

# KAREN'S KETO KOOKBOOK

An approach to healthy eating for life on the go



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The Motoroamers



KETO KOOKBOOK

*Karen's*

THE MOTOROAMERS

# Introduction - to Me & Keto

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Welcome to my Keto Cookbook where I have collected a series of recipes that have been part of my Keto journey since December 2020.

I am one half of The Motoroamers, Karen and Myles and we have been living, travelling and working full time in our motorhome since March 2016. In our four decades together Myles has seen me experiment with many diet fads and they all worked, to some degree, in the short term. And, as with most new eating regimes, when the novelty wore off the weight came back on. I've learned as a life coach over the last 20 years that a couple of things separate us from where we are today to where we want to be:

- \* Self esteem - if we don't believe we are worthy of being fit, well and healthy
- \* Determination and commitment - much like New Year's Resolutions, they often just don't stick
- \* Ease of action - if our goal and actions don't fit easily and naturally into our lives, we soon lose interest
- \* Language - both language in our heads that sabotage us and the language we read or hear from others will influence our choices and behaviours.

So for me, the word DIET has been a consistent part of my vocabulary since a teenager as I battled with my self-image, always comparing myself to prettier, thinner and 'better' others. And, by its very association, DIET spelled backwards means tied. A regime that denies us of what we love, want and need. Diets can embody an energy that robs us of choice, freedom and happiness. I came to realise that starving myself was destructive. Counting 'sins' (even the very word has a naughty connotation to it) and watching calories only to give in to a bar of chocolate then punishing myself, was counter intuitive. So I quickly learned through my Personal Development work that language was such an important part of a healthy lifestyle. I also needed to find a way of eating that didn't deny me, instead it gave me choices and a way to get my body back in shape. Not be thin! To be healthy.

This was when I found Keto. A lifestyle - no - more an eating style that, scientifically I understood wholeheartedly.

As a student of Naturopathic Nutrition, I have come to learn about the power of food and, combined with my coaching, the power of our minds in how we look and feel both on the inside and out. And for me Keto gave me a solution that I had probably been searching for all my life. I took time to research the theory, how it had developed from the times of the Atkins Diet; and yes I tried that too, and how it became an eating sensation. When I looked around though at those who were promoting Keto, one thing I found was missing, that is critical to my healthy perspective - were GREENS.

Whilst you will see greenery in many people's recipes by way of vegetables of course, for me it wasn't enough. So my Keto approach is a Green Keto. That means that in every meal I try to add green to it somewhere, even if it's a Pea Protein powder or Spirulina powder to add to my smoothies. Anyway, let's dive a little into the science behind Keto and why it works for me as a solution to health and wellbeing - not a diet.

Ketogenic eating is based on forcing the body's metabolism into a state of ketosis by reducing the amount of carbohydrate foods we consume. Carbohydrates provide the body with fuel, the glucose that enables our internal processes to work. However, when we consume too many foods rich in glucose and fructose (from fruit) the excess sugars are converted to fat. So when we trigger our body into Ketosis through reducing the amount of carbohydrate foods we eat, then the body will search for an alternative source of energy and it goes to our fat stores to enable efficient functioning. So this, at a simple level is how we can use a Keto eating style to maintain healthy weight, reduce the amount of sugar we consume and create a healthy balance, metabolically. However, Keto is not intended as a forever 'diet'. It is a short term solution for improved health and weight. That said, you can follow these recipes for an long-term, carbohydrate moderated way of eating to maintain a healthy body and metabolism.

A Keto approach encourages low carbohydrate, high protein and medium fat. Personally, in my approach, I try to keep fats to a minimum as too much hydrogenated fats like cheese and cream can be bad for heart health. The approach was initially created to help children with epilepsy, although is now used as a clinical approach to help obesity, cancer and diabetes. As we know excess sugar is bad for us and is burned by the body as an acid. It is thought to be one of the major factors in inflammation in the body. Now sugar is not just the white stuff we put in our coffee. It is the glucose and fructose found in high carbohydrate foods and fruits. So consuming less of this means that we reduce the acidic effect on the body and therefore create a healthier environment on the inside. If you would like to delve deeper into the science, this is a thorough [website](#) with a clinical background. So, welcome to my Green Keto Kookbook, where I hope to inspire you to find a long term, healthier approach to eating, especially, I must add, if you are cooking in a small space like we are.

# Preparing our Keto Larder

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Before we delve into the heart of some of the recipes that I have loved on my Keto journey, I think it is useful to pull together a larder of food that you will want to keep as meal staples on Keto. Whilst a lot of the websites that I have looked at, are great for meal and snack ideas, I haven't found a comprehensive list yet of foods to fill my larder. So when I come to wanting to prepare something and find that the key ingredient is missing I risk reaching for the wrong thing. Here I attempt to rectify that.

## 1. Vitals

Eggs  
Almond Flour  
Peanut Butter  
Butter  
Almond or Coconut Milk  
Spinach & Kale  
Chicken, Pork, Beef for meat eaters  
Tofu for vegetarians  
All fish  
Profuse avocados  
Lemons & limes  
Small berries; blue, straw, rasp, black  
Cottage cheese & Soft cheese  
Chia, nuts & seeds  
All salads, lettuce, cucumber, peppers  
All herbs & spices  
Olive. Coconut, Walnut & Sesame Oils  
Cream, Crème Fraîche, Natural Yoghurt  
Bacon & lardons  
Stevia or Erythritol sugar substitutes  
Mushrooms  
Vegetables, especially green ones  
Mayonnaise

## 2. Essentials

90% Dark Chocolate Lindt  
Brazil nuts  
Peanuts (in moderation)  
Pork Scratchings (if they are your thing)  
Peas  
Tahini  
Sausages  
All Cheeses like Cheddar/Parmesan  
Tomatoes fresh & tinned (in moderation)  
Powdered Pea Protein  
Powdered Spirulina  
Powdered Spinach  
Flax meal  
Buttermilk  
Physillium husks  
Low calorie tonic  
Kombucha  
Cacao powder (from a health shop)  
Tomato Purée  
Coconut milk/cream  
Stock cubes (low salt)  
Baking Soda

## 3. Limit usage

Apples, Pears, Oranges  
Bananas  
Sweetcorn  
Legumes such as kidney beans/chick peas  
Sweet Potatoes, Parsnip & Squash  
30%+ spirits & no sugar mixers  
Fish fingers  
Couscous

## 4. Remove

Potatoes  
Bread & all cereals  
Rice, Pasta & Noodles  
High sugar drinks & wine  
All sugar-laced sauces like Brown/Red  
Any margarines  
White flour & sugar  
Dried fruits  
Chocolate, sweets & biscuits  
Crisps & processed foods

# Tips Before you Start

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One more thing before we dive in and whet your appetite. Here are a set of tips for enjoyment and success, whether you are looking to loose weight, maintain a healthy diet or control diabetes. I will just add, that I am not a medical practitioner, so if you are suffering from cancer or a diabetic complaint, please ensure you seek medical advice first before starting this new eating regime. And I would say to you all, please do your own research into Keto to make sure it is right for you. Not everyone likes it or can tolerate it - if you have, say a heart condition or cholesterol issues. And if there is any doubt, please ensure that you take guidance from someone appropriately qualified. I am only writing this because of my passion for this way of eating.

There are two phases with Keto.

1. First is if you are wanting to use Green Keto for weight loss, then the *Ketosis* that you are aiming for requires a very low carbohydrate intake. It is only then that you reach the required metabolic state that starts to convert fat to energy. Now some books you will read will suggest that you measure your ketosis through your wee. I personally have been so addicted to diets in the past that following this level of scrutiny does not work for me. So I just cut my carbs right down and I saw a dramatic 2 stone weight loss over the course of six months. I don't measure, I just do - and it worked. This is not though intended as a long term approach. This is to reset your metabolic rate. The maintenance phase below is a longer term philosophy.
2. The second phase of Keto is *Maintenance*. This is where we choose to introduce some higher carb foods for one meal or create space for a week with friends, after which you return to a lower carbohydrate intake. Unlike so many other diets, regaining control of eating and weight is so much easier with Keto.

As with all things, be balanced, make conscious choices and give yourself permission to eat what you want or - more importantly - what your body needs. When I broke my ankle, I felt it was important to eat some carbohydrates because my body was healing and I needed to help it along. So don't let this rule your life. Let it liberate you from the diet rules that perhaps you've followed most of your life, if you're like me. Yes it takes some discipline, but life is for living - healthily.

# Tips before you start

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As with any healthy lifestyle, it is not just about the food we eat. It is about the *exercise* we build into our routine. Whatever fitness level you have currently, find ways to increase your heart rate for at least 20 minutes a day. That doesn't need to be in one go, you could do it in small junks. And unlike some fitness gurus will have you believe, you do not need to sweat to burn calories. And I say this as a yoga teacher.

Exercise is about giving your heart a work-out, but this can be as easily maintained by doing a few yoga poses as pounding the streets. So take a walk or, if you already walk, walk a little faster or further. Warm up your body after waking up with some windmill arms to trigger your lymphatic system into action, or some simple stretches to start the day. Whatever you can do - do. Just do it safely, gently and build up your routines, especially if you haven't exercised for a while.

If you are under the guidance of a Medical Practitioner, then check with them and get their advice on what will work best for you and any medication you might be taking.

Exercise truly promotes weight loss especially when combined with a healthy Keto Maintenance approach. As our bodies burn calories, if there are insufficient carbohydrates being consumed, then exercise encourages your body to use fat stores to maintain its homeostasis. Essentially that means - what the body needs to achieve a normal and balanced internal environment. Like the heart, kidneys, brain, liver, blood function, which are masterfully managed intuitively by the body, we just help it along with how we eat, move and think.

Two of the most popular questions I have been asked with my Keto journey are; can I still snack and what about alcohol?

Yes you can snack following Keto. Just make healthy treats that are included in this book, and they will stave off cravings in your early months. However, just remember that in the first few weeks of Keto, you want to keep your carbs low enough to trigger ketosis and that might be, for a little while without snacks. Of course they will deliver a carb hit, albeit a lot lower than shop bought snacks that are high in sugars, but keep them to a minimum. And yes, you can drink, in moderation of course. High % spirits have little or no carbs as they sugars are burnt off in the fermenting process. So as long as you have low cal mixers, you are good, just perhaps not for the first two weeks or just at weekends.

# Let's begin - creating the right mindset

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Shape up your brain

We've focused a little on what to do around the food you can eat and foods to avoid and the idea of ketosis. Now for one more addition that I believe is fundamental to anything we do - and that is our mindset. The thoughts that consume our brain.

The way we think has a direct impact on our body's health, healing and immunity. If you are after a great read around how the mind can heal us, check out my favourite author **Dr David Hamilton**. He delivers the notion that our brain's power can influence our bodies at a cellular science - everything he says makes complete sense.

Let's create three mental reference points to show how they can help us along with Keto;

- Firstly let's ***change our language***. This is not a DIET. This is a *way of eating* that induces the body into a fat burning state and allows you to find a healthier blood sugar balance.
- Secondly, this is not about ***measuring carbs***. You'll notice in my recipes that I don't reference the carb content and that is deliberate. I have always adopted the idea of 'Don't measure - do.' Whether that's steps, calories or food. Now for the sake of a recipe not tasting or looking like a dog's dinner, there are some rough measurements included in the recipes, but I believe you will find your own way of adjusting the ingredients and amounts to work for you. Just allow yourself the permission to eat differently & well.
- Thirdly, ***you deserve all this and more***. Whether it's about weight loss, maintaining a healthy balance or reducing blood sugars, you are worthy of the investment; of time, money, effort and commitment. This is not intended as yet another diet for you to fail at, as I have over the decades. This is about tuning more into your body and creating space to feel more balanced. No injections, no gyms, just a form of eating that is nutrient dense, packed full of tummy-filling food that helps you to feel physically in a better place. And that - is priceless.



# Karen's (Green) Keto Kookbook

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I have organised this book into four sections;

1. **Breakfasts** - we all need to start the day with something more than coffee. A hot water and lemon is the first step to wake up your liver and make sure that it functions efficiently. After that something to line our stomachs is imperative.
2. **Lunch** - especially if you are on the go in the family home, in the office or travelling like we are, having easy to make lunches feels important.
3. **Dinners** - have an important role to play in our nutrition. Whilst there are some people who advocate fasting, and I do fast by having an early dinner and late breakfast. I do feel that a good evening meal is important.
4. **Vegetables and Sides** - having some choices that are purely vegetarian or that are an important accompaniment to your main meal feels important to acknowledge in a Keto Kookbook. Especially when vegetables and protein make up the most substantial part of this approach to eating more healthily.
5. **Desserts and Sweet Treats** - we can not pass by without mentioning the sweet stuff. On Keto, as I have come to learn, it is super easy to build in some treats that don't go breaking your Keto Bank. However, do delve into this with some caution in your early weeks, as treats even of the Keto kind, still have carbs in them. First rebalance - then introduce some of these delights.

