



# **BASIC KETO RECIPES**

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# Chicken Stock

Servings Size 15



## Ingredients

- One free-range organic chicken
- Filtered water
- 2 Tbsp Salt
- 6-7 Peppercorns
- 1 Onion
- Herbs in season (optional)

## Instructions

1. Rinse chicken and place it in large pot, crock pot or Instant Pot.
2. Cover chicken with 1-2 inches of water.
3. Quarter an onion and place into pot with salt and peppercorns and handful of your favorite herbs (optional). Let simmer on the stove top or on low heat in a crock pot or instant pot for 12 hours. Remove any scum that floats to the top and discard.
4. Ladle through strainer into jars or directly into bowls to drink!

**Chicken Meat:** After the chicken cools, pull all of the chicken meat off the chicken. Chop and store for later. Add this to your chicken soup.

# Flavoring Your Broth

These are some of my absolute favorite seasonings that can be used in different combinations to create a great variety of flavors so you never get bored with your broth. This is a staple in your healthy ketogenic diet. Every cup should be delicious!

## **Mexican Style Broth**

Ume plum vinegar  
Chipotle pepper or Ancho Chile Pepper  
Cumin  
Garlic powder or fresh garlic  
Salt

## **Indian Style Broth**

Ume plum vinegar  
Cayenne pepper (optional for heat)  
Curry powder  
Fresh ginger Root  
Coconut cream  
Cumin

## **Asian Style Broth**

Ume plum vinegar  
Cayenne pepper (optional for heat)  
Fresh ginger Root  
Fresh garlic  
Coconut cream (optional)  
Cilantro



# Chicken Soup

Serving size 1-2



## Ingredients

- 4-5 cups chicken stock
- 3-6 ounces of cooked chicken
- 1/2 chopped green onion
- 2 cloves of garlic finely chopped
- 1/2 cup chopped cauliflower
- 1/2 cup chopped broccoli
- Parsley thyme or cilantro chopped (optional)
- 1/4 cup cabbage chopped
- 1 stick celery chopped
- 1 tsp salt
- Freshly ground pepper
- 1-2 Tbsp fresh lemon juice (optional for flavor)
- 1-2 tsp curry powder (optional for flavor)

## Toppings (optional)

- Avocado
- Sauer Kraut
- Green onions
- Finely chopped garlic
- Fermented hot sauce
- Lemon juice
- Fresh herbs
- Extra butter or ghee

## Instructions

- Bring 4 cups of chicken stock to a boil on the stovetop in a large sauce pan.
- Add chopped vegetables, cooked chicken.
- Cover and simmer until vegetables are tender, (this should take about 5-10 minutes).
- Remove from heat.
- Season to taste with dry herbs, salt, pepper, lemon juice and curry powder.
- Serve hot and enjoy!

Note: Well cooked veggies are easier to digest



# Keto Hot Cocoa

Serving size 1

## Ingredients

- 6-8 oz water
- 1.5 Tbsp cocoa paste or cocoa powder powder
- 1/2 Tbsp stevia
- 1/4 tsp vanilla
- 1Tbsp unsalted grass-fed butter
- 1Tbsp coconut oil

## Instructions

1. Bring water to a boil.
2. Add all the ingredients to a blender or to blender cup.
3. Add water and blend until ingredients are combined and drink is frothy.
4. Serve warm in mug and enjoy!

Note: You can substitute the water for coconut, almond milk or cream.

