.

NOTES

**** FOR BEST RESULTS, SEE WHAT BRANDS I USE AND RECOMMEND FOR MY RECIPES OVER ON THE [IBIH PANTRY RECOMMENDATIONS PAGE](#)!**

APPROXIMATE NUTRITION INFO IS AS FOLLOWS:

1 AVERAGE MUFFIN (1/12TH OF RECIPE) OR LOAF SLICE CONTAINS:

290 CALORIES, 25G FAT, 4.5G NET CARBS, 8G PROTEIN

1 GARGANTUAN (BAKERY SIZED) MUFFIN OR 1/8TH OF RECIPE CONTAINS:

435 CALORIES, 37G FAT, 7G NET CARBS, 12G PROTEIN

Nutrition

Serving Size: 1 muffin
Carbohydrates: 4.5g net

Calories: 290
Protein: 8g

Fat: 25g

Find it online: <http://www.ibreatheimhungry.com/2017/03/keto-lemon-sour-cream-muffins-low-carb.html>

Keto Chicken Cordon Bleu - Becky Gaisford

1 Roasted Chicken, cut-up
6-7 pieces of sliced, uncured ham
6-7 slices of swiss or provolone cheese
16 oz sour cream
8 oz cream cheese
1-2 Tbsp heavy cream
Juice of 1 lemon

Cut the breast meat into about 6-7 good-sized strips. Cut ham & cheese slices to fit around chicken pieces. Wrap chicken with the cheese, followed with the ham. Secure with a toothpick.

In a saucepan, combine the cream cheese, sour cream and lemon. Stir until well-blended. Add cream, if necessary, to thin. Add in chicken pieces. Heat through. Finish in a 350 oven for about 15 minutes or until bubbling hot.

Keto White Sauce - Becky Gaisford

1 brick cream cheese (8oz)
1/2 C heavy cream
1/4 C water
1 egg yolk
salt and pepper to taste

In a saucepan combine the cream cheese, cream and water and stir on low heat until all is combined. Temper the egg yolk by adding a little of the cream mix to it and stirring completely. Add back into the cream mix. Cook, stirring constantly until the mixture has thickened. Season with salt and pepper to taste. If desired, add 1 package Truvia to sauce. Serve warm on asparagus spears, spinach, fish, shrimp, eggs, etc.

Salsa - Ida Hayes

1 onion
about 3 Bell peppers
3 garlic
3 jalapeños
cilantro 1 bunch
1 can green sause
Tomatoes

Eyeball and Taste

Serve Salsa with Parmesan Cheese Crisps or with the delicious Bacon Jalapeno Cheese Crisps Recipe.

Low Carb Ketogenic Soft Pretzels

This pretzel recipe is our favorite keto bread/bun replacement. They are easy to shape into different sizes, and when cooked and cut long ways, make a great hamburger bun, breakfast sandwich, bagel with cream cheese, or simply enjoy fresh out of the oven.

12 Pretzels

Ingredients

- 3 cups mozzarella cheese shredded (11 oz.)
- 4 tablespoons Cream Cheese
- $\frac{3}{4}$ c. almond flour (2.75 oz)
- $\frac{3}{4}$ c. Keto Fuel
- 1 teaspoon xanthan gum
- 1 egg room temperature
- 2 teaspoons dried yeast approximately 1 packet
- 2 tablespoons warm water
- 2 tablespoons Butter melted
- 1 tablespoon coarse salt



Preheat oven to 200C/390F.

In a microwave safe dish, place the mozzarella cheese and cream cheese and microwave in 30 sec increments, stirring in between, until fully melted and almost liquid.

Dissolve the yeast in the warm water and allow it to sit and activate for 2 minutes.

In your stand mixer (using the dough hook attachment), place the almond meal, keto fuel, and xanthan gum and mix well.

Add the eggs, yeast mixture and 1 tablespoon of the melted butter and mix well.

Add the hot melted cheese to the stand mixer and allow it to knead the dough until all the ingredients are fully combined. Around 5-10 minutes.

