

Keto Snacks Recipes



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Disclaimer

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Hot Pot Artichoke, Spinach & Cheese Dip

Here's a snack from my childhood. My mom was an avid Bridge player and when "the club" arrived on our doorstep for an evening of playing the game, she always served this warm dip with a variety of crackers and veggies. We kids always got to have our own bowl of dip with carrots and celery sticks before being bundled off to bed.

Ingredients

- ½ C chicken broth
- 8 oz block of cream cheese, cut into cubes
- 10 oz box of frozen spinach
- 14 oz can artichoke hearts, drained & chopped
- 1 C full fat sour cream
- ½ C full fat mayonnaise
- 4 cloves garlic, minced
- 1 tsp onion powder
- 1 C Parmesan cheese, finely grated
- 1 ¼ C Swiss cheese, shredded

Preparation

1. Pour chicken broth into the hot pot and add cream cheese, frozen spinach, artichoke hearts, sour cream, mayo, minced garlic, and onion powder into the Instant Pot. Close the lid and seal, making sure the vent is also closed.
2. Set the hot pot to "pressure cooker" then set time to 4 minutes. Do a manual release when the timer sounds.
3. Add the Parmesan and the Swiss cheeses while stirring. The ingredients in the hot pot will be very hot and the cheeses will melt. Serve immediately with cut veggies.

Serves 6 - 8



Good Old Fashioned Deviled Eggs

Here's another taste from my childhood; good old fashioned deviled eggs. Hard-boiled eggs make a great snack at any time of the day for those on a ketogenic eating plan. I always have a few extra, ready in the fridge for an easy snack and kick of protein. It really doesn't take much time to turn a plain hard-boiled egg into the heavenly two-bite wonder we call "deviled eggs".

Here's how my Grandma made them ...

Ingredients

- 2 large eggs, hard boiled
- 1 T mayonnaise
- 1 tsp Dijon mustard
- ½ tsp onion powder
- Grinding of pink Himalayan salt & black pepper
- Sprinkle of smoked paprika, for garnish

Preparation

1. Cut hard boiled eggs in half lengthwise. Remove yolks and place them into a small bowl.
2. Add the mayo, Dijon mustard and onion powder. Mash everything together using a fork and season to taste with salt & pepper.
3. Using a teaspoon carefully mound the yolk mixture into the egg halves. Garnish with a sprinkle of smoked paprika and serve immediately.

Serves 2



Hot Pot Cheddar & Bacon Dip

Here's another family favorite in the tradition of hot party dips; perfect for game day in front of the TV! Serve with keto crackers and/or cut up fresh veggies on the side.

Ingredients

- 8 oz block of cream cheese, cut into cubes
- 1 C full fat mayonnaise
- 1 C full fat sour cream
- 1 large tomato, medium dice
- 2 garlic cloves, minced or pushed through a press
- 1 tsp onion powder
- 1 tsp Dijon mustard
- 6 bacon strips, cooked until crispy & crumbled
- 2 C cheddar cheese, shredded
- 2 T fresh chives, minced

Ingredients

1. Place cream cheese, mayonnaise, sour cream, garlic, onion powder, Dijon mustard and crumbled bacon into an Instant Pot. Close the lid and seal, making sure the vent is also closed.
2. Set the hot pot to "pressure cooker" then set timer to 4 minutes. Do a manual release when the timer sounds.
3. Add the shredded cheddar while stirring. The ingredients in the hot pot will be very hot and the cheese will melt as you stir. Serve immediately garnished with the minced chives. Keto crackers and a variety of fresh cut veggies make great dippers.

Serves 6 - 8



Stuffed Cremini Caps Wrapped in Bacon

This tasty snack combines some of my favorite flavors in one tasty bacon bundle!

Ingredients

- 4 oz cream cheese, softened
- 4 T green pesto
- 8 large cremini mushrooms
- 8 bacon strips, cut in half lengthwise to make 16 thin strips

Preparation

1. Pre-heat oven to 375 F.
2. Mix the cream cheese with green pesto. Set aside.
3. Brush any specks of dirt off the cremini mushrooms and wipe them clean. Gently pull out their stems by wiggling them back and forth until they pull free of the mushroom cap.
4. Stuff each cap using an equal amount of the pesto/cream cheese mixture.
5. Wrap each filled cap in a thin slice of bacon, overlapping the bacon slightly as you wrap it around the mushroom several times. Using a second strip wrap the mushroom, in the opposite direction so the mushroom cap is completely enclosed when you are done. Place all wrapped mushroom caps on a foil-lined, rimmed baking sheet.
6. Place on the middle rack of the pre-heated oven and bake for 25 minutes, or until the bacon is well browned and crispy and the mushroom has cooked all the way through. Serve immediately.