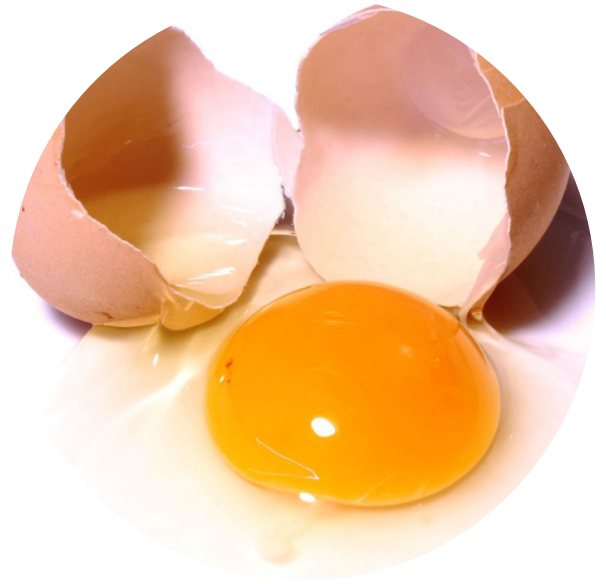


# Egg Frittata

Serving size 12

## Ingredients

- 1 cup chopped organic ham or bacon
- 1 small onion, chopped
- 1 bell pepper, chopped
- 1 cup shredded cheddar cheese
- 2 1/2 cups chopped mushrooms
- 12 eggs
- 4 cloves of garlic, minced.
- Dash of freshly ground pepper and salt (to taste).



## Instructions

1. Preheat oven to 375 degrees F. Prepare 9x13 pan by greasing with butter, ghee, or coconut oil.
2. Add onion, bacon or ham, bell pepper, cheese and mushrooms in to pan.
3. In bowl whisk together eggs, garlic, salt and pepper until eggs are combined.
4. Pour over vegetables. Poke the mixture with a fork to ensure the eggs fill in crevices around the vegetables and meat.
5. Bake for 25-35 minutes, or until the center of frittata is cooked all the way through at the center and tooth pick comes out clean.

## Fun Additions

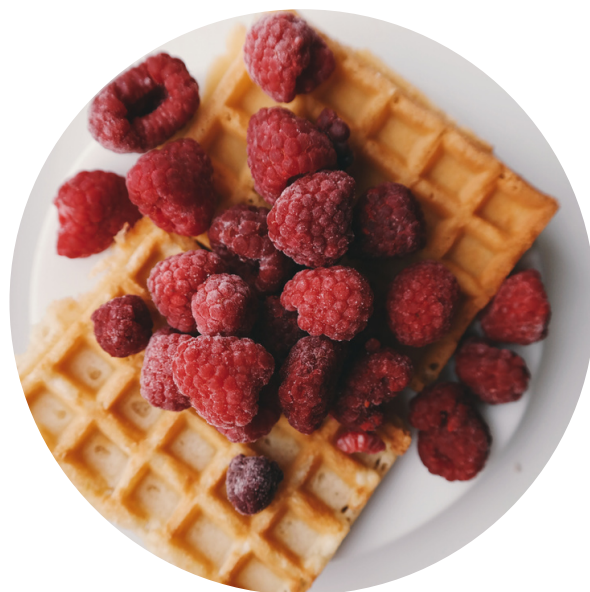
- Salsa
- Pesto
- Sour cream
- Green onion
- Olive oil
- Bacon

# Keto Waffles

Serving size 4

## Ingredients

- 3/4 cup blanched almond flour
- 1/4 cup coconut flour
- 2 Tbsp psyllium husk powder
- 2 tsp monk fruit sweetener.
- 1 Tbsp baking powder
- 1/4 tablespoon salt
- 4 large eggs (best room temp)
- 1/4 cup cream cheese, (softened)
- 3 Tbsp butter (softened)
- 2 Tbsp coconut oil (softened)
- 1 tsp vanilla extract (optional)
- 1/4 tsp almond extract (optional)



## Instructions

1. Preheat waffle iron. Mix all dry ingredients together.
2. Using electric mixer beat in remaining ingredients. Mix until fully combined.
3. With mixer on low add the dry ingredients to the wet mixture. Increase speed to medium/high. Continue mixing for another minute or so until a sticky batter is formed.
4. Scoop the batter onto preheated waffle iron. Press down a bit with spatula. close the lid and cook until golden brown (or until waffle light goes off).
5. Garnish with your personal favorite keto toppings. Some of my favorites are homemade whipped cream, fresh berries, nut pieces, and nut butters! Some other popular toppings include sugar free jam, or sugar free syrup.