So are you ready? Let's go. With love, hope and optimism Kx



# Chapter 1 - Breakfast



# Breakfast Keto Options

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**T**hey say that we must 'Breakfast like champions'. And I have always been a supporter of this first meal of the day.

However, for me, it is not a hard and fast rule because I like to do intermittent fasting. So I will have my dinner before 7pm and then perhaps not eat again until 10am the following day. Sometimes I may even get through until lunchtime depending on whether it is a travel day.

That said, I do think it's good to get your system started with a wholesome breakfast that ignites the metabolism into action.

In this section I have included a few breakfast options that should satisfy all tastes and desires. Whether you are like me and eat late or are fastidious about your first meal of the day.

I would like to add before we go any further that whether you are on a diet or not, every day should be filled with plenty of hydration. At least 2 litres.

Our first drink of the day is always, without fail, hot water and lemon. This is a perfect reviver for the liver, without which our metabolism cannot function properly. This is then followed up with at least 3-4 pints of water - pure water, nothing in it, not even bubbles - just fresh, filtered water. We often add a green tea, peppermint or ginger tea to our hydration routine somewhere through the day. It's all about creating healthy cells and washing out the toxins.

At the very least, start with a hot water and lemon as an essential way to start your day,

Let these inspirations tempt you as you begin your day with a positive Keto start, from smoothies to avocados - and even fry ups, no less.

They are highly nutritious and will leave you feeling full for longer.



# Good Morning Smoothie

I love having a liquid breakfast, that is super quick to make when you are on the go or have a travel day, and super nutritious. It just takes four ingredients and is absolutely delicious. I also add in my Elavate Collagen which adds a little sweetness to it and makes it a really easy to get my daily dose. There are so many different ways you can adapt this although here is my basic recipe.

## Recipe serves

1

## Ingredients

## Amount

Glass of Almond Milk with splash of water	0.75	Glass
Collagen if using	1	Scoop
For a winter smoothy add cinnamon or warming spices	1	Tsp
Blueberries	1	Handful
Spinach - fresh or powdered	1	Handful
Stevia for sweetness if not using collagen	1	Tsp
Lime juice (fresh)	1	Lime

## Method

Using a blender (I use the Ninja travel accessory) place all the ingredients in the container and whizz for 1 minute. Then pour. If you wanted to you could add ice for a summer drink.



# Green Goddess Smoothie

My next smoothie option is a really great digestive aid and if you feel sluggish, then that could mean a bit of a clogged colon. So a couple mornings of this little beauty will help to cleanse you. Now this is a bit controversial because of my use of the pineapple which is a high carbohydrate fruit. However it is only a small portion, so may take you out of Ketosis, although for a maintenance regime it is fine. Just do some exercise and that will counterbalance the carbs.

## Recipe serves

1

## Ingredients

## Amount

Cucumber and a squeeze of lime	0.5	Portion
Fresh pineapple	3	Chunks
Water NOT nut milk	3/4	Pint
Spinach	1	Handful
Stevia for a bit of sweetness	1	Tsp
Ginger thumbnail size skin removed	1	

## Method

Using a blender (I use the easy travel accessory the Ninja) place all the ingredients in the container and whizz for 1 minute. Then pour. If you wanted to you could add ice for a summer drink.



Cucumber consists mostly of water so is a great hydrator. The ginger is an anti-inflammatory food and the pineapple has Bromelain, an enzyme that breaks down proteins. Together with its fibre it's a powerful digestive aid.



# Berry Good Smoothie

This smoothie is a little indulgent, if only because it doesn't hit my Green Keto marker. The fruit, does take a toll on the daily carb in take, so I have this as a bit of a change and when on Keto Maintenance. Berries are actually ok in moderation on Keto, as they contain less sugar than other fruits like bananas, apples and pears. If you have a freezer, buy a frozen berry collection and that gives the benefit of smoothies every day and adds coolness too. I like to add the avocado, one for a protein kick and two to give the smoothie a lovely consistency.

## Recipe serves

1

## Ingredients

## Amount

Cucumber	0.5	Portion
Strawberries and blueberries		Handful
Lime or Lemon		Squeeze
Coconut milk or Almond milk	3/4	Pint
Stevia for a bit of sweetness	1	Tsp
Avocado - destoned and skin removed	1/2	

## Method

Using a blender (I use the easy travel accessory the Ninja) place all the ingredients in the container and whizz for 1 minute. Then pour. If you wanted to you could add ice for a summer drink.



# Avocado Toast

I absolutely adore avocado on toast especially when there's a lovely piece of Sour Dough bread. When I am on my maintenance level Keto, I will generally allow myself the occasional bit of Sour Dough. Although not when I am in weight loss mode. So I make my own Irish Soda bread, which you will find on the next page. It does the job quite nicely and gives the Avocado Toast treat.

Recipe serves	
1	
Ingredients	Amount
Ripe avocado, peeled, halved and destoned	1 Small
Slices of Keto Irish Soda Bread	2 or 3 Slices
Cherry Tomatoes	4
Salt and Pepper seasoning to taste	1

## Method

Toast the bread and butter. Stone the avocado and spoon out, mashing it well onto the toast. Dress with olive oil if you wish and season with salt and pepper. You could also add a poached egg on top if you are particularly hungry.



Avocados are a great source of protein and good fats, delivering a huge boost of Omega 3. They are great for fibre and vitamins such as C, E, K and B.



# Keto Irish Soda Bread

The prospect of giving up bread by choosing a Keto regime, can be a tough pill to swallow. However, with this recipe you can enjoy bread again, albeit in a different way. I must give a massive shout out to **The Sugar Free Londoner** who has been my inspiration for many of my Keto recipes. I adapted her recipe below by adding extra seeds to my version and I interchange between the two.

## Recipe serves

8 slices

Ingredients	Amount
Almond flour	2 Cups
Psyllium Husk power (or ground flax seed)	2 Tbsp
Buttermilk or Sour Cream	3/4 Cup
Ground Flaxseed	1/4 Cup
Egg at room temperature	1
Baking Soda (if using Baking Power triple)	1 Tsp
Seeds or oregano - to create my version	Handful

## Method

In a mixing bowl stir all the dry ingredients with a fork. Beat the egg and the buttermilk together then add this to the mixture combining well. Now knead the dough until it has a smooth texture, then leave to stand for 10 minutes. Pre-heated oven (180°C). Line a baking tray with parchment paper and bake for 45 minutes or pop in the Airfryer for 20 minutes. Leave to cool before demolishing. Store in foil.





# Chia Pots

I was first introduced to these little pots of wonder during my two trips to Iceland in 2024. They were such a lovely to start the day that I decided to replicate them both as a light breakfast and a dessert, as you will see later. For these little pots of loveliness, you can be as creative as you want with the toppings. Chia are packed full of goodness and antioxidants, and you can prepare these ahead of time to give you a quick brekky before hitting the road.

Recipe serves	
1	
Ingredients	Amount
Chia Seeds covered in water	2 Tbsp
Raspberries	1 Punnet
Stevia for sweetening.	To taste
Crème Fraîche	2 Tbsp

## Method

Cover the Chia seeds with filtered water and leave to soak for 20 minutes, until the consistency of tapioca if you remember it at school. Meanwhile mash the raspberries or you could use strawberries or blueberries and add stevia to sweeten. When the Chia seeds are swollen, then add the crème fraîche and put into little shot glasses storing in the fridge until you are ready. They will keep for a couple of days. Alternatively you could make the Chia seed mix for a week or so then add your toppings as desired.



Chia seeds are nutrient dense powerhouses rich in fibre, Omega 3, protein and most importantly antioxidants. They are fabulous as a digestive aid and pack a calcium punch to boot. Do ensure that they are hydrated before consuming as they can cause bloating if not pre-

# Chia and Seed Porridge

Chia seeds are so versatile and a powerhouse of nutrients. And this little porridge I made up with a mixture of flax seeds, sunflower, sesame and pumpkin seeds. The most important thing with the chia and the flax is that you hydrate them before eating. Otherwise they will absorb your stomach and colon juices that rob you of essential body water causing dehydration and bloating. So always soak in water before using in any recipe.

Recipe serves	
2	
Ingredients	Amount
Chia and mixed seeds covered in water	2 Dtsp
Raspberries and blueberries for decoration	6
Stevia for sweetening	2 Dtsp
Almond milk	1/2 Pint
Warming winter spices like cinnamon, cloves and ginger	

## Method

Place all the seeds into a bowl and add the water. Leave to absorb for 10 minutes or until you get a gloopy mixture. In a saucepan slowly heat up the milk and add the porridge mixture slowly, stirring all the time. Add in some spice and stevia to taste and serve topped with fruit.



# Homemade Ginger Shot

Supermarkets now are selling small tins of shots, which are pretty low in carbs. Although because, right now sat in Morocco they don't sell these drinks. I have learned to make our own and they have no preservatives, only good, honest, local produce.

Try it and watch your immune system tingle in appreciation. Ginger by the way is great for high Blood Pressure, which is one of the main reasons for having this daily to help Myles.

Recipe serves	
2	
Ingredients	Amount
Knob of fresh ginger peeled	1 Thumb size
Lemon squeezed	1/2
Soda Water double the amount of lemon juice	

## Method

Grate the ginger into a pulp. Squeeze the lemon and take out any pips. Add the soda water so that you have at least double the amount of water to lemon juice. Otherwise it is far too strong to drink. Mix and pour into shot glasses. Drink and feel its piquancy work in your immune system.

Ideally drink first thing in the morning. Store excess in the fridge for a day or two.



# Keto Pancakes

We all love a pancake! Well I certainly do, especially when it's a late, lazy Sunday morning and we want a nutritional hit for brunch.

I do easy pancakes these days. For Myles I do banana and egg mix rather than the traditional batter mix. For a Keto pancake it's a cream cheese base, with eggs and almond flour - my results can be a bit hit and miss, although it doesn't need to be pretty. It needs to be tasty.

Recipe serves	
1	
Ingredients	Amount
Egg	1
Tub of full fat cream cheese	1/2
Almond Flour	1/2 Cup
Stevia	1/2 Cup
Butter	Knob
Cinnamon	Sprinkle
Raspberries or Blueberries	Handful
Cream or crème fraîche	Drizzle
Nuts and seeds	Sprinkle



## Method

Mix all the ingredients well in a bowl. In a small frying pan, add the butter and melt gently on a low heat, do not let it burn. Now add the batter, allowing the mix to cook for about 5 minutes.

Using a fish slice, turn over the pancake carefully. Or what I do is; put a plate on top of the frying pan and turn it over, then slide the pancake back into the pan. Cook for another few minutes and then slide out onto a plate and decorate with cream and fruit of your choice. If you wish you can add seeds for an additional hit of nutrition.

It took me a few attempts to get the shape right and from time to time it doesn't quite work out, although it still tastes delicious.

# Chapter 2 - Lunch



# Lunch Keto Options

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**L**unch can strangely be the more difficult of the daily meals. For us it can often be grabbing something quick whilst we're on a travel day, or even out exploring a city or walking. So getting lunch right can be tricky.

If that sounds like you, then organisation is the key to prevent you from reaching for a cereal bar or other sugar laden snack that gives you ease on the fly. Or buying something in a supermarket that is not Keto friendly. Especially if we're in a country that has delicious baguette options!

Thinking ahead at the beginning of the day can make your choices much simpler.

For example, I will have eggs boiled and in the fridge, perhaps even a smoothie already prepared first thing in the morning. I have wraps prepared and stored in the fridge or simply a menu idea in my head. Perhaps I have some Irish Soda Bread that I can use. Cooking a batch of soup that I store and use when I need something warming and quick, is a perfect solution.

Given that Myles isn't on Keto, it provides an additional challenge to deliver something that he enjoys and not force him to endure my Keto choices.

In this section, I want to arm you will a heap of options that, during the course of day, where time to prepare is scarce, that you have plenty of choices to reach for.

And in truth, you could draw on any of the Breakfast options I've listed in the previous chapter depending on time and circumstance, or perhaps choose from these scrumptious meals.



# Soup Glorious Mushroom Soup

For seasonal pleasure to warm the cockles of our hearts, there's nothing better than a soup. They are quick to prepare, generally speaking, and so easy to store for a couple of days. I will be honest, I have been known as a soup and curry queen, so pulling together creative soup solutions feels easy. Here are a few of my favourites, starting with the humble mushroom.

## Recipe serves

2

## Ingredients

## Amount

Any sort of mushrooms sliced roughly	2	Packets
Small white or red onion sliced roughly	1	
Vegetable or Chicken stock cube	1	
Fresh or dried thyme	4	Sprigs
Boiled water and butter or Olive Oil	2-3	Pints
Carton of cream	7	Oz

## Method

Using a little olive oil or a knob of butter, gently fry off the onions until soft. You could also add a little garlic if you fancied it. Add in the sliced mushrooms and thyme and allow to cook for 5 minutes. Add the stock cube and 2 pints of boiling water and allow to simmer for 10 minutes or until the mushrooms are cooked down. Season to taste.



Using a hand blender, whiz the mixture until smooth and then stir in the cream gently. If the mixture needs thinning then add a little almond milk to keep its creaminess.

