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ON *the* MENU:

Salads 4

Spreads 9

Breads 12

Main 18

Stuffing 21

Sauces & Gravy 25

Thickeners 29

Sides 30

Desserts 37



salads

- M E N U -

Creamy Brussels & Toasted Nutmeg Almonds

Veggie Swiss Cool Rice Salad

Roasted Asparagus Salad

Sharp Avocado Citrus Salad

Creamy Brussels & Toasted Nutmeg Almonds

Net carbs per serving: 3, Serves: 2

1 lb Brussels sprouts, trimmed and cut in half
1/4 cup cream cheese, cut into small pieces
1/4 cup toasted, slivered almonds
1/4 tsp sea salt
freshly ground black peppercorns
freshly grated nutmeg

Cook the Brussels in rapidly boiling, salted water until soft and tender. Drain the sprouts, return to the pot and stir in the cream cheese, salt, peppercorns and nutmeg to desired taste.

Place in a warm serving dish and sprinkle with the toasted almonds.

Veggie Swiss Cool Rice Salad

Net carbs per serving: 8.4, Serves: 2

2 tbsp olive oil or grass-fed unsalted butter
3/4 cup chopped green bell pepper
3/4 cup chopped red or orange bell pepper
1/4 cup chopped onion
4 ounces shredded Swiss cheese
1/4 tsp whole black peppercorns
1/4 tsp sea salt

Heat a heavy skillet over medium heat. Add olive oil or butter. When the skillet is hot (do not brown butter), saute the onions for 2 to 3 additional minutes.

Add peppers and saute for 2 to 3 more minutes, keeping them crispy and crunchy. Season with salt and peppercorns to taste.

Add desired amount of wild or brown rice, or other grain, and adjust the total net carbs. Try adding only 1/8 to 1/4 cup of rice.

Refrigerate for 30 minutes before serving.

Roasted Asparagus Salad

Net carbs per serving: 3.5, Serves: 8

2 1/2 pounds fresh asparagus
3 tbsp plus 1 tsp olive oil
2 tsp fresh lemon juice
2 ounces Parmigiano Reggiano cheese
3/4 tsp ground white peppercorns
1/2 tsp sea salt

Preheat oven to 475°F.

Wash asparagus and pat dry. Snap or cut the stem ends, leaving only the tender portions. Gently slice each spear on the diagonal, cutting into about three pieces.

In a large bowl, combine olive oil, sea salt and ground white peppercorns. Add asparagus and toss to coat evenly. Set aside, cover and marinate for 8 to 10 minutes at room temperature.

When marinated, transfer the asparagus to a nonstick baking sheet, spread out in a single layer.

Roast for 8 minutes, shaking several times to cook evenly and prevent sticking. Remove from oven and cool.

Before serving, sprinkle lemon juice over the roasted asparagus and toss gently to coat.

Top with shaved or grated Parmigiano Reggiano cheese.

Sharp Avocado Citrus Salad

Net carbs per serving: 3, Serves: 2

2 large Haas avocados, peeled and diced
4 tbsp olive oil
1 tbsp lemon juice
1 tbsp lime juice
1/2 tsp sea salt
1/2 tsp freshly ground black peppercorns
4 cups fresh, dark mixed greens
1 bunch watercress
1 medium tomato, diced
4 tbsp grated Parmesan cheese

In a small bowl, combine lemon and lime juice, sea salt and ground peppercorns. Add the olive oil in a slow stream, whisking until all four tablespoons have been incorporated smoothly.

Gently fold in the avocado and toss to coat. Arrange mixed salad greens in a large salad bowl, and pour the dressing and avocados over them. Toss to coat lightly and evenly.

Add the diced tomato and top with grated or shaved, aged Parmesan cheese before serving.



spreads

- M E N U -

Olive Tapenade

Roquefort Spread

Savory Chive Soft Spread

Olive Tapenade

Net carbs per serving: .7, Serves: 32

12 ounces black, pitted olives
2 tbsp capers, drained
1/2 cup pine nuts
2 cloves crushed, fresh garlic
2 tbsp freshly chopped parsley
1 tbsp extra-virgin olive oil
1/4 tsp whole black peppercorns
1/4 tsp sea salt

Thoroughly drain olives and capers.

Put all ingredients in food processor or blender.

Puree until desired consistency is reached.

