



TOP TEN KETO RECIPES

ANYONE Can Cook



KETOCONNECT



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Designs and contributions by Cass Cardy and Lara Clevenger.

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A stack of several slices of keto bread, likely almond flour or coconut flour based, is arranged on a dark, textured wooden surface. The bread slices are light-colored with a slightly porous texture. The background is dark and out of focus.

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22 BEST KETO BREAD

Chicken Crust Pizza



1 crust



Prep Time: 5 minutes



Cook Time: 25 minutes



350°F

Ingredients

- 10 oz canned chicken
- 1 oz grated parmesan cheese
- 1 large egg

Instructions

1. Thoroughly drain the canned chicken, getting as much moisture out as possible.
2. Spread chicken on a baking sheet lined with a silicon mat. Bake at 350°F for 10 minutes to dry out the chicken.
3. Once chicken is done baking for 10 minutes, remove and place in a mixing bowl. Increase heat of oven to 500 degrees.
4. Add cheese and egg to the bowl with chicken and mix.
5. Pour mixture onto baking sheet lined with a silicon mat and spread thin.
6. Placing parchment paper on top and using a rolling pin makes this easier. *Optional: With a spatula press the edges of the crust in to for a ridge for the crust. This is beneficial is you're using topping that may slide off (i.e. eggs).*
7. Bake the crust for 8-10 minutes at 500°F.
8. Remove crust from oven. Add desired toppings and bake for another 6-10 minutes at 500 degrees. Toppings will dictate final cook time.
9. Remove from oven and allow to cool for a few minutes. Your life is now changed. Enjoy!

Nutrition

Per serving (1 crust without toppings)

Calories: 408

Fat: 17g

Protein: 61g

Net Carbs: 1g

*Recipe can be quickly added to MyFitnessPal
Search "KetoConnect No Carb Pizza Crust"*



Nutrition

This entire chicken pizza crust clocks in at under 1g of TOTAL CARBS! It goes great with a high fat pesto sauce for a fun keto dinner.



Egg Loaf



8 Servings



Prep Time: 5 minutes



Cook Time: 30 minutes



350°F

Ingredients

- 1/2 cup butter
- 8 oz. cream cheese
- 8 large eggs
- 1/2 tsp cinnamon
- 1/4 tsp ground nutmeg
- 8x8 pan

Instructions

1. Preheat your oven to 350°F and grease a brownie pan using coconut oil spray.
2. Combine all the ingredients in a blender until smooth in consistency.
3. Pour the batter in the brownie pan and sprinkle additional cinnamon on top, if desired.
4. Bake for 25-30 minutes (time will vary depending on your oven). It will puff up when baked, but fall once out of the oven and cooled for a couple minutes.
5. Allow to cool for 5-10 minutes prior to slicing and serving.
6. Best stored in an air tight container in the fridge up to 5 days.

Nutrition

Per serving (1 slice)

Calories: 281

Fat: 27g

Protein: 9g

Net Carbs: 1g

*Recipe can be quickly added to MyFitnessPal
Search "KetoConnect - Egg Loaf"*



Notes

Serve with some sugar-free syrup for a breakfast that tastes just like French toast.



Egg Loaf

Low-Carb Blueberry Mug Cake



1 Servings



Prep Time: 1 minute



Cook Time: 2 minutes



microwave

Ingredients

- 2 tbsp Coconut flour
- 1/2 tsp Baking powder
- 25 grams Fresh Blueberries
- 2 tbsp Cream Cheese
- 1 tbsp Butter
- 15-20 drops Liquid Stevia
- 1 large Egg
- 1/4 tsp Pink Himalayan Salt

Instructions

1. Add the butter and cream cheese to a mug and microwave for 20 seconds. Mix with a fork.
2. Add the baking powder, coconut flour and stevia and combine with fork.
3. Add the egg and combine.
4. Add the salt and fresh blueberries, and gently combine. Microwave for 2 minutes.
5. Flip over onto a plate or eat right out of the mug. Dust with powdered erythritol, if desired and enjoy!

Nutrition

Per serving

Calories: 345

Fat: 29g

Protein: 10g

Net Carbs: 7g

Recipe can be quickly added to MyFitnessPal

Search "KetoConnect - Blueberry Mug Cake"



Notes

Bake at 350 degrees for 15 minutes if you don't have a microwave.