Decorate with more cream and a few sprigs of thyme. Serve with Irish Soda Bread.



# Roasted Cauliflower & Blue Cheese

Cauliflower is definitely a Keto's best friend. It can offer so many options from soup, steaks, rice or mash to name a few. I love my new found way of cooking it too, and whilst it does take some time to prepare, I do it in batches so there's always a couple of days portions. This can be adapted in so many ways. In this I've used garlic and blue cheese. Or you could add mace, cayenne pepper or even add some Moroccan spices or top with lardons.

## Recipe serves

2-4

Ingredients	Amount
Whole cauliflower, stalks included	1
Large white onion sliced roughly	1
Vegetable or Chicken stock cube	1
Lardons * optional	1 Packet
Boiled water	2-3 Pints
Carton of cream	7 Oz
Garlic crushed or sliced	4 Cloves
Seasoning and other spices to your liking	
Blue Cheese the outer crusts removed	3 Slices



## Method

Using a little olive oil in a baking tray, add the chopped onion and garlic cloves, break the cauliflower into florets and roast in an oven or airfryer for 20-45 minutes depending on the cooking resource. Meanwhile dry fry the lardons and remove onto a piece of kitchen roll to remove the fat.

Once the cauliflower is baked and nicely charred, add to a saucepan and add the stock cube and boiled water. Bring to the boil gently and season. Whiz with a hand blender until you have a smooth and thick consistency. Now add some cream and may be some more water to thin the mixture. Whilst the soup is still hot, add the blue cheese and allow it to melt whilst seasoning to taste. To serve add the lardons to the top of the soup and enjoy!



# Spicy Carrot and Coriander Soup

You can't beat this old favourite but it is often thickened with potatoes. This version is simply just the magnificence of the carrot, spiced with a surprising ingredient that changes how you will see this humble offering.

Recipe serves		
4		
Ingredients	Amount	
Large carrots peels and chopped	6-8	
Large white onion sliced roughly	1	
Vegetable or Chicken stock cube	1	
Dried coriander and fresh	1	Packet
Boiled water	2-3	Pints
Carton of cream optional	7	Oz
Caraway seeds	4	Cloves
Seasoning to taste		

## Method

Using a little olive oil fry off your onions and carrots for five minutes or so. Then add the dried coriander and caraway seeds and allow them to absorb the juices. Add the water and stock cube and allow to simmer gently for 30 minutes or until the carrots are cooked.



Season to taste and then add a bit of fresh coriander and then use a hand blender to whiz the mixture into a soup.

Add more water if necessary to thin to the right consistency. Or add some cream to thicken slightly. Use some coriander to decorate and serve immediately.

# Spiced Roasted Veg Soup

Winter and soups just go together like cat and mouse. I'm sure there's a better analogy than that! Anyway you get me. So when you can pull together a soup from left overs, that's always a winner.

So when I do a tin of assorted mixed veg see page, whatever leftovers there are, I turned into a quick soup when we're on the go. Add some spices and you totally transform the dish.

Recipe serves	
2	
Ingredients	Amount
Roasted veg leftovers	
Vegetable or Chicken stock cube	1
Ras el Hanout spice	1
Fresh coriander	1 Packet
Boiled water	2-3 Pints
Carton of cream optional	7 Oz
Seasoning to taste	



## Method

Take your roasted veg leftovers, (see my Roasted Veg Salmon in the Main Course section and pop them in a saucepan with the stock cube and boiling water.

Allow them to heat through, add your desired spice, I love the warmth of Moroccan spices in this one and then whiz up. Either add cream or more water to alter the consistency to your desired thickness.

# Carrot and Cheese Wraps

We all love a good wrap with all sorts of fillings that can satisfy a lunch or dinner appetite. Yet they are laden with processed carbs and unhealthy ingredients. So as morish as they might be, what if we could replace them with something equally yummy that you can batch cook and store in the fridge. You in? Check out these bad boys, thanks to the inspiration from my friend Tina over at **Travelling Fulltime.**

Recipe serves	
2	
Ingredients	Amount
Carrots peeled and grated	3
Hard cheese like cheddar grated	12 Oz
Garlic mashed	1 Clove
Rosemary and Thyme dried or fresh	3 Stems
Egg	1
Seasoning to taste	

## Method

In a bowl mix your grated cheese with the carrot and use your hands to combine. Add your herbs, garlic and seasoning, then add the egg. Whisk it all together until it makes a wet mixture. In a pre-heated oven set at 180°C, line a tray with Parchment Paper.



Add two or three dollops of the mixture and flatten with a fork until quite thin and big enough to be a wrap. Bear in mind that it will expand a bit once the cheese has melted and the egg set.

Cook for 15-20 minutes and then remove from the oven and allow to cool before adding with your desired filling.



# Courgette Wraps

There really are many ways to turn vegetables into wraps and remove the carb laden wheat wraps from your shopping list. This is another lovely option using ribbons of courgette, egg and cheese to bind them and then baked in the oven. They are less stable I find than the carrot wraps listed on the previous page, but they are still very delicious, if not a bit messy.

## Recipe serves

1

## Ingredients

## Amount

Large courgette sliced with a mandolin	1	
Grated mozzarella cheese	1/2	Packet
Egg beaten	1	
Seasoning and herbs		To taste

## Method

Pre-heat your oven to 180°C.

You can either slice your courgette into thin rounds or lengthways; both ways work. Using Parchment Paper layer the courgette until it makes a size big enough for a wrap. You will probably need at least 4x8 rows if using rounds and 6-8 ribbons.

Coat your courgette with the beaten egg, which will help to bind them together and then season and add the mozzarella on top.



Pop into the oven for between 20-30 minutes allowing the cheese to melt and brown.

Take the wrap out of the oven and allow to cool for a few minutes before lifting it off the paper and adding your desired filling.

In mine I have a sliced boiled egg, sausage and mayonnaise with some spinach for my greenery.

# Cucumber Rolls

Another variation on a wrap that gives you a really quick, no bake lunch if you are on the run. And it is super healthy, a great hydration and fun to eat. You can use a potato peeler, although I find it easier to use my mandolin on the thinnest setting to get the desired layers.

Recipe serves	
	1
Ingredients	Amount
Whole cucumber sliced lengthways	1
A filling of your choice, prawns, chicken, cheese	
Seasoning	



## Method

Slice your cucumber and place on some greaseproof paper for ease. Discard the hard skin slices as they are not mailable enough. Per roll use 3-4 cucumber slices to get the desired roll effect.

Pop your filling inside and roll up, serving immediately.

With a good filling, two will more than fill you up.



# Egg on Toast with a Twist

I love a twist on a classic and to enjoy this Keto mix feels just slightly elevated and indulgent.

There's nothing nicer than a quick egg on toast, although when you add the protein of an avocado, tomatoes and anchovies, then there is a marriage made in heaven. Especially when you use the Keto Irish Soda Bread on page 16.

Recipe serves	
	1
Ingredients	Amount
Avocado sliced	1
Fried or poached egg	1
Tomato sliced with a tin of drained anchovies	1
Slice of Keto Bread (see recipe) toasted	1



## Method

Toast your bread and meanwhile fry or poach your egg to your desired consistency.

Whilst all that is happening, drain your tin of anchovies, slice your tomato and lay the fillets over the top.

Slice up the avocado and season although don't add too much as the salt from the anchovies will be enough.



# Ham Basket Snacks

If you're looking for a really quick lunch and only want a snack, then these little ham baskets filled with feta cheese and baby peppers are fabulous. Especially good if you can prepare the baskets in advance in bulk.

## Recipe serves

2

## Ingredients

## Amount

Packet of Prosciutto of 6-8 slices

1

Jar of Peppers and Feta Cheese

1

## Method

Using a ramekin dish, line it with two slices of Prosciutto Ham and pop into a pre-heated oven for 10 minutes.

Leave to cool before removing from the ramekin. This should make the shape of a basket, which you can now fill to your heart's desire.

Just be mindful of the salt content of the ham, and not add any additional salt seasoning or fillings with extra salt.

You can add cream cheese and cucumber or as I have peppers and feta. The options are limitless.



# Mushrooms & Goat's Cheese

For me there's nothing to dislike about this dish. It's got the protein from the cheese, which adds a great flavour to the blandness of the mushrooms.

Plus I add it on top of some roasted Kale that gives it a super crunch. And I'm getting Keto Green in there too.

Recipe serves	
1	
Ingredients	Amount
Field mushrooms	2
Goat's Cheese	2
Kale drizzled with olive oil	Handful
Salad to dress	

## Method

Pop the kale into a preheated oven for 30 minutes with a little salt and pepper and a drizzle of olive oil. It should be crunchy like the Chinese Crispy Seaweed.

Prepare some salad, whilst you have the mushrooms cooking in a frying pan with a little butter. Add a slice of Goat's Cheese to each mushroom and allow it to gently melt and become soft.

When the kale is crispy serve the mushrooms on top and eat immediately. Keto heaven.





# Garlic Mushrooms and Spinach

This is my Keto twist on the classic 80's dish Garlic Mushrooms. I still have nightmares about this dish, although that's a story for another time. This is paired with either fresh or lightly braised spinach and of course a boiled egg for that added kick of protein.

Recipe serves	
	1
Ingredients	Amount
Mushrooms quartered	10
Garlic Cloves and butter	2
Boiled egg quartered	1
Spinach, fresh or wilted in the mushroom mix	2 Handfuls



## Method

In a frying pan, melt a knob of butter or use olive oil if you prefer. Then add the garlic either crushed or thinly sliced. Add the mushrooms and allow to cook until the mushrooms are soft.

At this point you can either add the spinach and wilt it in the mushroom and garlic sauce, or just present it on your plate raw. Top with a boiled egg, season and demolish.



# Myles' Signature Tuna Fish Salad

When Myles and I first met, he made me a sandwich filling that was an instant hit. It fast became a favourite for lunches over 38 years together. He now has it in a baguette and I on a salad or in any one of the wrap ideas I have already shared. It's a winner, winner, chicken dinner, except it's tuna!

## Recipe serves

2

## Ingredients

## Amount

Tin of Tuna in brine, drained

2

Boiled eggs, peeled

3

Onion chopped finely

1/2

Mayonnaise and seasoning

## Method

Mix all the ingredients together and add your desired amount of mayonnaise and seasoning. This mixture will last well in the fridge for a couple of days.



# Chicken Liver Pâté

This is such a great crowd pleaser and so easy to whiz up. This makes a perfect lunch or starter. Of all the offal, I like the chicken livers the best and of course they can easily be used in a risotto dish as well. Plus they are such good value and freeze easily until you are ready to cook.

## Recipe serves

4

## Ingredients

## Amount

Chicken livers rinsed and deveined	1	Pack
Onion finely chopped	1	
Brandy		Splosh
Garlic crushed	2	Cloves
Seasoning		
Butter		Knob

## Method

Make sure that you de-vein the chicken livers well and give them a good wash. Leave them to dry whilst heating a frying pan with the butter until it foams lightly. Add the onions, cooking for 5 minutes, adding the garlic after a few minutes.

Add the chicken livers and allow to cook until they are just pink in the middle. Don't overcook, as it will make the pâté very dry.



Season the mixture well and add some brandy to loosen up the livers and deglaze the bottom of the pan. If you are feeling brave, with caution you could set light to the brandy so that the alcohol burns off, although this is not essential.

Add all the contents to a jug or bowl and using a hand blender mix everything until it has a smooth consistency.

Add to ramekin dish and allow to cool in the fridge where it will harden slightly. Serve with Keto bread and a small side salad if you wish.

# Goat's Cheese and Beetroot Salad

Salads are a must for Keto, although finding enough options can sometimes make it feel flat and uninteresting. So having enough options to satisfy your early days of Ketosis is important.

Beetroot and goat's cheese are a marriage made in heaven. And when you team this up with walnuts and an olive oil dressing, you have a cracking little lunch.

Recipe serves	
2	
Ingredients	Amount
Goat's cheese	1 Roll
Cooked beetroot thinly sliced	6 Slices
Rocket or similar greenery	Handful
Walnuts chopped	6 Pieces
Olive oil and balsamic blended for the dressing	



## Method

Under a grill, pop 3 slices of your goat's cheese to lightly toast and melt. Meanwhile, dress your plate with the salad leaves, make your dressing and put three of your beetroot slices on the salad.

Then when the cheese is melted, pop them on the beetroot and layer another slice of beetroot to make a sandwich. Sprinkle with walnuts and the dressing.



# Avocado and Bacon

I'm sure you'll notice how many recipes in this Keto Cookbook involve the humble avocado. I love it and enjoy dressing it in so many ways.

Whether it is in smoothies, dips or just on its own, it packs a nutritional punch with its good fats and is unbelievably Keto friendly. Here I prepare it as a lunch topped with crispy bacon deglazed with balsamic vinegar and served with a salad. Quick, easy and scrumptious.