Roquefort Spread

Net carbs per serving: .6, Serves: 12

8 ounces Roquefort blue cheese
4 tbsp grass-fed, unsalted butter, softened
1/4 tsp whole black peppercorns
1/4 tsp sea salt

Mix together the blue cheese and butter. Add sea salt and freshly ground pepper to taste. *So simple!*

Savory Chive Soft Spread

Net carbs per serving: .6, Serves: 8

4 ounces soft cream cheese
4 tbsp grass-fed, unsalted butter, softened
1/2 cup chopped chives
1 tbsp Worcestershire

Combine cream cheese and softened butter in a blender or food processor. Add olives, Worcestershire, salt and freshly ground black pepper to taste.

Variations:

Add slivers of smoked salmon, lox or prosciutto.

Add 1 cup cooked crab meat and 1 tablespoon lemon juice, and mash together. This adds 1.3 carbs to the total recipe.



breads

- M E N U -

Flaky Butter Biscuits

Go-To Holiday Rolls

Speckled-Herb Croutons

Cranberry Mini-Breads

Almond Cracker Thins

Flaky Butter Biscuits

Net carbs per serving: 5, Serves: 10

For sweeter biscuits, add 5 Splenda packets and 5 net carbs to the total recipe.

1/4 cup unbleached, all-purpose wheat flour
1/3 cup wheat gluten flour
1/4 cup whey protein powder
1/4 cup soy protein powder
1 cup plus 2 tbsp whole almond meal
1 tsp baking powder
1 1/2 ounces grass-fed, unsalted butter, softened
6 tbsp heavy cream
1 large, fresh brown egg

Preheat oven to 325°F. Use a large, nonstick baking sheet.

Place the first six (dry) ingredients in a medium bowl and mix well. Cut the unsalted butter into the dry mix in small chunks until it reaches a crumbly texture.

In a small bowl, mix together the egg and cream, and add it to the dry mix. Stir lightly with a fork to moisten.

Continue by hand. Mix only until the dough *barely sticks together*. Too much kneading results in dry and less flaky biscuits. The dough should be soft.

Sprinkle 1 tablespoon of ground almonds on a cutting board or counter top. Form the dough into a single slab, and place on top of the nuts. Sprinkle another tablespoon of ground almonds on top of the dough. Pat the slab of dough down to a 3/4 inch thickness.

Cut 10 biscuits with a 2 inch biscuit cutter, or shape by hand. Using a spatula, place the dough on the baking sheet. Bake 11 to 15 minutes or until light golden.

Go-To Holiday Rolls

Net carbs per serving: 3, Serves: 16

3/4 cup plus 2 tbsp of chilled water
3/4 cup vital wheat gluten flour
1/3 cup unbleached, all-purpose wheat flour
6 tbsp grass-fed, unsalted butter
1/4 tsp sea salt
3 whole large, fresh brown eggs
1 fresh egg white

Preheat oven to 425°F. Set aside a large, nonstick baking sheet.

Over medium heat, combine the unsalted butter and water in a 2 quart saucepan, stirring occasionally.

In a medium mixing bowl, thoroughly mix together both types of flour and 1/4 tsp sea salt.

When the butter and water mixture begins to simmer, add the dry mixture, stirring vigorously using a sturdy or wooden spoon.

The dough will become smoother, resisting the bottom and sides of the pan. Remove from heat and set the saucepan aside.

Add one egg at a time, mixing well after each until the dough is smooth, creamy and able to form peaks. Fold in the egg white.

Drop large teaspoonfuls of dough onto the cookie sheet, placing them fairly close together.

Bake the rolls 25 to 28 minutes until golden brown.

Extra rolls may be frozen, then thawed and reheated in a 350°F oven for 5 to 6 minutes.

Speckled-Herb Croutons

*Net carbs per cup: 4 (Made from Go-To Holiday Rolls.)
Five Rolls will yield about 4 cups of croutons.*

5 *Go-To Holiday Rolls*, cut into cubes
2 to 3 tbsp olive oil
2 tbsp grass-fed, unsalted butter
1 clove garlic, minced
2 tbsp fresh basil, finely chopped
1 tbsp fresh parsley, finely chopped
1/4 tsp sea salt

Cut the finished, baked *Go-To Holiday Rolls* into small or medium cubes. These croutons will shrink as they bake, so cut them a little larger beforehand.

Preheat a large skillet over medium heat. Add 2 to 3 tablespoons of olive oil and 2 tablespoons of grass-fed unsalted butter.

When the butter begins to foam, stir in the fresh basil, parsley and minced garlic.

Fold in the crouton cubes, stirring rapidly to quickly coat with the fresh herbs and healthy fats.

Sprinkle 1/4 teaspoon of sea salt over the croutons. Continue stirring until the croutons reach a light golden color.

