

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.



BUTTERMILK (KETO) SYRUP

(adapted from “baking outside the box”)

- ½ cup butter
- ⅔ cup powdered swerve
- ¼ cup cream
- ¼ cup water
- 1 tsp. cider vinegar
- ⅛ tsp. salt pinch
- ½ tsp. baking soda
- 1 tsp. vanilla extract or flavoring of choice (my favorite is coconut)

1. In a medium sauce pan, melt the butter.
2. Add the Swerve, salt, cream, water and vinegar.
3. Stir and bring mixture to a full boil.
4. Allow it to boil 1 minute.
5. Remove from the heat and stir in baking soda and vanilla or flavor of choice.
6. It will foam up a lot when you add the soda and flavoring.
7. Serve it warm over your favorite low carb pancakes, crepes or waffles.
8. Keep syrup in a container that can be used in both the microwave and the refrigerator.
9. Keep the syrup in the refrigerator between uses for up to 3 weeks. Stir and gently rewarm when needed before serving.

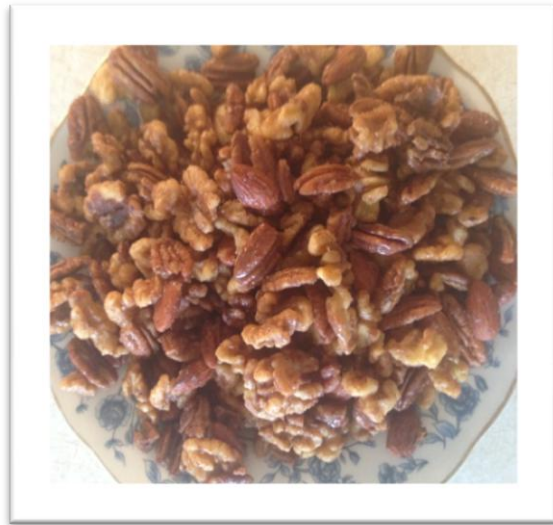
Makes about 1 ½ cups or 24 – 1 tablespoon servings

To see this recipe made, please visit “living our keto life” on Facebook.

Glazed Nuts Fat Bombs

Ingredients:

- 2 cups Pecans
- 2 cups walnuts
- 2 tbsp. butter
- 1 tsp. cinnamon
- 1/4 cup stevia or Swerve to taste
- 1 tsp. salt
- 1 tbsp. water (more if needed)



Instructions

1. Combine nuts and butter in a skillet. Sauté for a few minutes.
2. Mix cinnamon, sweetener, salt, and water together. Pour over the nuts.
3. Stir thoroughly and put on wax paper to dry.

Divide in 12 equal servings (about 1/3 cup) for approximate macros of 27 grams fat, 5 grams protein, and 5 grams carbs. If you count net carbs, the carbs are lower than 5 grams per serving.

- Yummy recipe submitted by Doris Koehn

KETO CHOCOLATE MOUSSE CUPS

Ingredients:

½ cup butter, room temperature
½ cup granulated erythritol (swerve brand is my favorite)
8 oz. cream cheese, room temperature
¼ cup cocoa powder
½ cup keto fuel
12 oz. sweetened, whipped cream

Optional:

Sweetened whipped cream for topping
Tiny keto cake squares (recipe below)



Cream butter and granulated erythritol until fluffy; add cream cheese and mix; add cocoa powder and mix; add keto fuel and mix well. Stir in whipped cream slowly until mixed through. At this point taste to see if you need more cocoa powder or erythritol (depends on what you prefer). I use shot glasses to make a parfait layering cake mousse and whip cream. These make great little fat bombs.

Makes 24

KETO CAKE

Ingredients:

2 Cups “Keto Fuel”
2 teaspoons baking powder
3 Tablespoons granulated erythritol
8 eggs
1/2 Cup whipping cream

Directions:

Preheat oven to 350 degrees. In a medium bowl add all ingredients and whisk together until smooth. Line a baking sheet with parchment paper and spray parchment with coconut oil. Pour batter into pan and evenly spread. Bake for 12-15 minutes until light golden brown. Cool.

Chocolate, Strawberry Almond Roll

CAKE:

4 eggs
1 teaspoon baking powder
3 T. granulated erythritol (swerve is my favorite)
1 cup keto fuel powder
¼ cup whipping cream
¼ cup unsweetened cocoa powder

Preheat oven to 350. Place ingredients in bowl and mix until smooth. Pour batter onto a parchment paper lined jelly-roll pan. Bake for 10 minutes or until light golden brown. Remove from oven and flip cake onto another sheet of parchment paper. Remove original parchment paper and discard. Starting on the edge (longer edge), gently roll cake with parchment paper you flipped it onto. Place on cooling rack to completely cool.

While cake is cooling make strawberry sauce and filling.

STRAWBERRY SAUCE:

8 oz. strawberries with stem cut off
2-3 tablespoons granulated erythritol (swerve is my favorite brand)
Juice from ¼ lemon

Blend strawberries and place in a pot on the stove. Add erythritol and stir. Heat to boiling and then turn to low and simmer for 5 minutes. Squeeze lemon being sure to not get any seeds in the sauce. At this point taste and see if you need more erythritol (can vary depending on sweetness of strawberries). I like mine to be a little tart.

ALMOND CREAM FILLING:

1 cup (8 oz.) cream cheese
½ teaspoon almond extract
½ cup confectioners erythritol
2 cups already prepared whipped cream (sweetened)

Whipped cream and strawberries for garnish

Place cream cheese and confectioners erythritol in a bowl and cream with electric mixer; add almond extract and mix. Stir in whipped cream gently until well incorporated.

TO ASSEMBLE:

Unroll cooled cake. Spread 1/3 cup of the strawberry sauce over the surface of the cake. Spread cream mixture over strawberry sauce being sure to cover the entire cake. Gently roll cake back up and wrap in plastic wrap. Refrigerate for at least 4 hours or overnight. If there is extra strawberry sauce you can save it for a garnish or for another recipe.

TO SERVE:

Remove plastic wrap. Cut off un-even ends of the cake roll. Cut into 22 even slices.

Optional: Top with a dollop of whipped cream and strawberry.

Macros per slice (when cutting into 22 slices):

NOTE: macros do not include opt. dollop of whipped cream and strawberry.

Fat-12.47 (86%) Protein-2.94 (9%) Net Carbs- 1.67 (5%)