Recipe serves	
2	
Ingredients	Amount
Ripe avocado, halved and de-stoned	1
Bacon or lardons	1 Pack
Prawns as an alternative made with mayo	Handful
Balsamic vinegar or glaze (omit if choosing prawns instead of bacon)	1 Tbsp
Side salad ingredients	
Basil for decoration	2 Sprigs
Walnut oil for dressing	Drizzle



## Method

Scoop out or remove the skin of the avocado and place on the top of salad ingredients of your choice.

In a hot pan, dry fry the bacon until crispy. If a lot of fat has been rendered, then remove some of it with a kitchen towel. Leave enough that will, when combined with the balsamic, give you a sauce.

Add the balsamic vinegar and deglaze the pan stirring well. You should have a nice sticky sauce that you can add to the top of the avocado. Drizzle with walnut oil and serve immediately.

# Spinach, Bacon & Avocado salad

Whilst on the subject of avocado, here's one of my favourite salads that takes 10 minutes to cook up. Yet again that humble avocado mixed with egg and bacon are a marriage made in heaven and then a whole heap of spinach for your greenery. Such a packed full of goodness lunch and so Keto.

Recipe serves	
2	
Ingredients	Amount
Ripe avocado, halved and de-stoned	1
Bacon or lardons	1 Pack
Hard boiled egg	Handful
Balsamic vinegar or glaze	1 Tbsp
Spinach	Handful
Mushrooms halved	6

## Method

In a hot pan, dry fry the bacon until crispy. If a lot of fat has been rendered, then remove some of it with a kitchen towel. Leave enough that will help cook up the mushrooms and give them real flavour.

Meanwhile scoop out or remove the skin of the avocado and slice. Peel your egg and slice.

Add the spinach and allow to wilt for just a couple of minutes.

Then you are ready to serve up. Add your sliced avocado and egg on top and drizzle with balsamic.

If you are a Keto purist then omit the dressing and replace it with mayonnaise or walnut oil.



# Chapter 3 - Dinner



# Dinner Keto Options

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**D**inner is the easier of your daily meals. Essentially you choose one protein and some vegetables, as many of which should be green and, hey presto. Perhaps throw in a bit of a sauce, flavours and seasoning and there you have it.

But I know what it's like. When I've been on 'diets' in the past coming up with something creative every night can be hard. Especially if you are having to cook for the family separately.

In this chapter I have given you over three weeks of options, which takes you through the early stages of ketosis. No imagination needed, just follow each recipe and hopefully you can then find your feet and create your own recipes, once you have built up confidence.

Dinner should be a pleasurable experience that you look forward to creating and eating. Not a chore. Of course in the early days of Keto, learning the new set of rules can be a challenge. However, I hope that in this section, it will keep things simple, clear and effective - as you find your feet.

Dive into this section, accompanied perhaps with the Sides and Veg chapter and you will have a wonderful combination of food to choose from and devour.

This section will evolve over the years as I master my own recipes and Keto meals. In the meantime, I hope these recipes, all of which I have cooked for myself, will give you a taste for what Keto can give you.





# Sesame, Ginger & Garlic Salmon Stir-fry

If you are a fish lover, then this Keto friendly dish will go down a treat. And chances are if you are a fairly healthy eater, a version of this is already on your recipe favourite list.

Recipe serves	
Ingredients	Amount
Salamon fillets	2
Sesame seeds	Handful
Olive oil for the vegetables	Drizzle
Soy Sauce	Dash
Mixed stir fry veg mix or your own concoction	1 Pack
Garlic cloves and a knob of ginger (fresh if possible)	2

## Method

Depending on your preference remove the skin from the fish. I like to keep mine on as it is a great source of collagen.

Put a little oil in a frying pan and let it get hot. Place the fillets skin down (if you are leaving them) and fry quickly for 2 minutes. Turn the heat down, then turn over to sear on the other side for a further 2-3 minutes. The fish should feel lightly firm with a little band of pink in the middle.



Take it out of the pan and wrap in foil, letting it stand and finish cooking.

In the meantime add your veg, crushed garlic and grated ginger into the pan and fry with a touch more oil for five minutes until they have a light crunch. Add the soy sauce to the pan and simmer for another minute.

Check your fish is cooked and still warm, if not pop it back in the pan briefly to cook through and warm up.

Serve up immediately with a sprinkling of sesame seeds on top of the fish and the vegetables.

# Prosciutto Wrapped Pesto Salmon

Our love of roasted veg is up there with Crispy Aromatic Duck. Well almost. The quick and one pot meal is just so good to shove in an oven or airfryer and leave it to roast in all its juices.

We make a huge batch so that there's some left over for the soup I mentioned in the previous section. It's such a versatile dish that you can top it with so many ingredients; mozzarella, chicken, fish, chorizo - the list is endless. Today I have topped it with Salmon.

Recipe serves	
2	
Ingredients	Amount
A selection of veg such as baby tomatoes, courgette, mushrooms, onions, carrot, sweet potato, squash, garlic, fennel and peppers. *	
Olive oil	1 Glug
Rosemary	3 Sprigs
Salmon	2 Steaks
Pesto sauce	2 Tsp
Prosciutto Ham	2 per steak
* if you are on the early stages of Keto and want to get into fat burning Ketosis, then take out the sweet potato and squash as they are high carbers.	



## Method

Preheat your oven to 180° (if using) meanwhile prepare your veg and place in a tray with some olive oil, seasoning and herbs. Pop into the oven for 45 minutes or until the vegetables are almost soft.

Prepare your salmon by covering one side with the pesto sauce and then wrapping in the ham. Place it on the almost cooked veg and pop back into the oven for around 10-12 minutes. Leave to rest for a few minutes before serving.

# Marinated Tuna Niçoise

Tuna Niçoise must be a family favourite for some many 70's kids and it seems to have stood the test of time.

This classic salad is an absolute Keto knockout and with a bit of marinating you can elevate this seamlessly and fill your tummies at the same time. If you can't find fresh tuna, then feel free to use a tin instead.

## Recipe serves

1-2

## Ingredients

## Amount

Fresh tuna steak cut into 2	1	
Eggs hard boiled and quartered	2	
Avocado sliced	1	
Olives stoned and halved		Handful
Lettuce		
<b>For the marinade</b>		
Soy Sauce and Sesame Oil		A drizzle
Fresh grated ginger		Knob
Sesame seeds for dressing tuna	1	Dtsp
Balsamic Glaze for dressing		



## Method

Marinate the tuna for 30 minutes and pop in the fridge whilst you are preparing the salad. Then in a small frying pan, add a small amount of Sesame Oil and fry off the tuna for no more than a few minutes either side.

Obviously it's a bit like steak, you may like it blue, rare or well done, just bear in mind that tuna can dry out quite quickly so be cautious not to over do it. Allow the tuna to rest for a few minutes before serving and drizzling with Balsamic glaze and sprinkle with sesame seeds.

# Chilli con Carne (Veg)

Throughout our married lives we've had chilli, in various guises. Myles' signature, once upon a time was the Chilli Boat. Well I've adapted it to Keto now and without the rice and the Doritos, it is still super yummy, especially as the homemade guacamole and cheese are all part of a low carb regime. As a point of reference, I use chicken or turkey mince rather than beef, as they are both far easier to digest than beef. Of course you can omit the meat altogether if you are vegetarian. I serve mine up on lettuce leaves or on top of spinach for my greenery and I can then serve rice for Myles. Of course you could also use cauliflower mash, which I detail later.

## Recipe serves

4-6

## Ingredients

## Amount

Chicken, Turkey or Quorn mince	1	Pack
Onions and mushrooms	1	Pack
Tins of tomatoes and a squeeze of purée	2	Tins
Cumin and Chilli Powder	2	Tsps of each
Red Kidney beans *	1	Tin
Carrots and Celery	1	Of each
Avocado peeled and mashed with garlic	1	
Cheddar cheese	3	Oz
Lettuce boats or spinach as your base		Handful
* if aiming for ketosis, remove the kidney beans as they are a legume and high carbs. Otherwise a few in your dish on a maintenance will be fine.		



## Method

In a large pan, fry off the mince, and add a little water to the bottom instead of oil. Then add onions and mushrooms for 5 minutes. Stir in the cumin and chilli powder and add the tomatoes and purée. Allow this to simmer for up to an hour on a low heat. You could add a drizzle of red wine for flavour.

Meanwhile prepare your guacamole, mashing the avocado with garlic, mayonnaise and seasoning. Add a squeeze of lime juice to give it piquancy. Grate your cheese and lay out your lettuce boats or spinach. Now add the carrots, celery and beans (if using) for the last 30 minutes of cooking to leave just a little crunch. Serve with dollops of guacamole and cheese on the top.

# Parma Ham wrapped Asparagus

This is a lovely salad dish that takes the humble asparagus and lifts it to the next level. If it isn't your favourite vegetable, then perhaps this will convince you. It's perfect for Keto, because it is green and full of nutrients.

## Recipe serves

2

## Ingredients

## Amount

Asparagus trimmed at the bottom

18

Parma Ham slices for wrapping

6

Salad for serving

Parmesan Cheese for dressing.



## Method

Wrap three asparagus with a slice of Parma Ham and set to the side. Pop into a heated oven at 160°C and allow them to roast for 10-15 minutes. Keep an eye on them in case they burn.

Put your salad together and serve immediately with Parmesan grated on the top.



# Provence Chicken with Kale

This delicious casserole style dish is perfect for a cold winter's night. If your partner is not following Keto, then mash will lift this meal to satisfy them, whilst veg on the side will be perfect for you.

I've used kale, although you could use any veg you have to hand. If you're not focusing on ketosis, then you could add squash to mop up all those lovely juices.

## Recipe serves

2

## Ingredients

## Amount

Chicken thighs, ideally skinless and cubed	6	Portions
Onions finely chopped and garlic	1	
Red pepper sliced	1	
Mushrooms quartered	6	
Celery chopped	2	Stalks
Carrots	2	Small
Cheddar Cheese	3	Oz
Seasoning and Herbs de Provence	1	Tsp
Kale		Handful
Cream and Cream Cheese	1/2	Tub each
Chicken stock either fresh or a cube	1	Cube



## Method

In a pan fry off the onion in oil with the garlic until soft. Then add the mushrooms and other vegetables.

In a separate pan, using some butter, fry the chicken pieces until cooked and add those to the vegetables. Add the Chicken stock with 1 pint of water and allow to simmer for 30 minutes. Add in your seasoning and the Herbs de Provence. Add the cream and cream cheese and bring to a gentle simmer whilst you cook your kale in a saucepan with a little water for just 10 minutes. Serve immediately with the grated cheese on the top of your casserole.

# Moroccan Kofta with a Turkish twist

Whilst on our fourth trip to Morocco, I decided to try a combination of two dishes that I love and that are perfect for Keto. It's a blend of Morocco's Kofta and Turkey's Shakshuka which I was first introduced to in Northern Cyprus.

I've also added some spices to the meatballs that delivers an African punch perfectly. This was a gorgeous dish that I can't wait to do again.

Recipe serves	
4	
Ingredients	Amount
Minced beef	200 G
Onions finely chopped and garlic	1
Fresh tomatoes (or 2 tins for speed)	6
Garlic cloves thinly sliced or crushed	2
Spinach	1 Handful
Eggs beaten	2
Ras el Hanout	1 Tsp
Seasoning to taste	
Water	1/2 Pint
Sugar	1 Dsp

## Method

Chop the tomatoes and onions into small chunks and place in a pan with a little water, salt and pepper and garlic allowing to simmer for 30-40 minutes until soft. You may need to add more water to give the tomatoes a looser consistency. If you are short on time you could use tinned tomatoes. Leave to simmer whilst you make the balls.

Season the mince and add the Ras el Hanout. Mix well with your hands and form into egg size balls. You can either pop them into the oven for 20 minutes to brown, or simply pop them directly into your tomato mix and turn after 15 minutes. Add spinach and whisk up eggs pouring over the sauce. Allow to cook for another 10-15 minutes. I popped mine beneath the grill to finish.



# Spiced Stuffed Red Peppers

I love this dish from our original **Cook Book**, which sits perfectly in a Keto regime. Spicy and aromatic pork mince sat in Roasted Red Pepper. A simple dish and super carb friendly. You could do this with one half for lunch or two halves if you wanted a large dinner.

## Recipe serves

2

## Ingredients

## Amount

Any mince will do, although pork is lovely	300	g
Onion sliced finely	1	
Long red pepper sliced length ways	1	
Soy Sauce		Dash
Star Anise and Chinese Five Spice	1	Tsp
Garlic cloves and a knob of ginger (fresh if possible)	2	



## Method

Firstly fry the onion, garlic and ginger gently in a pan and after 5 minutes, add the mince, stirring often so it doesn't get clumpy. Once cooked, add your spices and allow to simmer for 10 minutes.

Meanwhile, heat the oven to 200°C and on a baking tray, place the two red pepper halves cut side up and drizzle with olive oil and seasoning.

Roast for 20 minutes until the pepper starts to soften. Now add the mince in the middle of the two halves and pop back into the oven to finish off for 15 minutes. Then serve with either a green salad or some rocket garnish.





# Chicken Liver Salad or Risotto

As I mentioned in Lunches, I love chicken livers, they are so versatile. I use them in salads and for pate, which you can find on page 35.