Cool croutons and store in your refrigerator, or freeze.

Cranberry Mini-Breads

Net carbs per serving: 3, Serves: 25

1 1/2 cups fresh cranberries, crushed
1/4 cup wheat gluten flour
1/4 cup unbleached, all-purpose wheat flour
1 tsp baking powder
1 cup wheat bran
1 cup whole almond meal
12 ounces full-fat cream cheese, softened
20 pkts Splenda
5 large, fresh brown eggs

Preheat oven to 325°F.

Lightly butter three, mini loaf pans (use nonstick).

With an electric mixer, beat the cream cheese and two eggs using a flat beater until it is smooth, thick and fluffy.

Add remaining eggs, one at a time, beating briefly after each.

Add all the remaining ingredients, except for the cranberries, and mix together on a low speed.

Fold in the fresh cranberries. Spoon the mixture into the mini loaf bread pans. Bake 40 to 50 minutes or until lightly browned.

Cool the mini-bread loaves before slicing. Keep refrigerated up to 4 days, or wrap and freeze.

Almond Cracker Thins

Net carbs per serving: .7, Serves: 60 (Makes 60 crackers.)

1 1/4 cups whole almond meal
1/3 cup crude wheat bran
1/3 cup soy protein powder
1/4 cup unbleached, all-purpose wheat flour
1 tsp baking powder
1/4 tsp whole black peppercorns
1/4 tsp sea salt
2 tbsp grass-fed, unsalted butter
1/4 cup cold water
1 tbsp olive oil
2 tsp soy sauce
1/4 tsp almond extract

Preheat oven to 325°F.

Combine the first seven ingredients in a medium mixing bowl and stir together. Add the softened butter in small chunks and work into the dry mix.

In a separate small bowl, mix together the water, olive oil, soy sauce and almond extract. Add the liquid mixture to the dry ingredients and stir well. Using your hands, work all of the ingredients into a smooth dough.

Shape the dough into 1/2 inch wide balls, and place them on nonstick cookie sheets. Do not place the balls close together.

Flatten each cracker slightly with your fingertips. Use the lid of a jar, pressing down firmly to make them very thin. To avoid sticking, use a pinch of soy protein powder (or soy flour) on the lid. Use a pastry brush to sweep all loose flour off the crackers.

Bake crackers 9 to 12 minutes or until light brown.



main

- M E N U -

Roasted Turkey or Chicken with Savory Prosciutto

Slow Roasted, Herb-Cured Spiced Pork Shoulder

Roasted Turkey or Chicken with Savory Prosciutto & Olives

Net carbs per serving: 3, Serves: 6

4 to 5 lbs free-range chicken
1/4 lb Prosciutto, dice into 1/2-inch cubes
1/2 cup whole green or black olives, with pits
1/2 cup white wine
1/3 cup minced shallots
2 cloves garlic, minced
1 tbsp whole black peppercorns
1 tbsp sea salt

Preheat the oven to 350°F.

With a sharp heavy knife, split the chicken down the center and open it up. Turn it breast side up and flatten with the palm of your hand. Cut a slit in the skin at the bottom of the breast. Sprinkle liberally with sea salt and ground peppercorns.

Transfer the chicken, breast side down, to a lightly oiled roasting pan. Bake for 45 minutes.

While the chicken is baking, prepare and combine the prosciutto, shallots, garlic and olives.

Remove the chicken from the oven and transfer to a plate.

Scatter the prosciutto mixture evenly in the roasting pan and add the white wine. Place the chicken (with the skin side up) into the pan. Bake an additional 45 minutes.

Remove the chicken from the pan and serve.

Slow Roasted, Herb-Cured Spiced Pork Shoulder

Net carbs per serving: 0, Serves: 6

4 to 5 lb pork shoulder
6 cloves garlic, thinly sliced
2 tbsp coriander seeds
12 whole cloves
2 crumbled bay leaves
2 tbsp fresh rosemary leaves, coarsely chopped
1 tbsp whole black peppercorns
1 tbsp sea salt

With a sharp knife, score the pork fat in a cross-hatch pattern.

Mix coriander seeds, peppercorns and cloves in a coffee grinder or mortar and pestle. Grind coarsely and combine with sea salt, bay leaves, fresh rosemary and garlic.

Spread one half of the mixture in the bottom of a glass or non-stick pan. Place the pork on top. Pour the remaining mixture over the top.

Cover and refrigerate overnight.

Preheat the oven to 250°F. Wash the pork and pat dry. Place fat side up in a baking pan and bake for 6 hours.

