

Stac'ey's KetoFUEL Ice Cream
August 1, 2017

Chocolate Strawberry or Raspberry

In a 6 cup blender pitcher put the following ingredients:

- 1 16 oz. carton of Coconut Cream (Kara is the brand I like because it's 99% coconut.) You can also use a brand like Thai Kitchen.
- 1 cup water (I put the 1 cup in the Kara carton and shake it up to get all that coconut goodness).
- 3 servings (6 scoops) of KetoFUEL

Blend up.

- 1 cup cocoa powder (I use a good quality cocoa powder from my home country of Canada). If you like it less chocolately, of course, use less.

Blend up again.

- ¾ lb. of strawberries washed and hulled
- 1 T vanilla (I like the kind without alcohol – more vanilla flavor or use a vanilla bean).

Blend up and taste.

If you want it to be sweeter then add some sweetener like Stevia or Erythritol. Start with 1 tbsp. of Stevia (I like the SweetLeaf Organics Stevia brand). Adjust according to your liking.

If your 6 cup blender is shy – then add cream till you get 6 cups.

Pour into your ice cream freezer and turn on. In 25 minutes you'll have a delicious dessert. (I use the counter top Cuisinart 2 qt. freezer).

Serving Size: ½ cup 9 carbs per serving

Other variations I've tried are:

Raspberry Cheesecake. Follow the same ingredients and instructions above replacing the cocoa powder with 6 oz of cream cheese and the strawberries with a cup of raspberries. When the ice cream is done, I stir in ½ c more of whole raspberries. Of course, you could use any berry you'd like or a combination.

Serving Size: ½ cup 2 carbs per serving

Razzleberry Ice Cream. Same as Raspberry Cheesecake but use a mixture of 3 berries (1 lb in total). I've used Blackberries, Strawberries, Blueberries, Marionberries, Raspberries.

6 oz. Blackberries, Blueberries, or Marionberries = 24 carbs each

6 oz. Strawberries = 12.8 carbs

6 oz. Raspberries = 21 grams carbs

Toasted Almond Fudge. Same as Chocolate above omitting strawberries. Add ½ cup more of cream and ½ cup more of water. Toast 1 c of almonds and add to ice cream at that very end when the ice cream is ready.

Serving Size = ½ cup. 6.8 carbs per serving

Let your imagination and creativity work for you. Put your favorite combination together!

Note that this recipe should be considered a “treat” keto food and make sure to count the carbs in this recipe as part of your overall daily carb intake. Also, if you are new to keto, it can be good to avoid using fruit in the first 90 days as it may throw you out of ketosis.



**BACON LOVERS
MEAT LOAF**
Serves 12
2g Net Carbs Each

Ingredients

- 1 onion, sliced
- 2 crushed garlic cloves
- 1½ pound ground beef
- 1½ pound ground pork
- 2 eggs, lightly beaten
- Handful fresh chopped parsley
- Handful fresh chopped basil
- 2 slices bacon, diced
- 1 ounce chopped sun-dried tomatoes (optional)
- 2 teaspoons dried oregano
- Salt & pepper to taste
- Slices of bacon to cover the meatloaf
- 3.5 ounces grated cheese of choice to the meatloaf mixture

Instructions

Oil and line a baking tray before starting.

Put all the ingredients in a large mixing bowl and mix together with your hands until all the ingredients are thoroughly mixed together.

Form into a large meatloaf shape on the lined baking tray.

Cover with the bacon slices and sprinkle on Parmesan cheese (optional).

Bake at 350°F for 50 minutes or until thoroughly cooked in the center.



**FAJITA CHICKEN
SOUP**
Serves 12-14
6g Net Carbs Each

Ingredients

1½ pound chicken breast
32 ounces chicken stock
14.5 ounce can of diced tomatoes
1 medium yellow bell pepper, diced
1 medium orange bell pepper, diced
1 medium onion, diced
6 ounces of mushrooms, thinly sliced
4 large garlic cloves, minced
4 tablespoons taco seasoning
2 tablespoons fresh cilantro, chopped
1 tablespoon garlic salt

Instructions

Heat slow cooker on low setting.
Add all ingredients to slow cooker.
Cover and cook on low for 6 hours.
Shred the chicken breasts using two forks.
Cover and cook 1 additional hour.