Serves 8





Roasted Pepper Dip

Here's another "game on" dip for Thanksgiving week-end. I'm particularly fond of this one because it can be made in advance. We've added some smoked chipotle powder for added bite which goes well with the deep sweetness of roasted red peppers. You can select medium, old or even extra-old grated cheddar to finish the dip. Let your taste-buds guide the way!

Ingredients

- 2 red bell peppers
- 2 tsp ghee
- 3 garlic cloves, minced 1 tsp smoked chipotle powder
- 1 8 oz package of cream cheese, cut into cubes
- 3 cups cheddar cheese, shredded
- Grinding of pink Himalayan salt & black pepper, to taste



Preparation

1. Remove the stem from the red bell pepper and cut it in half. Remove the seeds and cut the pepper into large pieces and flatten them. Place on a foil-wrapped baking sheet and place the sheet in the upper section of the oven under the broiler. Broil the peppers pieces until the skins are blackened fairly evenly. Remove from the oven and lift the foil up around the charred peppers and crimp the foil edges together to form a tight package. Leave for five minutes. When you open the packet you will find the blackened skins slip off easily. Dice the roasted peppers once the skins are removed and set aside.
2. Melt ghee in a non-stick, heavy bottomed skillet over medium high heat. Add the minced garlic and smoked chipotle powder. Sauté for a few minutes until the garlic is soft.
3. Turn the heat under the skillet down to medium and add the cream cheese. Stir continuously while the cheese melts. Remove from the heat.
4. Mix in the cheddar and chopped roasted pepper.
5. Transfer the dip to a serving dish and allow the dip to cool on the counter. Cover with plastic wrap and refrigerate until ready to serve.

Serves 6-8

Surprise Dip!

This is a surprise your vegetarian friends will love. The secret ingredient in this hot and cheesy dip is: (drum roll please) high fiber, hearts of palm! It imparts an interesting texture to the dip that some of the meat-eaters in your crowd may even mistake for crab meat.

Ingredients

- 1 (14-ounce) can hearts of palm, drained
- 4 green onions (scallions), chopped
- ¼ cup full fat mayonnaise
- 1 tsp oregano
- ½ tsp basil
- ½ tsp tarragon
- 2 cups Parmesan cheese, finely grated
- 1 whole egg,
- 1 egg yolk





Preparation

1. Pre-heat oven to 350 F.
2. Lightly grease a small-sized, broiler proof, baking dish. Set aside.
3. Place hearts of palm, green onion, mayonnaise, oregano, basil and tarragon into the bowl of a food processor and pulse a several times or until the ingredients are blended well. Add the parmesan and pulse again. Stop and add the whole egg and the extra yolk. Pulse until all ingredients are evenly combined.
4. Turn the mixture into the prepared baking dish and bake on the middle rack of the pre-heated oven for 15 – 20 minutes or until the dip puffs up in its dish. Run the dip under the boiler for a few minutes to lightly brown the top. Remove from the broiler and serve immediately.

Serves 6 – 8



Asparagus Sticks

Well they are not exactly fries but we think these parmesan encrusted asparagus sticks may even be better! These crunchy, fry-like sticks make a special afternoon snack or can be served as a unique finger-food at your next gathering.

Ingredients

- ¼ C almond flour
- 1 C Parmesan cheese, grated
- 3 T fresh parsley, chopped
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 12 medium asparagus spears
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 3 eggs
- 3 T full fat mayonnaise
- 1 T finely chopped roasted red pepper



Preparation

For the fries:

1. Pre-heat oven to 425 F.
2. In a food processor, combine the shredded almond flour, Parmesan, parsley garlic powder and smoked paprika. Pulse until fine.
3. Beat the eggs until light and frothy.
4. Dip asparagus spears in the beaten eggs, one at a time. Hold above each stick above the bowl so any excess egg can slip off. Sprinkle the almond flour mixture over each spear making sure all sides get coated lightly. Refrain from rolling the spears in the coating mixture. If you do this the coating will clump with the egg instead of forming a light even coating on the outside.
5. Place the coated asparagus spears close together on a baking sheet lined with parchment paper. Sprinkle the parmesan cheese evenly over-top.
6. Bake on the middle rack of the pre-heated oven for 10 minutes. The asparagus should be tender yet still firm and the cheese will be lightly browned, when the “fries” are done.
7. While the sticks are in the oven make the aioli by mixing the mayonnaise and red pepper together. Refrigerate until ready to serve.
8. Serve the asparagus sticks standing upright in a cone or narrow container with the aioli on the side for dipping.

