

SECRET RECIPES COOKBOOK

UNPUBLISHED LOW CARB
RECIPES FOR YOUR
FAVORITE FOODS!

LOW CARB BATTER DIPPED FISH DINNER



2 lb fish
1 lemon, juiced
2 eggs, large, room temperature
¼ cup whey powder, or plain protein powder
2/3 cup super fine ground almond flour
2 tsp baking powder
½ tsp salt
¾ cup water
1 tbsp tapioca starch (optional but helps keep it smoother)

Makes 4-6 servings.
Each serving is 4-6oz fish battered
Per serving: 7-10g carb // 4-5g carb if tapioca starch is omitted

In a large bowl whisk all except for fish.
Cut fish into fillets, or chunks.
After whisking all of batter, let it sit.
Test to see if the consistency is runny like pancake batter. If not, add water 2 tbsp at a time until it is.
Heat up a pot of oil, refined coconut oil is my fave.
Test that it is hot enough when a handle tip of a wooden spoon bubbles.
1-2 pieces at a time, dip in batter, let excess drip, then immediately drop in a “U” shape motion into the oil.
Cook 4-5 minutes until it is golden brown.
If your fish is browning too quickly, turn the heat down a little.
Let sit on wire rack to prevent sogginess.
Reheat in the oven at 350F for 10 min. covered with foil.



Low Carb Chocolate Chip
Cookie Dough Bites

- ¼ cup coconut oil; softened
- ¼ cup butter; softened
- 1/3 cup monkfruit sweetener/or allulose
- 10 drops stevia / or 1/8 tsp powdered
- ¼ tsp maple extract
- 2 tbsp heavy cream
- ½ tsp vanilla extract
- 1 & 2/3 cup almond flour
- ¼ tsp baking soda

These would be great pressed into an 8x8 pan then cut into chunks. Soften some low carb vanilla ice cream and stir them into it. Put back into original container and re-freeze. Now you have Low Carb Chocolate Chip Cookie Dough Ice Cream!

Directions:

In a large mixing bowl whip oil and butter until fluffy.

Add in sweeteners and extracts.

Mix for 1 minute.

Add in baking soda and almond flour and mix well.

Stir in chocolate chips.

Dollop onto a cookie sheet with a tablespoon.

Chill 30 minutes before eating.

Makes approx. 1 dozen balls.

LOW CARB FUDGE BROWNIE CAKE



2/3 cup olive oil; plus more for greasing pan
7 tbsp cocoa powder
1/2 cup boiling water
2 tsp vanilla extract
1 1/2 cups almond flour
1/2 tsp baking soda
Pinch of salt
1 cup monkfruit sweetener/ or erythritol
3 large eggs

Can be frozen in individual slices
then wrapped in parchment, then
in a zip freezer bag.
Thaw 30 min to eat.

Preheat oven to 325F.

Grease a 9" springform pan with olive oil and line the bottom with parchment paper.

Put cocoa and boiling water into a small bowl and whisk.

Add in vanilla then set aside.

In a small bowl combine almond flour, baking soda and salt, set aside.

In a large bowl put in monkfruit, olive oil and eggs.

Mix with a stand mixer OR a hand mixer for 3 minutes total.

Set a timer so you have the exact timing.

Turn mixer speed down to lowest setting.

Slowly stream in the cocoa mixture as you mix.

Mix well. Turn off mixer and scrape sides.

Now on low setting again, slowly add in the dry mix with almond flour in 1/3 increments mixing well after each.

Scrape batter into prepared springform pan.

Bake for 50 to 60 minutes.

Since ovens can vary, toothpick test center and it should have a few crumbs but not gooey. Cool on a rack for 10 minutes.

Ease sides of cake away from pan with a spatula then release the outer spring ring.

Cool completely then store in an airtight container up to 5 days.



LOW CARB HAMBURGER PIE



1 lb. ground beef
1/2 small onion; diced
1/4 cup mayonnaise
2 large eggs
1/4 tsp seasoning salt
2 cups shredded cheddar cheese

I love mine topped just like I would a hamburger, mustard, ketchup and pickle!
How will you top your slice?

Preheat oven to 350F.
Grease a 9" pie pan and set aside.
Brown ground beef in skillet with onion.
Set aside.
In a medium bowl, whisk mayonnaise, eggs and seasoning salt.
Add in 1 cup of cheese and all of ground beef and onion from the beginning.
Pour into pie pan.
Top with remaining 1 cup of cheese.
Bake 30 minutes until edges are golden brown.
Cool 8 minutes before serving.
Cut into 1/8ths.
Each slice is 1 g carb.
Reheat leftovers in oven at 350F for 8-10 minutes.

KETO CHOCOLATE FROSTY



1 cup unsweetened almond milk
1/4 cup cottage cheese
1/4 whey protein, unflavored /or chocolate
1/4 tsp baking soda
Pinch of salt
3 tbsp cocoa powder
2 tbsp monkfruit sweetener
1/4 tsp glucomannan/ or xanthan gum (optional but helps thicken)

Can save extra in ice cube trays and use as the “ice” in your next recipe!
This makes it thicker too!

Add all to a blender in the order listed.
Blend 3 to 4 minutes.
Scrape sides and gently stir.
Blend again until smooth.
May add 1 -2 tbsp additional unsweetened almond milk if needed to blend.
Enjoy immediately.
Serves 2

LOW CARB
HAM & BROCCOLI
CHEESE CASSEROLE





CREAM BASE RECIPE OF CASSEROLE

$\frac{3}{4}$ cup + 1 tbsp heavy Cream
 $\frac{1}{2}$ cup Chicken Broth
4 tbsp butter
 $\frac{1}{4}$ tsp poultry seasoning
1 tsp salt
 $\frac{1}{4}$ tsp ground black pepper
2 oz cream cheese (4 tbsp)
 $\frac{3}{4}$ tsp xanthan gum (or glucomannan)

It is best to make the sauce first.

In a medium saucepan, add cream, broth, butter and seasonings.

Bring to a boil then immediately turn heat down.

Do not leave this pan unattended while waiting for it to boil because IT WILL boil over if you do.

Once it has reached a boil add in the cream cheese and xanthan gum whisking vigorously to incorporate the gum before it clumps.

Simmer 2-3 minutes until it has thickened.

Taste test to adjust seasonings to your liking and add more salt n pepper.

Now set aside and assemble other parts of the casserole.

Ingredients for main part of casserole:

2 tbsp butter

½ cup onion; diced

2 heads of broccoli; chopped & steamed al-dente

2 cups cooked ham; diced

½ cup heavy cream

¼ cup chicken broth

2 cups shredded cheddar cheese

4 cups cauliflower rice; prepared and drained

1 cream sauce recipe; prepared

CRUMB MIXTURE:

½ cup crushed pork rinds

½ cup almond flour

2 tbsp butter; melted

Preheat oven to 375F and grease a 9x13 dish.

In a saucepan add butter and onion.

Saute until the onion is softened.

Now add it to a large bowl along with the ham, heavy cream, broth, cream sauce recipe and ONE CUP of the shredded cheddar cheese.

Stir well until it is all incorporated with no lumps of anything.

Now fold in the broccoli until well incorporated.

Lastly, fold in the cauliflower rice. Spread all of the mixture into prepared pan.

Sprinkle remaining 1 cup of cheddar cheese on the top.

Cover with foil and bake for 20 minutes.

Prepare crumb mixture by mixing the pork rinds, almond flour and melted butter together.

Once the casserole has come out of the oven, uncover and sprinkle with crumb mixture.

Return to oven for 15 minutes more until bubbly.

Cool 10 minutes before serving.