Split the dough into 12 balls. The dough is easiest to work with while it is warm.

Roll each ball into a long skinny log and twist into a pretzel shape. Place on a lined cookie sheet and give a little space with side as the pretzels will rise.

Brush the pretzels with the remaining butter and sprinkle with pretzel salt.

Bake in the oven for 12-15 minutes.

When the pretzels are golden brown, remove them from the oven

Keto Chicken Alfredo Pizza

Makes one 14" pizza (12 servings)

Sauce:

- 1 ½ T. butter
- 1 ½ cloves garlic, minced
- 2 c. heavy cream
- ½ tsp. sea salt
- ¼ tsp. ground pepper
- ½ c. plus 1 T. fresh grated parmesan
- 1 ½ T. fresh parsley, chopped

Crust:

- 1 recipe Keto Pretzel dough, unbaked
- ¼ tsp. sea salt
- ½ tsp. rosemary
- ½ tsp. oregano
- 1 tsp. Italian seasoning
- 2 T. melted butter
- Kosher salt

Toppings:

- 2 c. cooked chicken, cubed
- 1 c. thinly sliced baby Portobello mushrooms
- 1 c. fresh baby spinach
- 2 c. shredded mozzarella



Directions:

- Melt butter over medium heat; add garlic; cook and stir for 1 minute. Add cream; cook and stir until liquid is reduced by half. Be patient, this takes about 20 minutes. Add the salt, pepper, and parmesan; cook and stir until thick. Remove from heat; stir in parsley.
 - Preheat oven to 400 degrees F. Place a pizza stone or a large tray into the oven and allow preheat. This will help the crust's bottom to be crispy. Combine the dough, salt, and spices. On a large piece of parchment paper greased with melted butter, press the dough into a circle roughly 14" and ¼ cm. to ½ cm. thick, depending on your thickness preference. The crust will rise and spread a little. Brush crust with butter and sprinkle with Kosher salt. Prick with a fork to help limit air bubbles. Carefully slide the parchment paper with the crust on it onto the hot pizza stone and bake for 8-10 minutes. Pull it out when it is BARELY BROWNED, or even undercooked, because we will bake it again with the toppings on.
 - Spread sauce evenly over crust. Arrange your toppings on however you like. Sprinkle cheese over the top. Carefully pull out parchment paper from underneath the pizza. Bake at 400 degrees for about 10 minutes or until the cheese is melted. Cool for a few minutes before serving. Enjoy!
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Notes:

- We suggest using mozzarella made with whole milk if you like for a more Keto-tastic pizza. You can also use full fat mozzarella in the pretzel dough

BACON JALAPENO CHEESY CRISPS

INGREDIENTS

- 1 c. finely shredded Parmesan
 - 1/2 c. finely shredded cheddar (preferably aged)
 - 1 jalapeño, sliced thinly
 - 4 slices bacon, cooked and crumbled
-
- Freshly ground black pepper (I didn't use the pepper)

DIRECTIONS

1. Preheat oven to 375°. Line a large baking sheet with parchment paper.
2. Spoon about a tablespoon of Parmesan into a small mound on the parchment paper. Top with about half tablespoon of cheddar. Carefully pat cheese down flat then place a jalapeño slice on top. Sprinkle with bacon and crack a generous amount of pepper over each mound. Bake until crispy and golden, about 12 minutes.
3. Let cool slightly before transferring to serving dish. Serve at room temperature.

Keto Brownies – Naibi Graham

1/2 cup unsalted butter
1/4 cup baking cocoa
1 cup Truvia baking blend (sugar substitute)
1/2 cup KetoFuel
1/2 teaspoon baking powder
2 tablespoons heavy whipping cream
2 large eggs

1. Melt butter in a medium saucepan over low heat, then remove from heat.
2. Mix all of the rest of ingredients until smooth.
3. Bake at 350 °F in ungreased 8x8 pan for 25-30 minutes. Bake and cool completely before cutting.