Keto Egg Roll in a Bowl



4 Servings



Prep Time: 2 minutes



Cook Time: 10 minutes



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Ingredients

- 1 lb ground pork/beef/chicken
- 12 ounces cabbage (*we used a ready made cole slaw mix*)
- 1/4 cup liquid aminos (or soy sauce)
- 2 tbsp chicken broth
- 1 tsp minced garlic
- 1 tsp ground ginger
- 2 tsp Sriracha
- 1 tbsp Sesame Oil
- 2 tbsp minced green onion
- 1 tsp Sesame Seeds

Instructions

1. Heat a large skillet to medium-high heat. Once hot add in the ground pork. Using a spatula break up the chunks of meat and cook all the way through.
2. Add in the liquid aminos, and chicken broth and stir to combine.
3. Add in the minced garlic, ground ginger and sriracha and combine. Allow to cook for 1-2 minutes as the liquid reduces.
4. Add in 12 ounces of cabbage (we buy plain cole slaw mix) and stir to combine coating all the cabbage in the liquid and seasonings. Once the cabbage has wilted to your liking remove from heat. For more crunch combine and immediately remove from heat, for less crunch cook down for 2-3 minutes.
5. Drizzle with sesame oil and garnish with minced scallions and sesame seeds, if desired. Enjoy!

Nutrition

Per serving

Calories: 310

Fat: 20.5g

Protein: 23g

Net Carbs: 4.75g

Recipe can be quickly added to MyFitnessPal

Search "KetoConnect - Keto Egg Roll In A Bowl"



Notes

The less cabbage you use, the lower the total and net carbs will be!



3-Minute Low-Carb Biscuits



1 Servings



Prep Time: 2 minutes



Cook Time: 3 minutes



Microwave

Ingredients

- 1 tbsp Butter
- 2 tbsp Coconut flour
- 1 large Egg
- 1 tbsp Heavy Whipping Cream
- 2 tbsp Water
- 1/4 cup Cheddar Cheese
- 1/8 tsp garlic powder
- 1/8 tsp Onion powder
- 1/8 tsp Dried Parsley
- 1/8 tsp Pink Himalayan Salt
- 1/8 tsp black pepper
- 1/4 tsp Baking powder

Instructions

1. Melt butter in a coffee mug by microwaving for 20 seconds.
2. Add coconut flour, baking powder, and seasonings. Mix to incorporate with a fork.
3. Add egg, water, cheese and heavy whipping cream. Mix until combined.
4. Microwave for 3 minutes. Immediately remove from mug and allow to cool for 2 minutes.
5. Slice and enjoy.

Nutrition

Per serving (1 biscuit)

Calories: 392

Fat: 32

Protein: 15g

Net Carbs: 4g

*Recipe can be quickly added to MyFitnessPal
Search "KetoConnect - Easy Biscuit Recipe"*



Notes

One of the benefits of making biscuits with coconut flour is that you don't need to use a whole lot of flour. This recipe makes one large biscuit and only used two tablespoons of coconut flour.



Keto Butter Chicken



4 Servings



Prep Time: 10 minutes



Cook Time: 20 minutes



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Ingredients

- 1 lb chicken breast
- 1 cup Heavy Whipping Cream
- 2 tbsp Butter
- 1.5 tbsp tomato paste
- 2 cloves garlic
- 1/4 medium Onion
- 1.5 tsp turmeric powder
- 1 tsp ground ginger
- 1 tsp Pink Himalayan Salt
- 3/4 tsp chili powder
- 1/2 tsp ground cinnamon

Instructions

1. Cut the chicken up into bite sized chunks and generously coat them in the turmeric, ginger, salt, chili powder and cinnamon. Set aside in a bowl.
2. Heat a skillet to medium heat and add the butter. As the butter melts dice the onion and garlic and add it to the pan. Cook for 2-3 minutes until the onions are translucent and fragrant.
3. Increase the pan heat to medium-high and add the chicken. Cook it almost entirely through – the outside should be white and this will take about 3-5 minutes.

4. Once the chicken looks almost fully cooked add in the heavy whipping cream and tomato paste. Using a spatula mix in the tomato paste so it runs smooth through the heavy whipping cream. It should be an orange color at this point. Turn the heat to medium-low and cover with a lid for 5-7 minutes.
5. Remove lid and combine. The chicken is fully cooked and you should be able to eat it. However, if you like a thicker curry sauce allow it to reduce with the lid off until it reaches the consistency you like.
6. Serve with low carb naan or over cauliflower rice. Enjoy!

Nutrition

Per serving (1/4 of recipe)

Calories: 385

Fat: 26.75

Protein: 26.5g

Net Carbs: 6g



Notes

You can store the butter chicken in a sealed container for up to 10 days in the fridge and 2 months in the freezer. You can also use chicken thighs instead of breast for a higher fat content.



One-Pan Chicken Thighs



4 Servings



Prep Time: 5 minutes



Cook Time: 35 minutes



350°F

Ingredients

- 4 bone-in skin-on chicken thighs
- 1/4 cup butter
- 2-3 tsp minced garlic
- 1/2 cup chicken broth
- 1/4 tsp Pink Himalayan Salt
- 1/4 tsp black pepper
- 1 large lemon juice (optional zest)

Instructions

1. Preheat oven to 350°F and heat a cast iron skillet over medium heat.
2. Add butter to skillet. Once butter is melted, add chicken thighs skin side down to skillet and cook for ~6 minutes.
3. Once skin looks crispy, flip and cook for another 4-6 minutes (skin should be crispy and golden brown on each side but chicken will not be fully cooked)
4. Remove chicken from skillet and place on a plate. Add garlic to pan and saute for 1 minute until fragrant.
5. Add lemon juice & broth to deglaze. Add chicken back to pan.
6. Place skillet in the oven and bake for 25 minutes or until internal temp reaches 165F.
7. Top with parsley and serve with cauliflower rice or other low carb vegetable.
8. Best stored in air tight container in the fridge up to 5 days.