# High Fat Coffee Or Tea

Serving size 1



## Ingredients

- 1 cup decaffeinated coffee, espresso or black tea
- 1-4 Tbsp coconut oil, tallow, butter or ghee (fat portion will depend on your personal macro nutrient settings)
- Stevia or monk fruit (sweeten to taste)

## Instructions

1. Brew coffee, espresso, or black tea.
2. Pour coffee, espresso or black tea into blender.
3. Add coconut oil, butter, ghee or heavy whipping cream.
4. Sweeten to taste with stevia or monk fruit (lou han guo)
5. Blend until frothy serve warm and enjoy!

## Options

Add a scoop of collagen protein or whey protein powder.  
Sprinkle cinnamon on top. Enjoy!



# Keto BLT

Serving size 1



## Ingredients

- 2 slices cooked organic uncured bacon
- 4 slices tomato
- 4 lettuce leaves
- Butter
- Two slices of keto bread (toasted optional, I prefer mine toasted)

## Instructions

1. Prepare two slices of keto bread by spreading on a generous amount of butter (you can also use cream cheese, mayonnaise, mustard or mashed avocado).
2. Layer bacon, lettuce and tomato on top of slice of bread. You may enjoy these open faced or like a classic sandwich, which ever you prefer more and enjoy!

## Fun additions:

- Sour kraut
- Sprouts
- Thin sliced onions
- Avocado

# Indian Cauliflower Rice

Serving size 6

## Ingredients

- 2 green onion chopped
- 2 cloves fresh minced garlic
- 3 cups finely chopped (riced) cauliflower
- 2 Tbsp chicken stock (or water)
- 1/2 tsp salt
- 1/2 tsp cumin
- 1/2 cup fresh cilantro leaves
- Juice of 1 lime
- 2-3 Tbsp ghee or butter

## Instructions

1. Heat up ghee or butter in a large skillet. When fat is hot add the onions and cook for 4-5 minutes on medium heat until onions become soft and translucent
2. Add garlic and cook for another 30 seconds until fragrant. Stirring constantly.
3. Add cauliflower to the skillet, mix everything together well.
4. Stir in stock (or water), about half the cilantro, salt and cumin. Lower heat and add lime juice. Mix in well.
5. Taste and season with more salt as needed and add in more cilantro if you like.
6. Serve hot and enjoy!

## Fun additions

- Sour kraut
- Green onions
- Avocado



# Baked Chicken Thighs

Try this recipe with Cauliflower Rice!

Serving size 4-6

## Ingredients

- 4 -6 whole chicken thighs (bone in and skin on)
- Salt
- Black pepper
- Garlic powder
- Onion powder
- Fresh herbs in season (optional)



## Instructions

1. Preheat oven to 425 degrees F. Rinse chicken with water and lay chicken thighs skin up into a 2 inch deep glass baking dish. Sprinkle the chicken thighs with salt, pepper, garlic powder and onion powder. Add other fresh seasonal herbs if desired.
2. Bake for 45 - 50 minutes or until chicken skin is golden brown on top
3. Serve with Cauliflower Rice. Drizzle the chicken fat from the baked chicken over the Cauliflower Rice.

# Sprouted Seed & Nut Bread

One Loaf

## Ingredients

- 1 cup hazelnuts
- 1/4 cup chia seeds
- 1/4 cup sesame seeds
- 3/4 cup sunflower seeds
- 1 cup pumpkin seeds<sup>1</sup>
- 1/4 flax seeds
- 5 eggs
- Tsp salt
- Tsp baking powder (optional)



## Instructions

1. Soak sunflower seeds, pumpkin seeds, hazel nuts overnight in filtered water. Strain soaked ingredients, and pour into high speed blender.
2. Add in flax seeds, chia seeds, salt, eggs and baking powder. Blend until smooth (like a pancake batter consistency.) Preheat oven 200 degrees (celsius).
3. Line pan with parchment paper, bake for approx. 30 mins. Take bread out when crispy and brown.
4. Enjoy with your favorite healthy fat, my personal favorite is adding a large dollop of butter, and homemade blackberry jam or probiotic kefir cheese.



# Coconut Dream Cake

This cake is perfect for any celebration! It is a staple in my house. I make it for many special occasions, but it's delicious anytime! Sometimes I make it for breakfast.