Optional:

You can add 1/2 cup chopped walnuts or pecans.

Zebra Brownies – Naibi Graham

Brownie Batter:

1/2 cup butter
3 tbsp. to 4 tbsp. baking cocoa
3/4 cup Truvia baking blend (sugar substitute)
1/2 cup KetoFuel
1/2 teaspoon baking powder
2 tablespoons heavy whipping cream
2 large eggs

1. Melt butter in a medium saucepan over low heat, then remove from heat.
2. Mix all of the rest of ingredients until smooth.

Cream Cheese Mixture:

¼ oz. cream cheese
2 tbsp. heavy whipping cream
2 tsp Truvia baking blend (sugar substitute)

Mix all ingredients until light and fluffy.

1. Spread half of the brownie batter in the pan.
2. Spoon cream cheese mixture by tablespoonfuls evenly onto batter.
3. Cover with remaining brownie batter.
4. Bake at 350°F in an 8x8 ungreased pan for 35 minutes.

Poppy Seed Keto Salad – Donna Mattingly

Salad:

Your choice of greens: Spinach, Red leaf lettuce, Romaine, etc

Bacon

Cheese of your choice

Avacado

Poppy Seed Dressing

½ cup balsamic vinegar

½ cup olive oil OR 2/3 cup butter

1 tsp. turmeric

1 tsp. ginger

1 tsp. mustard

½ tsp salt

1 tbsp. dry onion or powder

3 tbsp. stevia

3 tbsp. poppy seed

Blend all ingredients in a blender. Keep refrigerated.

Blend all ingredients in a blender. Keep refrigerated.

Cauliflower Rice – Marianne Porter

1 medium head cauliflower

1 heaping tbsp. butter

Salt & pepper to taste

Grate cauliflower in a food processor or box grater until it looks like rice.

Sauté in skillet over medium heat in butter.

Cook for 5-8 minutes, stirring occasionally then season as desired (salt, pepper, soy sauce, etc)

You can also add any keto friendly vegetable, ham, or eggs to make fried rice.

Cauliflower Mashed Potatoes – Marianne Porter

1 medium head cauliflower

3 tbsp. butter

¼ cup Parmesan cheese

¼ tsp garlic powder (optional)

Heavy cream

Salt & pepper to taste

Cook cauliflower till tender. Drain the water and add all ingredients except the heavy cream. Mash or put in a food processor.

Add heavy cream until smooth and add chopped chives (optional)

Cauliflower can be cooked in the microwave.

Chicken in Creamy Mushroom Sauce – Marianne Porter

4 Chicken Breasts
½ cup chicken broth
1 cup heavy whipping cream
8 oz. sliced mushrooms (more if desired)
2 heaping tbsp. cream cheese
½-1 cup grated parmesan cheese
2 cloves of garlic

Pound chicken breasts and brown slightly in butter 4-6 minutes on each side. Remove chicken from skillet. Sauté sliced mushrooms in butter.
Add cream cheese, chicken broth, garlic, and heavy cream. Simmer to reduce the sauce.
Add ½ to 1 cup grated parmesan cheese and stir.
Add chicken to sauce.
Salt and pepper to taste only after adding the Parmesan cheese.
Garnish with chopped parsley if desired.

Avocado Boats – Naibi Graham

½ avocado
2 slices of bacon
1 ½ tbsp. sour cream
½ tbsp. heavy whipping cream
Black pepper to taste
1/8 tsp garlic powder
Shredded cheese of your choice
Chopped cilantro to garnish

Directions:

Cut the bacon in small pieces. Sauté in a small sauce pan.
Slice avocado in half, remove the seed, and scoop out the avocado flesh.
In a small bowl, mix all ingredients including the avocado flesh until mixed well.
Fill the avocado shell with this mixture.
Sprinkle with cheese
Bake at 350° F for 10 minutes or until golden brown. You can also use a broiler
After baking, sprinkle with chopped cilantro to garnish.