Nutrition

Per serving (1 thigh + sauce)

Calories: 422

Fat: 35

Protein: 23g

Net Carbs: 1g

Recipe can be quickly added to MyFitnessPal

Search "KetoConnect - Lemon Sauce Chicken Thighs"



Notes

The easiest way to make sure your chicken thighs are fully cooked is to check the internal temp with a meat thermometer.



Bacon Egg Cups



12 servings



Prep Time: 5 minutes



Cook Time: 30 minutes



350°F

Ingredients

- 12 large eggs
- 6 slices bacon
- 3 oz. Shredded Cheddar Cheese

Instructions

1. Start by cooking the bacon. This can be done on the stove top or in the oven. Since we will be using the oven anyway, I find it easiest to just use that. Bake bacon for 30-40 minutes at 350°F.
2. Allow bacon to cool. Crack a single egg into cup of a muffin tin. Chop bacon into 1/4 inch pieces and add 1/2 strip of bacon to each egg cup.
3. Add 0.25 oz of cheddar cheese to each egg cup.
4. With a fork, break each yolk and stir the ingredients together lightly.
5. Bake egg cups for 25-30 minutes at 350 degrees.

Nutrition

Per serving (per cup)

Calories: 119

Fat: 9

Protein: 10g

Net Carbs: 1g

*Recipe can be quickly added to MyFitnessPal
Search "KetoConnect - Bacon Egg Cups"*



Notes

The best part about this recipe is that you can fill the egg cups with any ingredients you like. You can even throw in some broccoli, chicken and soy sauce for an asian twist and eat them for lunch!



Bacon Egg Cups

Easy, No-Bake Cookies



10 Servings



Prep Time: 10 minutes



Cook Time: 10 minutes



Freeze time: 30 minutes

Ingredients

- 1/4 cup butter
- 1/2 cup peanut butter
- 1/4 cup unsweetened cocoa powder
- 1 tbsp powdered erythritol
- 15 drops liquid stevia
- 1/2 tsp vanilla extract
- 1 cup unsweetened coconut flakes
- 3/4 cup raw pecans, chopped

Instructions

1. Add the butter and peanut butter to a large microwave safe bowl and melt in the microwave for 30-60 seconds.
2. Combine the melted butter using a large spoon and then add in the remaining ingredients.
3. Combine until everything is fully incorporated.
4. Form 10 cookies and place a baking sheet lined with parchment paper and freeze 30-45 minutes until hardened and ready to eat.
5. Best stored in a zip top bag in the fridge or freezer.

Nutrition

Per serving (per cookie)

Calories: 229

Fat: 22g

Protein: 5g

Net Carbs: 3g

*Recipe can be quickly added to MyFitnessPal
Search "KetoConnect - Keto No Bake Cookies"*



Notes

A keto take on traditional “haystacks” made with cocoa, pecans, and coconut.



The Best Keto Bread



20 Servings



Prep Time: 10 minutes



Cook Time: 30 minutes



375°F

Ingredients

- 1 1/2 Cup Almond Flour
- 6 Large eggs Separated
- 1/4 cup Butter melted
- 3 tsp Baking powder
- 1/4 tsp Cream of Tartar It's ok if you don't have this
- 1 pinch Pink Himalayan Salt
- 6 drops Liquid Stevia *optional*

Instructions

1. Preheat oven to 375°F.
2. Separate the egg whites from the yolks. Add Cream of Tartar to the whites and beat until soft peaks are achieved.
3. In a food processor combine the egg yolks, 1/3 of the beaten egg whites, melted butter, almond flour, baking powder and salt (Adding ~6 drops of liquid stevia to the batter can help reduce the mild egg taste). Mix until combined. This will be a lumpy thick dough until the whites are added.
4. Add the remaining 2/3 of the egg whites and gently process until fully incorporated. Be careful not to overmix as this is what gives the bread it's volume!
5. Pour mixture into a buttered 8×4 loaf pan. Bake for 30 minutes. Check with a toothpick to ensure the bread is cooked through. Enjoy! 1 loaf makes 20 slices.

Nutrition

Per serving (per slice)

Calories: 90

Fat: 7g

Protein: 3g

Net Carbs: 1.25g



Notes

Depending on the type of flour you are using, your keto bread may come out with a different carb count, but it will still be a healthier alternative to wheat bread.