Let the dish rest for 15 minutes before slicing.



stuffing

- M E N U -

Buttered Onion & Apple Stuffing

Baked Celery Stuffing

Mushroom Peppercorn Beef & Hot Rice Stuffing

Buttered Onion & Apple Stuffing

Net carbs per serving: 8, Serves: 8

4 cups Speckled-Herb Croutons (Made from 5 *Go-To Holiday Rolls*.)
2 cups apples (any variety) peeled
1 tbsp freshly squeezed lemon juice
1 cup onion, finely chopped
1/2 cup celery, finely chopped
3 tbsp olive oil or coconut oil
3 tbsp grass-fed, unsalted butter
1/2 cup chicken broth or stock
1/2 cup heavy cream
3 farm fresh egg yolks
1/4 tsp garlic, minced
2 tbsp fresh parsley, chopped
1/4 cup Parmesan or Romano cheese, grated
1/4 tsp freshly ground black peppercorns
1/4 tsp sea salt

Preheat oven to 325°F. Butter or oil a medium oven-proof casserole dish or non-stick baking pan.

In a medium bowl, squeeze fresh lemon juice over the chopped apples and set aside. Chop onion and celery into small pieces. Add all plus 4 cups of Speckled-Herb Croutons to a large mixing bowl.

Heat a large skillet over medium to low heat, adding oil and butter until melted. Add the onion and saute until translucent. Add celery and chopped apples. Continue cooking over a low heat until the apple mixture is soft and tender.

Stir in sea salt, peppercorns and garlic. Pour mixture over the croutons and stir. Transfer to a baking dish.

In a small bowl, beat egg yolks until smooth. Slowly add heavy cream and broth. Pour over crouton mixture and toss gently using a fork.

Sprinkle grated Parmesan cheese and chopped parsley over the top. Bake, uncovered 30 to 35 minutes until the stuffing is lightly brown.

Baked Celery Stuffing

Net carbs per serving: 5, Serves: 6

Follow the directions for Buttered Onion and Apple Stuffing, but make these adjustments:

Omit the chopped apples.

Reduce the onion to 1/2 cup.

Increase celery to 2 cups.

Add these ingredients:

10 fresh olives, pitted and chopped

3 tbsp capers, drained and mashed

1 tsp dried sage

1 tsp dried thyme

Add the olives, capers, sage and thyme after the celery has cooked for 2 to 3 minutes.

Combine all with croutons and herbs. Place in the casserole dish and finish as directed.

Mushroom Peppercorn Beef & Hot Rice Stuffing

Net carbs per serving: 3, Serves: 2

4 ounces diced, fresh mushrooms:

choose portabella, shiitake or white mushrooms

1 tbsp olive oil or coconut oil

3 ounces lean ground, grass-fed beef

1/2 cup chopped scallions

1/4 tsp whole black peppercorns

1/4 tsp sea salt

In a skillet over medium heat, mix olive or coconut oil, and ground beef until cooked and lightly browned. Set aside and keep warm.

Add scallions to the skillet and cook 1 minute. Add mushrooms and cook until tender, around 4 to 5 minutes. Return meat to the pan.

Mix in onions and mushrooms, adding salt and peppercorns to taste.

Add desired amount of wild or brown rice, or other grain, and adjust the total net carbs. Try adding only ¼ cup of rice.



sauc & gravy

- M E N U -

Cranberry Bourbon Sauce

Rhubarb Citrus Glaze

Roasted Turkey or Chicken Gravy

Using Eggplant as a Thickener

Using Black Soybeans as a Thickener

Cranberry Bourbon Sauce

Net carbs per serving: 2, Serves: 16 (Makes 4 cups.)

4 1/2 cups fresh cranberries
1 1/2 cups water
1 1/2 cups Splenda
2 tbsp bourbon (optional)
2 tbsp orange zest
2 tbsp lime zest
1 cinnamon stick
6 whole cloves

Bring cranberries, water, orange and lime zest, bourbon, cinnamon and cloves to a boil.

Continue boiling until the skin of the cranberries pop open (5 minutes).

Remove from heat. Add Splenda and mix thoroughly.

Cool in the refrigerator to thicken before serving.

Rhubarb Citrus Glaze

Net carbs per serving: 2, Serves: 6

4 cups raw, chopped rhubarb
1 lemon, freshly squeezed
fresh lemon or orange zest (optional)

Place the rhubarb and freshly squeezed lemon in a heavy saucepan with 1 1/4 cups water. Heat and allow to simmer slowly until softened. Stir often.