Makes 1 avocado boat.

Homemade cheese ball - Janet Barlow

1 8oz softened cream cheese
1/4 c. blended cottage cheese
3/4 (ample) cup shredded cheddar, or
colby, or Monterey Jack
1/2 c. sour cream
1 tsp. lemon juice
onion powder
salt, & parsley flakes (dried)
nuts (optional)

Mix ingredients together in
mixer & add seasonings to taste..
less - sour cream or more cheese
to make it stiffer. Refrigerate
at least 4 hours if you want to
form into a ball & roll in 1/2 c.
Chopped pecans.

	Protein	Fat	carbs
1 ball	34	86	11
with pecans	39	122	18
1/4 c. serving	4	10	1
with pecans	5	15	2

COCONUT MOUNDS

2-2/3 cups unsweetened shredded coconut

1 batch warm sweetened condensed milk (recipe below)

1/4 cup melted coconut oil

1 tablespoon plus 1 teaspoon confectioners'-style erythritol

1 teaspoon vanilla extract

1/4 teaspoon Fijian Kosher Seas Salt

almonds

1/2 cup stevia-sweetened chocolate chips

1 tablespoon coconut oil

Place the melted coconut oil, condensed milk, erythritol, vanilla and salt in a bowl, stir. Add shredded coconut and combine until mixed thoroughly. Scoop 1 tablespoon of the mixture and shape into a square 5/8 than place on a parchment paper lined baking sheet. Repeat with the rest of the mixture. If using a silicone mold, lightly press 1 tablespoon of the mixture into each cavity (if you push to hard and keep adding mixture, you will not have as many).

Place in the fridge or freezer for at least 30 minutes.

Remove from fridge/freezer. If using a silicone mold, gently remove the bars from the mold and place on a sheet of parchment paper.

Melt chocolate in microwave or stovetop with 1 tablespoon of coconut oil.

Dip the top of the coconut mound in the chocolate mixture and place almond on top while chocolate is still wet; repeat. Return to the fridge to set. Enjoy!!

COCONUT CONDENSED MILK

1 (13 1/2 oz) can full fat coconut milk

2 tablespoons confectioners'-style erythritol

Place ingredients in a small saucepan and bring to a rapid boil over medium-high heat. Reduce the heat and simmer lightly for about 30 minutes, until milk has thickened and reduced by about half. Use immediately in a recipe that calls for it, or let it cool and store in the fridge for later use. Stores in the fridge for 3 days.

Yum! - Jennifer Winder

KETO CREPES/PANCAKES

8 oz. cream cheese

2 heaping scoops "keto fuel"

$\frac{1}{4}$ cup melted butter

8 eggs

1 teaspoon vanilla

Place ingredients in blender and blend until smooth. Preheat griddle to medium. Butter the hot pan and pour batter $\frac{1}{4}$ c. at a time. Cook crepe until batter is set and flips easy. Flip and cook on alternate side. Makes 16. 4 per serving. Serve with favorite keto toppings. My favorite is always sliced strawberries and whipped cream.

Keto Pork Rind Tortillas

Ingredients

- 4 oz. Pork rinds (I use plain)
- 1 (8 oz.) package cream cheese, softened
- 8 eggs
- 1/3 cup water
- 1 tablespoon granulated garlic
- 1 tablespoon ground cumin

Method:

1. Place pork rinds into a food processor and mix for about 10 seconds, until they are dust.
2. Add all other ingredients to food processor and mix for about 45 more seconds. Until you have a nice smooth batter.
3. Preheat small frying pan on medium low.
4. Grease pan (I use coconut oil) and pour 1/3 cup of batter onto griddle.
5. Gently spread the batter as thin as you can with a rubber spatula and cook for about 2 minutes or until golden brown.
6. Flip tortilla and continue to cook for about 45 more seconds.
7. Repeat with the rest of the batter.

** These tortillas can be made ahead and wrapped in plastic, or stored in the freezer!*