In this recipe, the humble salad is elevated with this addition, giving a rich, nutrition meal option. And the beauty of this meal is that you can turn it into a Risotto for your partner by adding rice, or even doing some cauliflower rice for yourself.

## Recipe serves

2

## Ingredients

## Amount

Pack of Chicken Livers washed and deveined	1	
Onion sliced finely	1	
Mushrooms sliced	6	
Garlic cloves	2	
Spices or herbs to taste. I used Herbs de Provence and a bit of Tabasco.		Pinch and a shake
Parmesan Cheese grated		
Cauliflower florets for rice	1/2	Whole

## Method

I start this by making a risotto for Myles and then simply remove the livers on my salad. Of course if you are heading for the Keto risotto, then life becomes simpler.

Fry up an onion and garlic on a medium heat, then add the chicken livers after about 7 minutes. Allow them to cook well, although don't over do them otherwise they become like leather. Instead allow them to be slightly pink inside. Remove the livers if you are doing a salad. Otherwise add some thinly cut peppers. Whilst this simmer, grate your cauliflower and cook this briefly in a pan of hot water for about 10 minutes.

Boom! Either a risotto or salad made very simply.



# Keto Tagliatelle

I do love my spaghetti and so being on Keto means that pasta of any sort needs to be left well alone. I instead I spiralise courgette and it works really well. All you need is a Spiraliser and you're away. Try this lovely dish and you'll forget you ever loved pasta - well almost.

## Recipe serves

2

## Ingredients

## Amount

Medium sized courgette spiralised	1	
Onion sliced finely	1	
Lardons	1	Pack
Mushrooms sliced	6	
Garlic crushed	2	Cloves
Cream	1/2	Small tub
Parmesan for the top and seasoning		



## Method

Firstly soak your spiralised courgette in lemon juice and season. Leave this whilst you bring the rest of the dish together. The juice will act as a gentle cooking agent.

Meanwhile, in a saucepan, dry fry the lardons, pouring away most of the fat that is released. Then add the onions and garlic and cook for 5 minutes until they become translucent. Now add the mushrooms and cook again for 5 minutes.

Add the cream until you have some juices and you are ready to serve. Drain the courgette and serve in the middle of the dish, then place the mixture on top with some grated parmesan.

The best bit about this dish is that if your partner isn't following Keto, you simply cook up some spaghetti whilst the sauce is being made.



# Chinese Pork Tenderloin with Stir Fry Veg

Pork tenderloin is one of our go to pork cuts. It is cheap and so versatile. I find that one pack lasts two days. The second day, using up the leftovers, I add a Special Fried Rice dish, made with cauliflower rice for me and rice for Myles. So really good value. And there's so many ways you can use this lovely cut.

Here, I do a quick Chinese with veg for me and cook up some noodles for Myles. A quick note that most Sweet Chilli sauces are high in sugar, so I just add a little to give it a kick if I don't have fresh chillies in your fridge.

Recipe serves	
2	
Ingredients	Amount
Medium sized courgette spiralised soaked in lemon juice	1
Onion sliced finely	1
Red pepper thinly sliced	1
Mushrooms sliced	6
Garlic crushed and a 1 inch piece of fresh ginger	2 Cloves
Soy Sauce and little bit of Chilli Sauce	Shake
Pork Tenderloin cut into thin slices	1 Pack
Sesame Oil	

## Method

Firstly spiralise your courgette so they're a noodle substitute and place in the lemon juice. Then add some sesame seed oil to a pan and gently fry the garlic, onion and ginger.

After 5 minutes add the peppers. Moving the veg away, then add your thinly sliced pork and cook for no more than 3-4 minutes either side.

Add a bit of soy sauce and Sweet Chilli Sauce (or fresh if you have them), and that is your meal cooked.

15 minutes and you have a meal ready to dish up.



# Pork Special Fried Rice

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Using the left over Pork tenderloin from the previous recipe, this is a great second meal from the same pack of meat.

And this is, yet again, another meal you can make for two people by adding rice for non Keto eaters and cauliflower rice for you, right at the end.

Recipe serves	
2	
Ingredients	Amount
Left over Pork Tenderloin cubed	
Onion chopped finely	1
Red pepper chopped finely	1
Mushrooms sliced	6
Garlic crushed	2 Cloves
Soy Sauce	Shake
Lardons	1 Pack
Serving of peas and sweetcorn * both higher in carbs, so use sparingly.	
Cauliflower grated	
Egg	1

## Method

Cook your (rice for your partner) and cauliflower rice for you ahead of time so that it cools.

Now dry fry the lardons in a frying pan, adding the mushrooms and onions when the bacon is crispy. As long as there's not too much fat, you can use this to cook up the other veg.

Add the meat and allow to cook for 5-8 minutes. Add soy sauce and sometimes I will treat myself to a bit of Hoisin sauce too, although this could kick you out of ketosis, so be mindful if you are still in weight loss mode.

Then add your cauliflower rice to your portion of the meat and veg and serve in a bowl. So quick and easy to do.



# Keto Greek Moussaka

What's not to love about that gorgeous Greek dish Moussaka? Even vegetarian, this is a taste sensation. A blend of mint and cinnamon brings to life every mouthful of this Mediterranean speciality.

I usually make it with lamb mince, although you could use Quorn as an alternative if you are vegetarian. The biggest difference in this recipe - and what makes it Keto - is the cheese sauce. So follow the recipe on page 71 that gives the Greek version with a Keto twist.

Traditional moussaka has a layer of potatoes, although I don't think it misses anything with this being removed to make it Keto.

Recipe serves	
4	
Ingredients	Amount
Lamb mince	1 Pack
Onion sliced finely	1
Aubergine sliced or cubed for speed	2 Small
Dried mint	4 Tsp
Garlic crushed	2 Cloves
Cinnamon stick and additional powder	2 Sticks
Tin of tomatoes and puree	1 Tin
Cheese sauce (See page 71 for recipe)	

## Method

Start by making your mince as the longer you can simmer this, the deeper the flavour. If you can make it the day before, this would be ideal, as the fat from the lamb is easier to remove and it enhances the flavours.

In saucepan add the mince (not oil required). Cook for 15 mins over a gentle heat stirring regularly to break up the chunks. Then add the garlic, onions, and aubergine cinnamon stick and mint. Add throw in your tomatoes and leave to simmer for an hour at least on a lower heat, stirring often to ensure no burning.

In the meantime, make up your sauce as per the recipe on Page 71. When you are ready to make the dish up, check for taste and season well. Remove the cinnamon sticks and add a little more powder and mint so you can taste both. Place in an oven proof dish, pouring over your sauce and pop in a preheated oven at 200°C for 40-60 mins or until browned on the top. Serve immediately with a side salad.



# Sea Bass with Lemon, Garlic and Coriander

Sea Bass is such a cheap and lovely fish to cook and so quick too. Whether you add it to a simple salad for the summer, or winter vegetables, the combinations are endless.

In this dish a simple fry in butter a big hit of lemon and garlic, really lifts this delicate dish. Sometimes for a quick meal, I will simply sprinkle with Star Anise and then fry. You can be as creative as you like. In this dish you will notice that the photo shows the fish sitting on a bed of sweet potato. This is not Keto friendly as it is of the starchy variety of root vegetable. However if you are on a maintenance regime, then a little dollop is fine and is such a lovely taste and colour to the meal.

## Recipe serves

2

## Ingredients

## Amount

Sea bass fillets	1	Pack
Vegetables of your choice		
Butter for the frying and the sauce	100	g
Coriander or parsley		Bunch
Garlic crushed	2	Cloves
Lemon one slice and the rest juiced	1	
Seasoning		

## Method

Cook your chosen veg first as they will take the most amount of time. If you want to stay in ketosis, then replace the sweet potato for cauliflower mash. So get this prepared first and keep it warm on the stove.

Meanwhile, season the Sea Bass on both sides. Place the butter in a frying pan and gently melt and the garlic. You want the butter to be hot enough to sear the skin but not too hot that you burn the butter or the garlic.

Put your fish skin down and allow it to cook for 2 minutes. Then gently turn over and cook for a further 2 minutes on the other side. Turn the heat off and add your lemon juice and chopped coriander. You're now ready to plate up with your veg, drizzling over the sauce and topping with a lemon slice.



# Mediterranean Chicken

This is an old family favourite and although this is served traditionally with rice, to soak up all the beautiful stock from the chicken, this can equally be done with cauliflower rice too.

A simple dish that takes 45 minutes and very little preparation and perfectly cooked in small spaces.

## Recipe serves

2

## Ingredients

## Amount

Chicken legs	2	
Onion and small courgette finely diced	1	
Mushrooms finely sliced	8	
Lardons	1	Pack
Cauliflower grated finely	1/2	Whole
Seasoning		

## Method

Season your chicken legs whilst you prepare your vegetables. Then line a oven tray with foil and lay the vegetables and lardons on the bottom. Then place a slotted grill stand on top of the veg to place your chicken legs on.



This allows all the chicken juices to drip onto the veg and they marinade and slowly cook in the fluid.

Pop in a pre-heated oven at 200° for at least 45 minutes, or until the chicken runs clear when you stick a knife into it.

Meanwhile drain off some of the juices from your pan into a small frying pan and cook your cauliflower rice in that with a knob of butter to enhance the flavour for about 10 minutes, whilst the chicken rests.

Then put the rested chicken onto a serving plate, add the cauliflower to the vegetables and mix well and serve as above.

# Lemon Chicken with Anchovies

I found this recipe on my Social Media feed and thought I would try it. As a first attempt it was good, although in perfecting it, it needs a little adjustment in the ingredients, which I have incorporated below.

As a way to cook chicken though, it is lovely, using boneless and skinless chicken thighs. Whilst you may think that the anchovies would not go in this dish, they do dissolve into the sauce, although I used too many, so it was a bit salty. So I have halved the amount in this recipe.

## Recipe serves

2

## Ingredients

## Amount

Chicken thighs, boneless and skinless	4	
Garlic cloves, 2 crushed and 2 sliced	4	Cloves
Lemons	2	Small
Tarragon	1	Tsp
Seasoning		
Tin of anchovies cut into small pieces	1	Small tin

## Method

Season your chicken with a little salt and a lot of pepper. In a pan add the anchovies, garlic slices and the juice of one lemon. Heat up slowly, adding a bit of butter or olive oil to prevent burning. You want the anchovies to brown at the edges slightly.



Then add your chicken thighs to the sauce and pop the lid on. Or you could pop it into an oven instead (at 180°C) Allow it to cook for at least 20 minutes before turning over the meat and ensuring the juices are not burning. If they are, then add a little water or butter to the pan to loosen.

After another 20 minutes, make sure the chicken is browned slightly and cooked and remove from the pan or dish to rest. Meanwhile add lemon juice (or a dash of white wine if you prefer just not too much as it is not Keto friendly) to deglaze the pan.

Add the crushed garlic and allow this to cook gently. Add some tarragon to finish off. Now you are ready to serve. I served with salad, although vegetables would equally work here.



# Keto Colcannon

I debated over where to put this; mains or vegetables. And given it has bacon, I decided to go with mains as it is not a true vegetable dish.

Whether its for St Patrick's Day or any other winter day meal, Colcannon is a scummy dish. So to find a way to make it without the potatoes, makes for a lovely substitute. Of course Myles would have preferred the potatoes, although the cauliflower alternative was absolutely delicious.

## Recipe serves

4

## Ingredients

## Amount

Cabbage shredded with stems removed	1/2	Small
Bacon or lardons	1	Pack
Cauliflower florets	1/2	Cauliflower
Butter	1	Tbsp
Seasoning		
Onion sliced finely	1	

## Method

Cook your onion and cabbage in a pan with a small amount of water in the bottom. No additional oil required.



Meanwhile, cook your cauliflower in a little water, in a separate pan for about 20 minutes until it is soft. Drain and return to a dry saucepan and then whiz with a hand-blender. Add your butter and season, mixing well. This will resemble mash potato.

Dry fry your bacon until crispy and then drain it on kitchen paper to remove the fat. Now add all the ingredients together and stir well. It can be a dish all on its own or combined as a vegetable with a protein of some sort. It is a fabulous Keto version.

# Steak au Poivre

I'm not a great lover of red meat as it is so dense for the stomach to digest easily and stays in your colon for far longer than any other protein.

However when the beef is organic and I can watch it being cut off the joint, then I will make an exception.

With the addition of cream, a touch of brandy and red peppercorns this makes a lovely supper when teamed up with a light salad.

Recipe serves	
2	
Ingredients	Amount
Steaks, a cut of your choosing	2
Cream	1/2 Cup
Brandy * Optional	Slurp
Butter or Olive oil	Drizzle
Seasoning	
Salad melange of your choice.	
Red peppercorns	Pinch



## Method

Season your steaks on both sides and allow to stand whilst preparing your salad. This dish comes together really quickly.

In a pan pop the butter or olive oil and heat up gently making sure not to let the oil burn.

Add your steaks and fry to your liking. I do mine for a couple of minutes either side. Once cooked, set on one side and allow to rest.