Cool and measure the sauce. You should have 2 cups. If needed, add water to make up any deficit. Add the lemon or orange zest (optional) and stir.

Sweeten with Splenda only the amounts you are ready to use and count the extra carb grams.

Divide the sauce into desired portions and freeze whatever you will not use within a week.

Make this sauce thick and it doubles as jam for low carb breads, rolls, muffins and crackers. Thin the sauce if desired, and use it as a low carb syrup.

Roasted Turkey or Chicken Gravy

Net carbs per serving: 3, Serves: 7

3 1/2 ounces turkey or chicken giblets
2 cups stock, made from giblets
6 tbsp grass-fed, unsalted butter
4 tsp enriched white flour
1/2 cup pan juice, from roasted turkey or chicken
5 ounces fresh eggplant, peeled and cubed
1/2 cup heavy cream
1/4 tsp sea salt
1/4 tsp freshly ground black peppercorns

Clean the giblets, add 2 cups of sea-salted water and simmer (covered) for an hour or longer. Drain, reserving the broth.

In a saucepan over medium-low heat, slowly add the unsalted butter. When it foams, add the flour and stir until slightly browned.

Slowly add one half the giblet stock, stirring until it thickens.

Add the remaining broth and cubed eggplant. Simmer 10 to 12 minutes until the eggplant is tender.

Place the eggplant chunks and gravy in a food processor or blender. Mix until smooth.

Return the blended eggplant gravy mixture to the saucepan, and gradually stir in heavy cream, sea salt and ground peppercorns.

Heat thoroughly, and serve immediately.

Using Eggplant as a Thickener:

Net carbs per cup of peeled, cubed eggplant: 3

The eggplant has a meaty texture, making it an excellent substitute for flour. You can use eggplant to thicken sauces, soups, casseroles and other dishes.

Use 1 cup of peeled, cubed eggplant to thicken 1 cup of liquid.

Cook the eggplant 10 to 12 minutes, until soft and mushy.

For a smoother sauce or soup, simply puree the cooked eggplant with some liquid in a food processor or blender.

Using Black Soybeans as a Thickener:

Net carbs per 1/3 cup of mashed, black soybeans: 2

Follow the instructions for “Using Eggplant as a Thickener” using 1/3 cup of mashed black soybeans instead of the eggplant.



sides

- M E N U -

Creamy Smashed (Faux) Potatoes

Smoked Pecan & Peppered Bacon Green Beans

Parmesan Onion Gratin

Wild Mushrooms & White Wine Scallions

Golden Squash Parmesan Mash

Brown Sugar (Faux) Sweet Potatoes

Creamy Smashed (Faux) Potatoes

Net carbs per serving: 4, Serves: 4

20 ounces cauliflower florets
1 tbsp full-fat Mayonnaise
3 tbsp melted, grass-fed butter
2 tbsp heavy cream
1/4 tsp ground black peppercorns
1/4 tsp sea salt

Preheat oven to 350°F. Butter or oil a medium baking pan or oven-proof casserole dish.

Steam or simmer the cauliflower for a few minutes. Or cook in a microwave-safe covered dish with 2 tablespoons of water on high for 5 minutes. The florets should be very soft. Continue to cook in 1 minute increments until done.

Drain the cauliflower thoroughly and let it cool slightly.

Puree the cauliflower in a food processor with all of the remaining ingredients until completely smooth. Puree cauliflower in batches: Start with half of the cooked florets in the processor or blender.

Add half the cream, melted butter, mayonnaise, sea salt and peppercorns. Blend on high until smooth. Repeat with the remaining half of ingredients.

Pour the puree in the casserole dish and bake, uncovered for about 20 minutes. Serve hot.

Smoked Pecan & Peppered Bacon Green Beans

Net carbs per serving: 4, Serves: 6

1 lb freshly cut green beans
1 lb bacon, cooked and crumbled
1/2 cup coarsely chopped pecans
1/2 tsp finely chopped, dried chipotle peppers
1 clove fresh garlic, minced
1 tbsp olive oil
1/4 tsp ground black peppercorns
1/4 tsp sea salt

Cook bacon until crispy. Break apart and crumble. Set aside.

Trim the tough ends of the fresh beans. In a covered saucepan, cook the green beans and peppers in 1 cup of boiling, sea-salted water until tender and crisp, about 10 minutes.

Drain the beans. In a skillet, heat the olive oil and add the pecans. Toast them lightly in the skillet for 1 to 2 minutes, stirring constantly to prevent burning.