It's high in protein and low in carbohydrates. It's carnivore/keto friendly and very low in oxalates. Remember that coconut is very low in plant toxins. Make it without the berries for a low oxalate treat.



**VARIATIONS:** Use either individual (small-sized ceramic baking dishes) OR use one large ceramic souffle dish to make a full sized cake. If making the large cake, after it is cooked and cooled (2-3 hours), I like to cut it in half with a serrated knife and add a center filling to make it lighter/fluffier and taller. Or, simply cut the pieces thin and top each individual piece of cake with whipped cream and fresh berries (optional). Either way you choose to present the cake, it will be delicious!

However, for your first time making this recipe, I recommend using the small baking dishes (small ceramic ramekins). Sometimes, I make this for breakfast and just sprinkle cinnamon on top while it's hot. If you eat the cake this way, it will be more like egg "pudding" or custard consistency. It is fantastic with cinnamon or nutmeg sprinkled on top!

**FIRST:** Choose which **TOPPING** you want to create for your cake (see **TOPPING VARIATIONS** below or make up your own)

*Play with adding whatever toppings you like, according to your health (and gut) needs. Enjoy!*



## TOPPING VARIATIONS

- Fresh berries: strawberries, raspberries, blueberries, boysenberries...Simply wash and finely chop 3-4 cups of fresh berries.
- Berry Filling (see recipe below)
- Whipped (heavy) cream: Whip the cream and sweeten to taste with stevia or monk fruit.
- Sweetened Sour cream (my favorite, see recipe below)
- Cream cheese frosting (see recipe below)
- Toasted nuts (chopped)
- Fresh flowers (decorations)

# Keto Coconut Dream Cake



## Ingredients

- 6 eggs separated
- 1 cup coconut flakes (small shreds)
- Sweetener of choice: 1-3 Tablespoons monk fruit
- or 1 teaspoon stevia powder 100% (debittered).
- ½ teaspoon sea salt
- 1 teaspoon vanilla
- Butter (to butter the baking dishes)

## Instructions

1. Separate the eggs. Whip the egg whites at high speed. When stiff peaks begin to form, add the salt, vanilla and sweetener of choice. (You do not have to add the full amount of sweetener and you may choose no sweetener at all.)
2. Lastly, add in the coconut flakes and barely mix the flakes into the egg whites with beaters on low. Set aside.



3. Beat egg yolks. Combine them with the whipped egg whites and coconut flake mixture until just incorporated with beaters on low speed.
4. Pour the combined mixture into buttered ceramic baking dish or dishes (if you are using small single serving ramekins).
5. Set the baking dish(s) into a sauce pan with about 2 inches of boiling water in it. Cover with a tight fitting lid. Steam until the middle puffs up (20-35 minutes cook time for a large baking dish and 6-7 minutes for small ramekins). The outside edges of the cake will puff up first and then the middle will puff up right at the end; that's when you know it's done. Remove from heat.
6. To make a cake with frosting, chill it completely for at least 2 hours. Frost and add your favorite toppings and decorations.
7. OR...another delicious option is to eat this right out of the oven while it's warm. It will be the texture of a dense soufflé or light custard. Absolutely delicious! I like to eat this hot for breakfast with cinnamon sprinkled on top, butter/ghee and strawberries (optional).



# Berry Filling/Topping Recipe



- 2 cups fresh strawberries, blueberries or raspberries washed and stems removed
- 1 cup water
- 1 packet or one tablespoon of unflavored beef gelatin
- 1 scoop of collagen protein powder (optional)
- 2 tablespoons lime or lemon juice
- Monk fruit, stevia or honey to sweeten (sweeten to taste)
- 1/4 teaspoon salt

## Instructions

1. Bring water and berries to a boil and simmer for 5 minutes. Remove from heat. Cool slightly and then pour them into a blender. Add the lime/lemon juice, gelatin, sweetener and salt. Blend until well combined and smooth.
2. Chill in the refrigerator overnight or until it sets up to desired consistency (at least 3 hours in the refrigerator). It is best to chill the filling overnight if possible.
3. Remove cooled cake from pan gently. Cut it in half (long way) with a serrated knife and separate the cake into two pieces. Add berry filling to the center. Place the second layer of the cake on the top (like a sandwich).