Into the same pan add the peppercorns and the cream and allow the pan juices and cream to combine. Now pour over the plated meat with the salad and enjoy.

# Kottage Cheese Frittata

Keto loves cheese of any description and Cottage Cheese is no exception. I've tried using it a number of ways although always struggle to make it work like other people's videos so easily show. So I was doubtful when I came across this recipe somewhere on Social Media. However, I'm always a trier.

It turned out really well and even Myles, who was equally skeptical, enjoyed it. The bonus is that it makes enough that you can have it for lunch the next day.



## Recipe serves

4

## Ingredients

## Amount

Large eggs at room temperature	4	
Courgette quartered and finely chopped	1	
Red onion finely sliced	1	
Butter or Olive oil		Drizzle
Seasoning		
Red, green or yellow peppers cut finely	1	
Mozzarella cheese and Parmesan	100	g
Pot of cottage cheese	1	
Herbs de Provence or Oregano	1	Tsp

## Method

Preheat your oven to 180°C (or you could do this in an airfryer).

Prepare your veg and throw it into a oven-proof dish. Add your tub of cottage cheese and the eggs and mix well. Add your herbs and seasoning.

Now top with the mozzarella cheese and parmesan. Now bake it in the oven for at least 30-40 minutes.

You will notice that it wobbles like jelly when checking whether the frittata is done. There is a lot of water in the vegetables and the cottage cheese. So make sure that you leave it to sit for at least 5 minutes. I promise this will miraculously make your frittata more solid. There will still be a little moisture although not so much.

# Star Anise Duck Salad

You can do anything with salad, right? Of course, it just takes imagination to turn something routine and boring and elevate it to something special.

Duck is not the expensive meat that it once was and is far more widely available. So when we see it we buy 2 or 3 packs and freeze them. This has a little twist to it though. Adding a marinade rub to the skin gives the duck a whole new flavour that takes your salad to the next level.

## Recipe serves

2

## Ingredients

## Amount

Egg boiled	2	
Duck breasts marinated in a star anise rub	2	
Salad leaves of your choice		
Pine nuts, walnuts, peanuts or mixed seeds		Handful
Seasoning		
Apple chopped (not for Ketosis)	1	
Celery	100	g
Butter		Knob



## Method

With your duck skin on, use a sharp knife to score lines along the skin. Then rub your duck breasts in the star anise spice and allow to sit whilst you are preparing your salad and boiling your eggs,

Then in a pan with your butter allow it to heat gently without burning. Add the duck breasts skin down and allow the fat to render down until crispy. This should take about 5 minutes.

Then turn the breasts over and cook for 5-7 minutes until the duck is just a little pink on the inside. Turn the heat off the pan and allow the duck to rest for 5 minutes.

Slice and add to your salad. Add your seeds on top and serve.

# Keto Thai Fish Cakes

Fish cakes are normally bulked out with potatoes making them carb dense. This version is much more Keto friendly and massively nutritional. And you can use any number of different fish that are either on offer in the fishmonger or supermarket. I like to use any white fish, sometimes prawns or salmon works well.

Recipe serves	
2	
Ingredients	Amount
White Fish or Salmon	2 Fillets
Prawns optional	50 g
Fish Sauce	1 Tbsp
Thai Paste or dried lemongrass	1 Tsp
Seasoning	
Almond flour for binding and coating	1 + 2 Tbsp
Egg beaten	1
Olive oil or butter for frying	
Spring onions chopped	
Red pepper finely sliced	1/2
Sweet Chilli (not for Ketosis) and Mayo	1 Dsp

## Method

In a blender mix the prawns and white fish until chopped finely. Add your fish sauce, seasoning, Thai paste or dried lemongrass. Stir well and then add the red pepper and spring onions.

If the mixture is a bit wet, then add a tablespoon of almond flour to bind it. Or you could use cauliflower rice if you have some left over from another dish.

Make small patties from the mixture and set on a plate in the fridge for 10 minutes.

Beat the egg on a pasta bowl and in another, the rest of the almond flour. Dip each patty into the egg first, then the flour and set aside. Now in a pan, heat up the oil and when hot, gently fry the patties, using a fish knife to turn over and cook on the other side. Serve with a side salad and mayonnaise. If you're on a maintenance regime you could add some Sweet Chilli Sauce.



# Kreamy Keto Chicken Kurry

We can't have a Keto Cookbook without a curry. Made with the indulgence of cream or Coconut Milk, this creamy deliciousness will make you feel just like you're in an Indian curry house, without all the high carb sides. Served with cauliflower rice, this is perfect for a quick evening supper packed full of flavour.

## Recipe serves

2

## Ingredients

## Amount

Chicken or turkey breasts chunked	2	Breasts
Onion thinly sliced	1	
Red pepper finely sliced	1	
Squash optional on maintenance regime or you could add a courgette instead	1/4	
Seasoning		
Garam masala spice	1	Tsp
Cardomons crushed	8	
Coconut oil, Olive oil or butter for frying		
Cumin seeds or powder, both work well	1	Tsp
Turmeric and curry powder	1	Tsp
Coconut milk	1	Tin
Spinach		
Almonds for decoration		

## Method

In a frying pan on a low heat, add the spices and allow them to release their flavours. Then add some oil to cook off the onions and red peppers. Add the squash, if you are using, and allow to cook for 5 minutes. In a separate frying pan with the coconut oil, fry off the chicken until it is browned on all sides and transfer the cooked meat into the spiced vegetables.

Add the tin of coconut milk and allow to simmer for 20-30 minutes. In the meantime grate your cauliflower and cook for 5 minutes, in a pan with a little water or oil in the bottom, stirring regularly to avoid burning.

Once the curry sauce has reduced, add the spinach to wilt for a few minutes then you are ready to serve and enjoy. If you have fresh coriander or parsley, then add this to the top together with the chopped almonds.



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# Chapter 4 - Vegetables & Sides



# Vegetables & Sides

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**V**egetables will make up a huge percentage of your plate on Keto especially if you are adopting my Keto Green regime. I think every nutritional model since nutrition models existed have placed vegetables high on the triangle of importance. They are full of goodness, rich in calcium, magnesium, potassium and sodium in good forms and provide excellent fibre for great digestion. There really is nothing bad about vegetables.

The only caveat to add here for us Keto guys and gals, is that some root vegetables can be high in carbohydrates. So in some circumstances they need to be removed completely for Ketosis and limited on a maintenance plan.

So potatoes for example are out. Sweet potatoes mostly out, although I do like a bit in my roasted veg or if there's some sweet potato fries as a real treat. Squash needs limiting and so too, to some degree do carrots and tomatoes.

Otherwise, pack a punch into your meals with as many veg as you can and reap the rewards in your hair, skin, nails and overall well-being.

Play around with salads. Add veg to protein meals, cover in herbs and olive oil or simply grate some Parmesan cheese to lift a vegetable side dish. Of course if you are vegetarian, then you are in heaven with all the options open to you for your meals. And in many ways Keto may not be very different for you. However, you will need to find ways to add protein to ensure that you are getting the right balance of nutrients particularly vitamin B12. Especially given that you will need to reduce your legumes which are a big source of protein.

So explore options such as soy products; tofu, quorn or edamame. Dairy options from natural yoghurt, cheese and cottage cheese together with eggs. And nuts and seeds are also a good source, especially if you can add almond milk to your drinks.





# Cauliflower Rice and Mash

Cauliflower is such a versatile vegetable on Keto. Whether it is a pure vegetable or converted into a rice or mash with lashings of butter, this humble white vegetable is ideal. It is high in vitamin C, K and is full of fibre and is fat free. It has a ton of potassium, one of our four important electrolyte minerals, so it really does pack a punch.

Recipe serves	
2	
Ingredients	Amount
Whole cauliflower	1
Butter for frying or mashing	1/2 Tbsp
Seasoning	To taste

## Method for Mash

In a large pan, boil some water, enough to cover the florets and cook for 20 minutes or until the cauliflower is well cooked.

Drain and then in a bowl, use a potato masher as if you were mashing potatoes. Or you could use a hand blender to give it a mash like consistency.

Add the butter and mix well, seasoning to taste. There is your mash.

## Method for Rice

In a bowl, grate the cauliflower into grain like pieces. Then in a frying pan add the butter and add the grated cauliflower, stirring well so that it does not burn.

Add seasoning and keep frying until it tastes cooked. You are then ready to serve. Simple as that. Serve with chilli con carne, any chicken or pork dishes, like the one pictured. as a substitute for rice.



# Roasted Sprouts with Lardons

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Let's talk sprouts. They are as controversial as marmite. This Christmas favourite for many, is loathed by others. And so we decided to put a little twist on this seasonal veg and give it a Keto makeover.

Let us know what you think. Love or Loathe?

Recipe serves	
	4
Ingredients	Amount
Packet of sprouts	1
Rosemary sprigs	3
Olive oil for roasting veg	Drizzle
Parmesan Cheese	
Packet of Lardons	1

## Method

Pre-heat oven to 200°C.

Meanwhile prepare the sprouts. Remove outer skins and place a cross in the stalk end. Pop in a baking tray and sprinkle with rosemary and season.

Allow to cook for about 40 minutes and remove from the oven.

Meanwhile dry fry the lardons and grate the parmesan and smother the sprouts in both before serving immediately.

They can of course be eaten alone, although make a great accompaniment to meat.



# Mexican Guacamole Dip

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I've loved avocados for as long as I can remember. I have a memory of my mum making Guacamole for a New Year's Eve party they were hosting, with fruit not ripe enough. Ever since then, I have made sure that we have ripe fruit to work with.

I have avocados in so many different ways. Often they go into my smoothies to add a rich texture and added nutrition.

It is such a health superfood and can be eaten without worry on Keto.

Turning into the Mexican guacamole is very simple and so delicious.

Recipe serves	
2	
Ingredients	Amount
Large, ripe avocados	2
Garlic crushed	2 Cloves
Seasoning	
Fresh Lime juice	1
Mayonnaise	2 Tbsp

## Method

Halve each of the avocados and remove the stone carefully with a knife. Then scoop out the flesh into a bowl.

Add the crushed garlic, salt, pepper and lime juice and mix thoroughly.

That's it! It's now ready to use with any raw vegetables as a dip for a snack, or added to your Chilli con Carne meal.



# Krispy Kale

If you're like me, then crispy is a gorgeous texture. And to make sure you don't find yourself reaching for the crisp packet for your crunchy hit, then try this instead.

It is very similar to the Crispy Seaweed you get at the Chinese Takeaway except a DIY version. It's simple to prepare, cook and serve.

Recipe serves	
	2
Ingredients	Amount
Packet of Kale	1
Olive oil	Drizzle
Seasoning	
Paprika	1 Dsp



## Method

Preheat your oven to 200°C.

Wash your bag of Kale, removing the woody stems, unless you like them that way.

Pat dry with kitchen roll and place on a baking tray. Massage a drizzle of olive oil on the kale and then season with salt and pepper.

Pop into the oven for 15-20 minutes or until you see the kale crisping up on the top. Give it a stir half way through so that all the kale gets a chance to be cooked.

When it's done to your liking remove from the oven and add a sprinkle of paprika for a little kick, if you wish. Then enjoy as a snack or as a topping for a salad.

# Tomatoes with Anchovies

Now, I know what you're thinking. Really? Anchovies and tomatoes. Honestly it really works. We popped to a bar in Spain on route to Morocco and it was served up here. And I loved it. Mind you I do love anchovies and can demolish a tin without hesitation.

However, they do make a really nice, refreshing addition to any snack meal and has to be worthy of addition here.

On top of that they are high in Omega 3 and protein and, wait for this, have no carbohydrates, but the tomatoes do. So moderation.

Recipe serves	
2	
Ingredients	Amount
Lage tomatoes	2
Garlic crushed	1 Clove
Seasoning	
Tin of anchovies	1
Olive oil to drizzle	



## Method

There's very little needed for this simple Spanish Tapas.

Slice your tomatoes however you wish. Season and drizzle with good quality Olive Oil. Then lace with the anchovy fillets.

It really does work for a salad or just as a snack.

# Cauliflower Cheese Sauce (with Bacon)



Elevating cauliflower to another level just needs a cheese sauce. Although laden with lactose from the milk and of course the white flour being high in carbs, is our cheesy favourite gone from our menus forever? Definitely not. Not now I have experimented with a cheese sauce thanks to the Sugar Free Londoner and a little adaptation. Now this cheesy loveliness is back on and tasting really, really good. And it is much simpler to make. Eat it as a side dish with a main meal or on its own as a lunch snack.

## Recipe serves

4

Ingredients	Amount
Cauliflower cut into small florets	1 Whole
Onion sliced	1
Olive oil for roasting veg	Drizzle
Soft cheese and heavy cream (1 cup)	200 g tub
Egg	1
Butter	1 Tbsp
Seasoning including 1/2tsp of nutmeg	To taste
Cheddar and Parmesan cheese	3 Oz each
English mustard, the secret ingredient	1 Tsp
Lardons fried off and dried on kitchen paper. In this recipe I used Serrano Ham just because I had some left over. * Optional	

## Method

I really enjoy my cauliflower roasted these days with an onion, sometimes garlic and a bit of olive oil. I love the chard taste when it lightly catches. On an oven tray, pop the cauliflower florets & sliced onion into a pre-heated oven for 45 minutes at 180°C.