Add the drained green beans, ground black peppercorns and crumbled bacon. Heat thoroughly and stir continuously, coating with olive oil, around 1 to 2 minutes.

Serve immediately.

Parmesan Onion Gratin

Net carbs per serving: 8, Serves: 8

2 lbs sweet onions, thinly sliced
4 tbsp grass-fed, unsalted butter
1/2 tsp fresh thyme, finely chopped
3/4 tsp ground cloves
2 fresh egg yolks, lightly beaten
1/4 cup heavy cream
3/4 tsp sea salt
1/2 cup Parmesan cheese, grated

Preheat broiler or oven on high, about 475°F. Lightly oil a shallow, oven-proof baking dish.

Heat a large skillet over medium low and add unsalted butter, but do not let it brown. Add sliced onion, cloves, thyme and sea salt. Cover and cook over low heat until onions soften, 10 to 12 minutes.

Transfer onion mixture to the baking dish, spreading it evenly.

In a small bowl, combine egg yolks and heavy cream, mixing well. Stir in the grated Parmesan and pour the mixture over the onions in the baking dish.

Broil (around 2 inches from the heat) until the top sizzles and browns, 3 to 4 minutes. Serve immediately.

Wild Mushrooms & White Wine Scallions

Net carbs per serving: 4.6, Serves: 6

1 lb mushrooms (your choice)
3/4 cup beef broth
1 1/2 lbs fresh leaf spinach
1/2 cup scallions, chopped
2 tsp grass-fed, unsalted butter
1/2 cup dry white wine
1 cup sharp white cheddar cheese, grated
1/2 tsp black peppercorns
1 1/2 tsp sea salt

Preheat oven to 350°F. Lightly oil or butter an 8 by 11 inch baking dish. Wash and clean mushrooms, trimming and discarding the hard stem ends. Chop the mushrooms coarsely and set aside.

Using a medium saucepan, poach the mushrooms in beef broth, adding half of the sea salt.

Heat a skillet over medium low. Add the unsalted butter, onion and white wine. Saute until the onion is transparent, but do not allow it to brown.

Line the bottom of the baking dish with the fresh leaf spinach. Scatter the onion mixture over the spinach layer, and top with the poached mushrooms.

Finally, sprinkle over the top: the remaining sea salt, ground peppercorns and grated sharp cheddar cheese.

Bake until bubbly, 20 to 25 minutes. Serve immediately.

Golden Squash Parmesan Mash

Net carbs per serving: 1.7, Serves: 10

5 cups fresh yellow squash, sliced 1/4" thick
3/4 cup scallions, chopped, white areas only
3/4 cup pork rinds, plain, crushed
8 tbsp grass-fed, unsalted butter
2 fresh brown eggs, lightly beaten
1 clove garlic, minced
1 tsp fresh thyme, finely chopped
3 tbsp Parmesan cheese, grated
1/2 tsp freshly ground black peppercorns
1 tsp sea salt

Preheat oven to 350°F. Butter or oil a medium baking pan or oven-proof casserole dish.

Using a large saucepan, cook the sliced squash (covered) in 1 cup of boiling sea-salted water until tender, 10 to 12 minutes. Drain well. Mash the squash with a fork (or potato masher) and set aside.

In a small skillet over medium high heat, melt the unsalted butter. When the butter foams (but before it browns) add the onions and saute until limp.

Pour the onion, eggs, pork rinds and seasonings into the mashed squash, mixing well. Then pour the entire mixture into the oven-proof dish. Bake uncovered, 20 to 25 minutes.

Remove from oven and sprinkle grated Parmesan cheese over the top. Return to oven and bake until cheese melts, bubbles and browns lightly.

Brown Sugar (Faux) Sweet Potatoes

Net carbs per serving: 4.5, Serves: 10

***You can leave out the brown sugar and use 12 packets of Splenda. That drops the net carb count to 3 grams per serving.*

5 cups fresh yellow squash, sliced ¼" thick
8 tbsp of grass-fed, unsalted butter
2 tbsp freshly squeezed lemon juice
2 tbsp brown sugar
5 pkts Splenda

Preheat oven to 350°F. Butter or oil a medium baking pan or oven-proof casserole dish.

Using a large saucepan, cook the sliced squash (covered) in 1 cup of boiling, sea-salted water until tender, 10 to 12 minutes.

Drain and place into a buttered or oiled medium size baking pan or casserole dish.

In a medium saucepan, melt the unsalted butter. Add lemon juice, brown sugar and 5 packets of Splenda (or to taste). T

Pour one half of the syrup over the squash, and bake for 12 to 15 minutes.

