



## **Ketosis Low Carb Comfort Foods Recipes**



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## Versatile Keto Bread

Net Carbs: 1.5 g per slice. Makes about 20 slices.

2 cups flax seed  
5 egg whites and 2 whole eggs  
5 T olive oil (can use coconut oil)  
1 T baking powder  
1 teaspoon salt  
1/2 cup water  
3 packets Stevia  
2 Scoops Protein Powder of Choice-

### Directions:

Mix dry ingredients together, then whisk in the wet. Bake at 350 for 35 to 40 minutes, until golden brown on the top. For muffins, bake 20 to 25 minutes.

### Variations:

Use chocolate protein or add unsweetened cocoa powder, add pumpkin, cinnamon, vanilla extract. Top muffins with natural peanut or almond butter.

**Loaf:** 2504 Calories, 170g Fat, 95g Carbs (29g net Carbs), 66g Fiber 140g Protein

**Per Slice:** 125 Calories, 8.5g F, 4.75g Carbs (1.5 net Carbs), 3.3g Fiber, 7.03g Protein



## Almond Butter Cream Cheese Balls/Raw Spread

Net Carbs: 1.5 g per ball. Makes ~20 balls.

3 oz of Almond butter  
8 oz of cream cheese  
1 tsp of vanilla extract  
Splenda to taste

### Directions:

Soften cream cheese and mix everything together.

Place evenly rounded spoonfuls of the mixture onto a baking sheet or aluminum foil and place in the freezer for a few hours.

Once frozen, you can move them into a container, and back into the freezer.

### Variations:

Try peanut or sunflower butter instead of almond butter. Or try adding cinnamon or cocoa powder for a sweeter taste.

Use this recipe “raw” as a spread, or bake them at 325 for 10-15 minutes for a crunchy keto cookie.

**Per Ball:** 42 Calories, 3.6g Fat, 0.8g Fiber, 2.3g Carbs, 0.9g Protein



## High Protein Keto Crepes

Net Carbs: 4 g per crepe. Makes 2-4 crepes.

- 2 Eggs
- 1 T Oil (or 1/2 T coconut oil)
- 2 T Protein Powder
- 1 Pkg sweetener
- 2 T heavy cream

### Directions:

Mix all together and cook over medium heat in a non-stick frying pan.

### Filling:

Blend together 1 raw Almond Butter Cream Cheese Ball and 1 teaspoon of Almond Butter. Spread onto crepes, roll up and serve.

Sprinkle with cocoa powder or cinnamon.

**Per Recipe:** 446 Calories, 32.8g Fat, 2g Fiber, 6g Carbs, 26.8g Protein



## Almond Flour Crust Spinach Feta Pizza

Net Carbs: 4 g per mini crust. Makes 1 mini crust..

### **Crust:**

1 tbs. almond flour  
1 tbs. Parmesan cheese  
1 tbs. olive oil  
1 egg

### **Directions:**

Mix everything together and fry it like a pancake. Top with your favorite toppings!

Bake in the oven at 350 for 5 to 10 minutes until the cheese is melted.

### **Topped with:**

1 cup baby spinach  
1/4 cup feta

**Pizza Crust:** 210 Calories, 19g Fat, 0.8g Fiber, 4.8g Carbs, 9.2g Protein

**With Toppings:** 432 Calories, 38g Fat, 2.2g Fiber, 7.5g Carbs, 20.9g Protein





## Broccoli Cheddar Onion Frittata

Net Carbs: 7.5 g per serving. Makes 8 servings.

- 8 large eggs
- 2 teaspoons olive oil
- 1 tablespoon minced red pepper
- 1 small red onion, sliced (about 1 cup)
- 2 cups chopped cooked broccoli
- Freshly ground black pepper
- 1/2 cup shredded extra-sharp cheddar (2 ounces)

### Directions:

Separate 4 eggs and place the whites into a medium sized bowl. Add 4 whole eggs and 2 tablespoons of water to the whites and whisk well.

In a medium ovenproof, nonstick skillet heat the oil over medium heat. Add the onion and cook until soft, about 5 minutes. Add the broccoli and cook 2 minutes. Season with salt and pepper.

Pour the egg mixture over the vegetables in the skillet. Reduce heat to medium-low, cover, and cook until the egg mixture has set around the edges but is somewhat liquid in the middle, about 8 minutes. Sprinkle with cheese.

Preheat the broiler. Place the skillet under the broiler about 2 inches from the heat until the surface is set and golden brown, 1 to 2 minutes. Be careful not to overcook or the egg mixture will become tough. Cut and serve.

**Per Serving:** 215 Calories, 12g Fat, 11g Carbs, 3.5g Fiber, 17g Protein



## Savory Cheese Meatballs

Net Carbs: .5 g per 4 meatballs. Makes 16 meatballs.

- 1 lb ground beef
- 2 eggs
- 1 tsp Mrs. Dash or other spicy seasoning of choice
- 4 oz cheese, cut into 8 little cubes

### Directions:

Preheat oven to 400 degrees. Cut cheese into mini cubes. Mix together ground beef, eggs, and seasoning. Mold 1" balls around each mini cheese cube.

Arrange each meatball 1" apart from each other on baking sheet. Place in the oven for approx 20 min. Drain excess oils and fat if you'd like, let cool and enjoy.

**Total Recipe (16 meatballs):** 1279 Calories, 100.11g Fat, 2g Carbs, 88.2g Protein

**Per Serving (4 meatballs):** 320 Calories, 25.2g Fat, .5g Carbs, 22g Protein

**Per Meatball:** 80 Calories, 6.3g Fat, .125g Carbs, 5.5g Protein



## Crispy Garlic Avocado Fries

Net Carbs: 2 g per medium avocado.

### Directions:

Slice skinless avocado into thin strips. Arrange slices on a piece of foil.

Season to taste with salt, pepper, minced garlic and onion powder.

Bake at 375 for 10-15 minutes. Flip, and bake for another 20-25 minutes, or until slightly browned and crispy.

### Notes:

Although crispy and delicious, these do not store well. They will get soggy if refrigerated, so enjoy them immediately!

**Per Medium Avocado:** 234 Calories, 21g Fat, 10g Fiber, 12g Carbs, 2.9g Protein





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