# Cream Cheese Frosting Recipe



This frosting will have more body than whipped cream frosting or sour cream topping and is perfect for the top of your chilled cake. You can also just use whipped heavy whipping cream on top of each serving (think strawberry shortcake).

OPTION: Frost the entire outside of the cake and then cover it with sprinkles of shredded coconut. It is so beautiful!

- 8 oz chilled block of cream cheese
- Sweeten to taste with monk fruit and/or stevia
- 1/8 teaspoon salt
- 1 teaspoon vanilla extract
- 1 ½ cups heavy whipping cream or heavy cream chilled

## Instructions

1. In a large bowl, whip the cream cheese with sweetener, salt and vanilla.
2. Then, slowly drizzle the chilled heavy whipping cream down the side of the bowl until you get stiff peaks. It doesn't take long (and don't over beat)!

# Sour Cream Topping Recipe

This is a creamy topping that doesn't hold its form the way the cream cheese whipped topping does. However, it is perfect for the small individual cakes.

This is actually my all time favorite topping for the individual ramekins

After the cakes are cooled, add a thick layer of the sour cream topping and then fill the ramekins to the top with fresh berries. This can be made the night before and stored in the refrigerator several days.

## Recipe

- 2 Tablespoons lemon juice
- 4-6 drops of liquid stevia or monk fruit (lou han guo)
- 2 cups organic sour cream (16 oz/453 grams)

## Instructions

1. Mix all ingredients in a bowl until well combined.
2. Sweeten to taste.
3. Add to the top of each individual ramekin.



# Lemon Curd Recipe

Lemon curd is absolutely delicious and so incredibly easy to make! If you like lemons, you are going to fall in love with this stuff! I promise!

\*NOTE: Sometimes I make the cake with ONLY whipped egg whites and then use the yolks to make the lemon curd for the top of the cake. The cake will be very light and spongy (more like angel food cake) and delicious, even without the egg yolks.



## Recipe

- 6 eggs separated (room temperature)
- 1 stick of butter (4 ounces/1/2 cup)
- ½ cup lemon juice
- 2 Tablespoons lemon zest (do not use the white of the lemon or it will be very bitter!)
- 1-2 teaspoons of “de-bittered” stevia or monk fruit (lou han guo)

## Instructions

1. Separate the eggs and strain the egg yolks into a pot. Zest the lemons (not the white part). Whisk the sweetener into the egg yolks. Stir in the lemon juice gradually.
2. Heat over low heat, while stirring constantly with a wire whisk until mixture thickens and sticks to the back of the spoon (don't let it boil). Chill for 2 hours.
3. Spread a thick layer of lemon curd on the center of your layer cake or add a layer on top of your single serve cakes.
4. Top with whipped cream or other topping of choice.



# Layer Cake Decorating Considerations, and Instructions

Decide if you want to create a double layer cake with two layers, or just a single layer or individual servings in small ramekins.

- If you want a layer cake (taller and less dense cake with two thin layers), remove the cooled cake from the baking dish and lay it on a flat surface or cutting board. Then, cut the cake in half (long wise) with a serrated knife (like you would cut a bagel).
- Next, place one of the pieces onto a serving plate and set one layer aside. (If you don't want a layer cake, remove the cooled cake from the baking dish, place it on a serving dish and begin to decorate the single cake however you choose).
- To fill the space between the two layers of the thinly sliced cake, and then set the other layer on top of it, very gently so the thin cake doesn't break.
- Frost the entire outside of the cake with whipped cream or whipped cream frosting (see recipe).
- Alternatively: Spread the berry filling on top of the cake and sprinkle coconut flakes on top of the berry filling.
- Decorate with fresh flowers in season (I use whatever's in my garden).
- Once this cake is decorated beautifully, **KEEP IT REFRIGERATED UNTIL SERVED!** This is very important, especially in warm climates.