Add the remaining syrup and bake another 15 to 20 minutes, for a total baking time of 30 to 35 minutes.



desserts

- M E N U -

Ricotta Espresso Creme

Spiced Pumpkin Cookies

Signature Low Carb Cheesecake

Fresh Pumpkin Pie

Pumpkin Seed Crust

Whole Bean Vanilla Ice Cream

Orange Dark Chocolate Mousse

Classic Pure Vanilla Creme Brulee

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Ricotta Espresso Creme

Net carbs per serving: 3, Serves: 6

1/4 cup fine espresso powder
1 tsp liquid Splenda or sweetener
1/2 tsp pure vanilla
2 cups full-fat ricotta cheese
1/2 cup heavy whipping cream
cocoa, if desired

Combine the espresso powder, Splenda and pure vanilla.

Beat the ricotta with a whisk to loosen and lighten it up.

Whip the heavy cream until stiff peaks form. Gently fold the cream into the ricotta.

Lightly swirl the espresso into the ricotta cream mixture, leaving a trail of streaks or pattern.

Pour the ricotta cream into 6 dessert containers (or wine glasses), and dust the tops with cocoa powder if you like.

Spiced Pumpkin Cookies

Net carbs per serving: 3, Serves: 40 (Makes 80 cookies.)

3 egg yolks
6 tbsp grass-fed, unsalted butter
3 tbsp brown sugar
15 Pkts Splenda
1/2 cup fresh or canned pumpkin
1 1/2 tsp ground cinnamon
1/2 tsp ground nutmeg
1/4 tsp ground cloves
1/4 cup stone ground whole wheat flour
1/4 cup vital wheat gluten flour
3/4 cup whole almond meal
1 tsp baking powder
1/4 tsp sea salt
3/4 cup black walnuts, chopped
1/4 cup raisins

Combine egg yolks and brown sugar in the bowl of an electric mixer. Using the flat beater, process until thick and creamy.

Stop the mixer and add all of the other ingredients, except the walnuts and raisins. Beat on a slow speed until smooth and creamy.

Stir in the walnuts and raisins by hand. Refrigerate the dough for one hour or until firm enough to handle.

Preheat oven to 325°F.

Take the dough from the fridge and shape into 1 inch diameter balls. Arrange about 2 inches apart on a nonstick baking sheet. Flatten the dough balls lightly with your fingertips or the lid of a jar.

Bake until light brown: 15 minutes for chewy cookies, or 18 minutes for crispy cookies. Cool before serving.

Signature Cheesecake

Net carbs per serving: 4, Serves: 10

24 ounces full-fat cream cheese, softened
1 tsp stone ground whole wheat flour
2 tsp freshly squeezed lemon juice
2 tsp pure vanilla extract
1 tsp almond extract
1/2 cup full-fat sour cream
zest plus juice from 1 fresh lemon
4 fresh egg yolks
2 fresh egg whites
20 pkts Splenda

Butter the sides and bottom of an 8 or 9 inch spring-form pan, or a glass baking dish if going crust-less. Prepare the low carb crust of your choice, use ground nuts instead, or go crust-less.

Preheat the oven to 325°F.

Combine the cream cheese and 2 egg yolks in the bowl of an electric mixer. Using the flat beater, process until thick and creamy.

Add 2 egg yolks, beating until well mixed. Slowly add all remaining ingredients except the egg whites, and mix 1 to 2 minutes.

Beat the egg whites until firm but not stiff, and fold into the batter using a spatula.

Pour batter into the spring-form pan or glass oven-proof dish. Bake 45 to 55 minutes until the cheesecake reaches a light golden brown.

Turn the oven off, keeping the cheesecake inside. Leave the oven door slightly open. Allow the cheesecake to cool inside the oven for 1 hour. Remove and refrigerate 2 to 4 hours.

This signature cheesecake will last (covered) for several days in the fridge. It also freezes well in separate portions, or as a whole. Thaw in fridge a few hours before serving.

Fresh Pumpkin Pie

Net carbs per serving: 3.5, Serves: 8

3 large fresh, brown eggs
1 1/2 cups fresh pumpkin, cooked and mashed
1 1/4 cups heavy cream
1/4 cup brown sugar, packed lightly
15 pkts Splenda
1 tbsp ground cinnamon
1/4 tsp ground cloves
1/2 tsp ground nutmeg
1/2 tsp ginger
1/4 tsp sea salt

Butter the sides and bottom of an 8 or 9 inch spring-form pan, or a glass baking dish if going crust-less.