Meanwhile make the sauce, based on a Bechamel. Add the butter, soft cheese and cream in a pan and turn on heat to a low setting. Then add a pinch of nutmeg, mustard and the seasoning. Do not let it boil. Add in half of the cheddar cheese and stir. Add a bit more cream, butter and cream cheese if it doesn't look enough to cover your veg. Turn off the heat and then crack the whole egg, whisking rapidly so that it doesn't scramble.

Mix with the cooked cauliflower and top with the remaining cheese and Parmesan and pop back into the oven for 20 minutes. Cook off the lardons and sprinkle over the top. This is so yummy.

See the picture over the page to get a feel for how it looks.



# Roasted Carrots with Caraway & Feta

Carrots may be on the outer fringes of a pure Keto lifestyle, although from time to time, they are a great veg to cook up. And are particularly good if following Keto Maintenance.

The simplicity of this reaps rewards when piled on a plate alone or as a meat and two veg plate.

Recipe serves	
2	
Ingredients	Amount
Large carrots peeled and sliced length ways	4
Caraway Seeds	3
Olive oil for roasting	Drizzle
Feta or Goat's Cheese both work	1/2 Pack
Drizzle of Balsamic cream for dressing	1

## Method

Pre-heat oven to 200°C.

Meanwhile prepare the carrots and pop in a baking tray with a little oil. Roast for 45 minutes or until you can easily put a sharp knife through them. .

Take out of the oven, pop onto a plate with the caraway seeds and Feta cheese and drizzle with Balsamic Cream.





# Roasted Veg Mélange



## Method

This is such an easy dish to create. Simply chop all your veg up into smallish chunks, making sure they are all roughly the same size.

Then pop in a large oven tray, drizzle over olive oil, season and add your herbs, then put in a preheated oven at 180°C for 45 minutes or until the vegetables are soft.

Give them a mix up from time to time to stop the bottom of the pan burning and the top veg catching.

Then serve however you wish. It's just gorgeous.



If you're a veggie lover, then you'll love nothing more than a plate of delicious roasted veg. Of course there are so many ways to use this mélange. It can be added to mince for a super healthy Bolognese. Or you can add chicken on top with Parmesan cheese or simply top with mozzarella and serve naked.

There's no limit to the amount of veg or type you use. It'll undoubtedly depend on what's in season.

Recipe serves	
4	
Ingredients	Amount
Cauliflower cut into small florets	1 Whole
Onion sliced	1
Olive oil for roasting veg	Drizzle
Aubergine cut into small chunks.	1
Courgettes and celery	2
Lardons if you want a meat version	1 Packet
Seasoning inc rosemary, garlic & Bayleaves	To taste
Baby Tomatoes or large ones quartered	10
Mushrooms chopped	6
Squash or Sweet Potato only in small amounts	
Carrot peeled and chopped	2
Chard, spinach or kale added at the end	Handful

# Roasted Red Pepper & Tomato Sauce

I was introduced to this heavenly homemade sauce through Myles' Golfing buddy. He was a wine connoisseur and a chef having owned his own hotel back in the day.

The simplicity of this sauce lends itself to so many dishes; a bolognaise or simply a stand alone sauce with a pork tenderloin, which is how we love to use it best. You'll never buy supermarket sauces again, believe me.

Recipe serves	
4	
Ingredients	Amount
Large Red Peppers	2-3 Whole
Garlic cloves	3
Olive oil for roasting veg	Drizzle
Large Beef Tomatoes or normal one if unavailable and halved	2



## Method

Pre-heat oven to 200°C.

Meanwhile prepare your veg. Rub the peppers well with olive oil and place everything on the tray and season well.

Allow them to roast in the oven and don't worry about the pepper skins charring. You want this as it adds a really deep flavour to the sauce.

After about 45 minutes remove the tray and remove the stalks and the seeds from inside the peppers. Peel the skins of the peppers, garlic and tomatoes and discard; the flavour will have penetrated into the flesh.

Place all the veg and the garlic, into a saucepan and using a blender, mix until smooth. Either refrigerate or use immediately.



# Baba Ghanoush Dip

This Lebanese dish, also popular in Turkey, Cyprus and sometimes Morocco, is a fabulous dish for snacks, dips or an accompaniment to salads. I love it and it is so easy to prepare. Loads of garlic, smokey roasted aubergine mixed with tahini or crème fraîche. It's worth mentioning that tahini is Keto friendly as it originates from sesame seeds, which are light on the old carbs offering a pack of Omega 6 and is balanced well with Omega 3 with the oil accompanying it. So all round, tahini is a good store cupboard essential.

Recipe serves	
4	
Ingredients	Amount
Aubergine pricked and roasted	2
Tahini or Crème Fraîche	1/4 Cup
Garlic crushed with salt and pepper	2 Cloves
Additional olive oil to mix	1 Tbsp
A pinch of paprika and lemon juice	2 Dsp
Sprinkle of coriander or parsley	
Cumin optional	1 Tsp

## Method

In a preheated oven at 200°C (or an airfryer), prick the aubergine and rub lightly with olive oil. Cut them in half and place cut side down. This reduces the amount of time they cook and prevents the vegetable from exploding.

Allow them to roast until the skins look burnt and the flesh feels soft. It will take about 30-40 minutes. Remove them from the oven and allow them to cool for 20 minutes and drain the liquid. This will also make them cooler to handle.

Remove the charred skins or scoop out the flesh into a bowl. Add the tahini, garlic, lemon juice, paprika and seasoning and combine well. If the mixture is too loose, then add a little more tahini until it makes a more solid dip.

I love to add cumin to give this a real authentic taste although this is optional. Sprinkle with a little more paprika and coriander and serve with celery and carrot sticks or as a salad accompaniment.



# Wild Garlic Pesto

April is a fabulous time to harvest wild garlic along streams and rivers, especially in France and England.

The whole spirit of selecting Mother Nature's treasure trove feels really nice and to be able to turn it into something so delicious is just an added bonus.

This recipe gives you ample to freeze without stripping too much from the countryside. Please be mindful of the amount of flowers you pick, so that plenty of seasons can reproduce.

Recipe serves
5

Ingredients	Amount	
A mixture of young leaves, picked away from the path and a few flower heads	Large	Handful
Salt		
Olive oil	20	ml
Parmesan cheese grated finely	100	g
Walnuts or Pine nuts	2	Dsp

## Method

Wash the leaves well and then place in a blender with olive oil. Add your parmesan cheese and salt to taste.

Add the nuts and blend again. Pine nuts are quite expensive so if you prefer to use walnuts it will be cheaper and more Keto friendly.

You need a fairly solid texture, not too runny and you can store in small pots in the fridge for a couple of weeks or a few months in the freezer.



# Vegetable Coleslaw

Here's another lovely twist on a traditional side dish. Coleslaw with its ample cabbage, carrot and onion is of course a staple for many. And often we buy the shop version for ease. And with it comes added sugars that we don't even realise we're consuming.

So this little twist is packed full with nutrients and crunch and takes no time at all to prepare.

Recipe serves	
4	
Ingredients	Amount
Courgette peeled into ribbons	1
Seasoning	
Mayonnaise	2 Tbsp
Chives chopped	1 Bunch
Red and yellow peppers sliced thinly	1 Of each
Red onion thinly sliced.	1

## Method

Add all the chopped vegetables together and mix well with mayonnaise and seasoning. Store in a Tupperware box in the fridge for a few days.



# Chapter 5 - Desserts & Sweet Treats



# Desserts & Sweet Treats

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**U**nless you are completely disciplined or have an aversion to sweet, then a sugary treat is always on the cards. Although anything from the shops or supermarkets will be carb laden with processed sugar and E numbers abound. And these are what causes our weight gain and even worse our acidic environment that can lead to disease.

So how do we get around this on our Keto regime? Well quite easily actually. Whilst our taste buds will adjust to a less sweet diet generally speaking, there are ways we can satisfy any cravings. I think it is worth mentioning though that with Keto you will find, when you consistently stick to lower carbohydrate foods, that many of your cravings will fade. However, we are human and there are going to be times when we want to reach for something that we might normally class as 'naughty'.

So here's a way around the sugar spikes that processed sweets and chocolate give us. There is a sugar substitute which is a far better way to introduce sweet into our meals. Xylitol, Stevia and Erythritol. And, if you can find it, although I could only get it in

Canada, Monkfruit is also a good alternative. They have a much lower blood sugar spike as they are natural, unprocessed and the stevia is derived from a stevia leaf. So you can still have those sweet desserts and treats without the carbs.

The other main ingredient you will find yourself reaching for will be cream, cream cheese, peanut butter and almond flour. You can also substitute with coconut flour although you will need more of it because of its natural absorbency. Also eggs are a key ingredient for binding.

Good luck and hoary baking.



# Chia Pots with Muesli Topping

I have included a Chia Pot recipe in the breakfast section. But of course, it works as well as a light dessert.

To reimagine it a pud, you can add a rich creamy centre and add a little indulgence on the top with some muesli. Shop bought muesli is full of hidden sugars and often contain oats which are carb high.

So you could either make your own with roasted seeds and nuts and little honey, or just take a teaspoon of the supermarket version. It may kick you out of ketosis, so this is a better options if you are on the maintenance regime.

Recipe serves	
4	
Ingredients	Amount
Chia mix as on page 17	2-3 Whole
Fresh cream, natural yoghurt or creme fraîche	2 Tbsp
Stevia or Erythritol sweetener	1 Dsp
Blueberries to top	2
Museli	1 Tsp

## Method

Make your Chai jam as per the recipe on page 17.

Fill a small shot glass with 2/3 chia. Now mix the cream or yoghurt with the stevia to give it a little more sweetness if you prefer, then add that to the pot. Sprinkle with homemade or supermarket muesli and top with blueberries.

If you want to make this a warmer taste then you can also add some cinnamon the top for that extra little kick.





# Raspberry Keto Cheesecake

Who could imagine that you could eat cheesecake on Keto. Well you absolutely can and it is so easy to make and utterly delicious. With just a few ingredients and a bit of patience, you have a scrummy dish that will last you a couple of helpings, given it is so rich. And there's no baking and no gluten either.

## Recipe serves

4

Ingredients	Amount
Cream Cheese or Mascarpone	360 g
Stevia or Erythritol for the base	1 Tbsp
Keto Raspberry Jam	2 Tbsp
Almond Flour	150 G
Unsalted butter melted	57 G
Heavy cream at room temperature	240 ml
Stevia for the cream cheese mix	107 G
Vanilla extract	1 Dsp
Squeeze of lemon juice	

## Method

Firstly make your base. Choose a loose bottom tin and grease it lightly with some butter.

In a bowl mix the almond flour and sugar, then add the melted butter and stir. Add a pinch of salt to bring out the flavour. You should now have a flakey crumb consistency.



Press the base mixture into your tin and pop in the fridge to set for at least 20 minutes.

In a clean bowl, add the cream cheese, or mascarpone if you prefer, together with the Stevia and vanilla essence. Adjust the sweetness to your liking at this point.

Now in another bowl, whisk the cream until it is thick, not over worked and fold this through with the cream cheese. Pop this on top of your base and keep in the freezer for 30 minutes. You don't want it frozen, although you do want it to set.

Then before serving you can add your topping. Here I have used a raspberry jam, which is just a punnet of raspberries mixed with Stevia and kept in the fridge.

# Chocolate and Walnut Bites

This is a work in progress recipe. I saw Sugar Free Londoner do a sweet treat with walnuts and these nutritious nuts are easy to get in Morocco. So with a 200g bag that cost me £3, I set about creating my own version of this. The mistake I made was using the air fryer, which is too harsh and quick a heat. So next time I would definitely use the oven. That said they are still gorgeous. Even the dough I could happily eat without cooking.

## Recipe serves

10

## Ingredients

## Amount

Fresh walnuts (around 200g)	2	Cups
Stevia or Erythritol	2	Tbsp
Cinnamon	2	Tsp
Almond Flour	1	Dsp
Vanilla extract	1	Tsp
Egg at room temperature	1	
Cacao powder (from a health shop)	2	Dsp
Butter melted	1	Dsp
Unsweetened coconut (from a health shop)	2	Dsp



## Method

Grind the walnuts in a hand blender, making sure you leave some chunky bits. Although the mixture needs to be 90% fine for it to hold together in balls.

In a bowl mix the egg, sugar, the melted butter, chocolate powder, cinnamon and give it a good stir. Should you find the consistency too wet, then add the coconut and almond flour to bind it.

Form 10 balls from the mixture and pop into a pre-heated oven at 180°C for 10 minutes. Keep an eye on them to make sure they don't burn. And allow them to cool completely before munching. They are delicious.