Prepare the low carb crust of your choice, use ground nuts or toasted pumpkin seeds instead, or go crust-less.

Preheat the oven to 325°F.

By hand, lightly beat together eggs, spices, sea salt and Splenda. Add freshly mashed (cooked) pumpkin and heavy cream, beating just until mixed.

Pour the mixture into the pie crust or oven-proof baking dish.

Cover the pie loosely by tenting foil over the top. Bake, 45 to 55 minutes until done: when a knife inserted in the center comes out clean.

Serve warm or cold with freshly whipped heavy cream, or *Whole Bean Vanilla Ice Cream*.

Stores well in the fridge if covered, 3 to 4 days.

Pumpkin Seed Crust

Net carbs: 10 carbs total recipe. (Makes 2 cups.)

2 cups raw shelled pumpkin seeds
1 tbsp Splenda Brown Sugar Blend
2 tbsp grass-fed, unsalted butter or olive oil
1 1/2 tbsp fresh rosemary, roughly chopped
1/4 tsp smoked paprika
1/4 tsp ground cinnamon
1/4 tsp ground cumin
1/8 tsp cayenne pepper
1/2 tsp sea salt

Mix sea salt, paprika, cinnamon, cumin and cayenne together in a small bowl, and set aside.

Warm unsalted butter (or olive oil) and Splenda Brown Sugar Blend together in a large skillet over medium heat. Add pumpkin seeds and spice mixture to the pan. Stir until sugar is melted and the seeds are fragrant, 5 to 6 minutes.

Cover the skillet when seeds start to pop. Remove from heat, add fresh rosemary, sprinkle on additional salt (if desired) and toss.

Immediately spread seeds out on a parchment-lined baking sheet and cool completely before serving.

Place seeds in a food processor or rough chop in a blender until desired consistency is reached. Press ground seeds into the bottom and sides of a pie dish or glass oven proof baking dish. Pour pie filling carefully into the dish.

Whole Bean Vanilla Ice Cream

Net carbs per serving: 4, Serves: 10

10 fresh egg yolks
2 1/2 quarts heavy cream
1 whole vanilla bean
2 tsp pure vanilla extract
1/2 cup Splenda

Beat egg yolks 3 to 5 minutes. In a large saucepan, mix together heavy cream and vanilla bean, and simmer 25 to 30 minutes.

Discard vanilla bean. Slowly mix all eggs into pan mixture, a few egg yolks at a time.

Pour the eggs into the cream mixture slowly, simmering until thick.

Add Splenda and pure vanilla extract.

Strain into chilled bowl. Freeze in ice cream maker, following the manufacturer's instructions.

Orange Dark Chocolate Mousse

Net carbs per serving: 8, Serves: 6

2 ounces unsweetened dark chocolate
1/8 cup unsweetened cocoa powder
1 tbsp grass-fed, unsalted butter
2 pkgs unflavored gelatin
1 tbsp orange zest
2 ice cubes
2 cups whipping cream
3/4 cup Splenda

Slowly melt dark chocolate and unsalted butter in a saucepan over low heat.

While chocolate is melting, place the gelatin in a small bowl. Add 1 cup boiling water and orange zest, stirring continually until gelatin is fully dissolved.

Add ice cubes to cool down the mixture, and slowly beat in the whipping cream. Add Splenda and cocoa powder.

Remove the warm chocolate mixture from the heat. Gradually add the gelatin whipped cream mixture.

Beat well, transfer to containers and chill for at least 3 hours.

Classic Pure Vanilla Creme Brulee

Net carbs per serving: 6, Serves: 6

1 1/4 quarts heavy cream
1 1/2 tsp pure vanilla
12 fresh egg yolks, lightly beaten
1 cup Splenda

Preheat oven to 325°F. Prepare a shallow pan, filling it with water, 1/2 to 1 inch high. Set aside.

Mix together heavy cream, pure vanilla and 1/2 cup Splenda in a saucepan. Bring the cream mixture to a light boil for 1 minute.

Remove from heat and set aside.

In a new bowl, combine the beaten egg yolks and remaining 1/2 cup of Splenda.

Combine the warm cream mixture with the beaten yolk mixture. Fold together slowly.

Fill ramekins or other small baking containers with the final mixture.

Place the oven safe containers of Brulee in the water bath prepared earlier. Bake in the oven until just barely set, 40 to 45 minutes.

Remove containers from water bath when cool. Wipe the bottoms of the Brulee, and refrigerate overnight.



Low Carbe Diem

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