# Moroccan Slilou - A Ramadan Treat

Arriving at our favourite nomad campsite outside Tata, owner Zara served us up a welcome mint tea and Slilou. It was delicious and so I researched how to make it. Whilst the Moroccan version, which is used during Ramadan because of the energy it creates - energy means carbohydrate.

At the time of making I didn't have almonds, so I used peanuts instead from a Moroccan market and it works pretty well too.

So here is my attempt to make it Keto friendly. And boy is it good with lots of ways you can play with the flavours. It's great with a cup of tea and a spoonful instead of a biscuit or used as a muesli.

Recipe serves
10

Ingredients	Amount
Fresh unsalted, blanched almonds	100 g
Stevia or Erythritol	100 G
Cinnamon and either All spice or Star Anise	2 Tsp of each
Almond Flour	100 G
Vanilla extract	1 Tsp
Sesame seeds	50 G
Cacao powder (from a health shop)	1 Dsp
Butter melted or Coconut Oil	200 G
Flax seeds or Flax meal	100 G



## Method

Toast the almonds in a dry pan for 10 mins, then add the sesame and brown for a further 5 mins, transferring to a blender - mix coarsely.

Toast the almond flour in a dry pan, releasing its nutty flavour. Keep stirring so that it doesn't burn. When it's golden brown, add this to the almond and sesame mixture. Add your spices, Stevia and stir.

Stir in the melted butter or coconut oil if you want to keep it dairy free and mix thoroughly. The consistency should be wet but not fluid. Enough that it can hold together in a pot. If you want to make balls, then you may need to add more butter or even an egg and then pop in the oven for 10 minutes.

# Moroccan Amlou

Morocco is famous for many culinary things, especially their sweet treats. One of my favourites is Amlou which is an almond and Argan oil dip mixed with lashings of their local honey. If you've never tried Moroccan honey, it is like nothing else you've tasted.

However, honey is not Keto friendly, so here today, I turn this wonderful dip into a Keto friendly option simply swapping out the honey and replacing it with stevia. It does give it a slightly less authentic taste, however I would rather have it that way, than not have it at all. It's such a delicious dip, sauce and dressing for sweets.

## Recipe serves

5

## Ingredients

## Amount

Fresh unsalted almonds	250	g
Stevia or Erythritol	50	G
Argan Oil (or try a light olive oil)	100	ml
Cinnamon		Sprinkle



## Method

Toast the almonds in a dry pan for 10 mins until nicely brown and toasted, transferring to a blender. Blend thoroughly.

Now add the Argan or Olive oil and mix well. Now add the stevia and stir, taste and add more if needed. It is not meant to be overly sweet as in Morocco it is often served with honey.

This can be stored for up to a month in a jar in the fridge.

Serve with crème fraîche or natural yoghurt for a snack or breakfast.

# Indulgent Choco Mousse

There's a couple of ways you can do this indulgent pud - and it is worth mentioning, you really only need a small amount for this recipe.

One way, to get your greens in, is to use avocado and mix this with sweetener and cacao powder. It might sound odd, although you try and see what you think. It will surprise you.

The alternative is following this recipe where you use cream, cream cheese and cacao powder. Please buy good quality cacao and not cocoa powder as this comes with lots of hidden sugars. A good health shop will sell cacao powder.

## Recipe serves

6

## Ingredients

## Amount

Cream whisked	250	g
Stevia or Erythritol	50	G
Mascarpone	1	Tub
Cacao Powder		
Vanilla essence	2	Tsp



## Method

Put the cream into a bowl and whisk it until firm. Don't over whisk it though. Now add in the mascarpone, stevia and cacao powder and mix well. Loosen it with a bit of vanilla essence and if it is still a bit too rigid, just add a touch of water to loosen the mixture.

Put into shot glass size containers, as it is quite rich and decorate with strawberries or raspberries to take away the richness.



# Piquant Lime Fluff

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This is a similar recipe at the chocolate mousse, you just add lime juice and a bit of rind rather than the cacao powder. Nice and refreshing and slightly less sickly.

You could make a batch of the base and create two separate puds to indulge in.

Recipe serves	
2	
Ingredients	Amount
Cream whisked	1 Cup
Stevia or Erythritol	0.25 Cup
Cream Cheese	1 Cup
Lime juice and rind	2 Limes
Vanilla essence	2 Tsp



## Method

Put the cream into a bowl and whisk it until firm. Don't over whisk it though. Now add in the cream cheese and stevia mixing well. Now add the lime juice and grate the lime skin into the mix and stir.

Put into shot glass size containers and store in the fridge for up to 3-4 days.

# Keto Billionaire Squares

These are not Millionaire Squares, these are Billionaire Squares, because being able to have something so seemingly indulgent, is worth every single penny.

These take a little bit of pulling together with a few processes required, and some patience for them to set. But if you can get through that, the wait will be so worth it. And these have such few carbs in them. Around 5g per square. And a big thanks to the Sugar Free Londoner for her inspiration.



## Method

Start by making the crust. In a saucepan melt the butter & add the almond flour, sugar & vanilla essence & combine well. In a small baking tray line it with greaseproof paper then press down the mixture well. Leave this to set in the fridge whilst you make the rest of the squares.

Now in a clean saucepan place the cream, butter and sugar and allow it to melt. Bring it to the boil and stir regularly so that it doesn't burn on the bottom. The amount should reduce by half. When it has thickened and changed to a golden colour then let it cool before placing on top of the biscuit base. Put it back in the fridge to set.

Meanwhile, melt the chocolate pieces with the coconut in a glass bowl over a gently boiling saucepan of water. When it is liquid pour it over the chilled centre and let it set for at least 2hrs. Then cut it up into squares and store in the fridge for up to a week.

## Recipe serves

2

## Ingredients

## Amount

### For the biscuit base

Almond Flour	1.5	Cup
Stevia or Erythritol	3	Tbsp
Vanilla essence	2	Tsp
Butter	4	Tsp

### For the centre filling

Full fat, heavy cream	1	Cup
Stevia or Erythritol	1/3	Cup
Butter	2	Tbsp

### For the topping

Lindt 85-90% Chocolate broken into squares	1	Bar
Coconut Oil	1	Tbsp

# Peanut Twix Cups

These are so good and really easy to make. And if you are in need of a quick chocolate fix, then they will absolutely hit the mark for an afternoon snack. They keep really well in the fridge for a week, so indulgence doesn't have to pay the price with these little beauties. And a small amount will not knock you out of ketosis either. Everything in moderation they say.

## Recipe serves

10

## Ingredients

## Amount

Almond Flour	1	Cup
Stevia or Erythritol	1/2	Cup
Butter or Coconut Oil	3	Tbsp
Peanut Butter	1/2	Cup
Vanilla essence	2	Tsp
Lindt Chocolate 85 or 90%	1	Bar

## Method

Firstly make the base using the almond flour. Melt the butter or coconut oil if using. Then add the flour to the mix, stirring well until you have the form of breadcrumbs. Add your sugar substitute and blend. Add to little silicone cups to form the base.



For the Twix like centre. In a clean saucepan, add the peanut butter with a little stevia and water to loosen it slightly. Then add this on top of the base in the cups.

Now for the topping. Make up a ban marie. Using a saucepan, put some water in the bottom and then use a glass bowl that fits snugly in the pan and gently bring the pan to a simmer. Chunk up the chocolate bar and add a little vanilla essence and a tablespoon of coconut oil or butter. When you have a liquid consistency, then add to the top of the peanut butter. Now place the cups into the fridge for a few hours to allow everything to harden. You could put them in the freezer to speed up the process if you are very impatient, like me.



# Keto Karrot Kake

We all love a carrot cake, don't we? But our bodies do not. Laced with sugary toppings the carrot almost becomes a superfluous addition that struggles to keep the healthy label.

In this recipe, we keep the moist healthiness of the walnuts and carrot without the headache of the sugar rush that hits. You have to try this, it is delicious. And the best bit. You can cook this in an oven, Airfryer or microwave.

## Recipe serves

4

## Ingredients

## Amount

Almond Flour	1	Cup
Stevia or Erythritol	2	Tbsp
Large Egg	1	
Grated carrot	1/2	Cup
Cinnamon	1	Tsp
Walnuts chopped finely		Handful
Baking powder	1	Tsp
Butter melted	2	Tbsp
Heavy cream	1	Tbsp
<b>And for the topping</b>		
Tub of cream cheese	1	
Stevia	1	Tbsp
Grated orange peel		



## Method

Put all your dry ingredients into a bowl and mix well.

Then mix the egg, cream, melted butter and carrots together and gradually add to your dry mix, giving it a good stir.

Pop the batter into a loose bottomed cake tin and bake in the oven for 15 minutes at 180° or until a knife comes out cleanly. You can also pop it into the airfryer for 15 minutes on 160°c.

Meanwhile, prepare the topping. Mix the cream cheese with the sugar and the orange peel and leave ready to top once the cake has cooled.

# Chocolate Seed Slices

I whizzed up these chocolate bites when I had a sweet craving, which happens quite rarely on a Keto lifestyle.

These little beauties were created in a flash and with a little bit of storage to harden in the fridge, we were good to go in a very short time. Packed full of nutrients, you'll not feel an inch of guilt and there are definitely no sins here.

## Recipe serves

10

## Ingredients

## Amount

Mixed seeds, flax, sunflower, sesame, chopped peanuts

2 Cups

Stevia or Erythritol

2 Tbsp

Coconut oil melted or butter if you prefer

2 Tbsp

Lindt 85% chocolate melted in a bainmarie or a microwave

1 Bar

## Method

Put your coconut or butter into a pan to melt and then add your seeds and nuts. If it looks too runny, then simply add more seeds to the mix.



Line an oven tray with grease-proof paper and add the seeds over the top making a thin layer. Now pop the tray into the freezer or fridge to harden.

Meanwhile melt the chocolate and once the seeds are of a hard consistency, you can pour your chocolate over the top and pop back into the fridge to set.

Once it has, you can simply break it up into pieces and devour. It'll keep in the fridge for a week or two, if they last that long.

# Coconut Seed Bites

I adapted these from the previous recipe, just by adding in coconut in changes the texture and obviously the taste.

Use exactly the same principle and swap it up for a change.

Recipe serves	
10	
Ingredients	Amount
Mixed seeds, flax, sunflower, sesame, chopped peanuts or a handful of pastacios	2 Cups
Stevia or Erythritol	2 Tbsp
Coconut oil melted or butter if you prefer	2 Tbsp
Lindt 85% chocolate melted in a bainmarie or a microwave	1 Bar

## Method

Put your coconut or butter into a pan to melt and then add your seeds and nuts. If it looks too running, then simply add more seeds to the mix. Add your unsweetened coconut and stir well.



Line an oven tray with grease-proof paper and add the seeds over the top making a thin layer. Now pop the tray into the freezer or fridge to harden.

Meanwhile melt your chocolate and once the seeds are of a hard consistency, you can pour your chocolate over the top and pop back into the fridge to set.

Once it has, you can simply break it up into pieces and devour. It'll keep in the fridge for a week or two.

# Frozen Blueberry Yoghurt

The simplicity of this little snack is beyond easy. Blueberries and yoghurt. That's it, oh and perhaps a little bit of stevia to create some sweetness. Makes a great 'ice-cream' snack on those balmy summer days.

A great little nutrient dense treat if you feel the need during the day. And 20 seconds to put together.

Recipe serves	
5	
Ingredients	Amount
Blueberries	1 Punnet
Stevia or Erythritol *optional	1 Tbsp
Natural Yoghurt	3 Tbsp

## Method

On a baking tray, lay out some parchment paper. Place the punnet of Blueberries in a group and then cover in yoghurt. If you want to make this slightly sweeter, then add a sprinkle of Stevia over the top. Place in the freezer overnight to harden completely.



# Keto Summary

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Well, there we are. An introduction to Keto with some delicious recipes to get you started.

My hope is that you have enough to whet your appetite and practice with for a few weeks, that it will inspire you to find your own ingredients and meals.

I talked about how many recipes to include and you could go on endlessly for sure. But, it felt more important to focus on getting you on track for a few weeks with a handful of the recipes that I have enjoyed the most.

Keto as I have mentioned is not a long term solution. However it is something that you can dip in and out of once you are started to loose your desired weight.

And the maintenance is what I love the most about this way of eating. And because of the science behind why Keto works, you can come back to this tried and tested eating style whenever you need to. I will certainly be back to the ketosis approach once I can get back on my feet after a broken ankle.

So I hope this has inspired if not intrigued you to learn more about this high protein and low carb approach and that may be, just may be, this works as well for you, as it has for me.

In the meantime, feel free to email me over at [\*\*themotoroamers@gmail.com\*\*](mailto:themotoroamers@gmail.com) and I will, if I can happily help you with whatever challenges you are experiencing.

This book is completely free for you to download with my love. If though you have loved what I've brought together, then feel free to donate a Chai Latte my way by using the Donate button on our [\*\*Ebook Library page\*\*](#). There is no obligation nor exception however. Only if the feeling moves you.

So with love, I leave this book with you and hope it brings you all you hope for.

With love and hope;

**Karen, The Motoroamers**



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