Serves 2





Cauliflower Muffins; Who Knew?

Cauliflower muffins; who knew? These muffins will surprise you. If you are a fan of feta cheese you may even love these muffins. The saltiness of feta compliments the subtle cauliflower/cheddar flavors and the pop of bacon will make your day.

Ingredients

- 4 C cauliflower rice
- ¼ C almond flour
- 1 tsp baking powder
- 8 bacon slices, fried until crisp & crumbled
- 1 T garlic powder
- 1 T parsley
- 1 T oregano
- 1 T paprika
- 3 eggs
- 2 C cheddar cheese, shredded
- 1 C feta cheese, crumbled
- ¼ tsp pink Himalayan salt flakes
- ¼ tsp black pepper



Preparation

1. Pre-heat oven to 350 F.
2. Transfer cauliflower rice into a large bowl and add the crumbled bacon, almond flour, baking powder, garlic powder, parsley, oregano and paprika.
3. Add the eggs and stir in the cheddar cheese, salt and pepper. Mix until all the ingredients are well combined.
4. Line a muffin tin with paper cups and divide the batter, equally, amongst the muffin cups.
5. Top each cup with crumbled feta cheese.
6. Bake on the middle rack of the pre-heated oven for 35 minutes or until a metal skewer inserted into the middle of one of the muffins comes out clean.

12 servings (1 muffin/serving)

The Mini “Fatty”

A typical “Fatty” involves a meatloaf that’s been stuffed with various fillings including lots of gooey cheese and wrapped in woven bacon strips. We’ve created a mini, snack-sized version of this traditional southern dish. You can prepare these mini fatties earlier in the day then pop them in the oven when it’s time for a tasty keto snack.

Ingredients

- 12 bacon slices
- Smoked cheddar cheese, twelve 1” cubes
- 12 rounds raw sausage patties, about 1 oz each
- Grinding of pink Himalayan salt and black pepper



Preparation

1. Pre-heat oven to 350 F.
2. Lay sausage rounds on a rimmed baking sheet lined with parchment paper. Grind pink Himalayan salt and black pepper over each patty.
3. Place a piece of cheese in the middle of the sausage rounds and pinch the edges up and around the cheese to form a ball. Roll each ball around in the palm of your hands to make them smooth.
4. Wrap a slice of bacon around each of the balls, overlapping to make sure the meat is completely covered.
5. Bake on the middle rack of the pre-heat oven for 1 hour or until the internal temperature of the balls reaches 165 F.
6. Serve immediately with condiments and dips of your choice on the side.

Serves 6 (2 balls/serving)



Pork Belly Comfort

This would definitely be a luxurious mid-day snack but some days, that is exactly what's required. This is one of my personal, go-to comfort foods. Most often I serve these saucy pork bites as the starter course for a winter's evening meal. When the days get shorter and the nights frosty; we all need a bit of comfort when we come to the table.

Ingredients

- 1lb pork belly slices
- 2 tsp pink Himalayan salt flakes
- Grinding of black pepper
- 2 large onions, large dice
- 2 T butter
- ¼ C blue cheese, crumbled
- ½ C heavy cream
- 2 tsp pink Himalayan salt flakes
- Grinding of black pepper



Preparation

1. Pre-heat oven to 350 F.
2. Season pork belly slices on both sides with the salt and pepper. Lay slices on a parchment lined rimmed baking sheet and bake on the middle rack of the pre-heated oven for 30 minutes or until the pork is cooked through (145 F), slightly crispy and browned nicely.
3. Melt butter over medium heat in a heavy bottomed skillet. Add the onions and adjust the heat so the diced pieces caramelize slowly over a period of 8 - 10 minutes. They will be translucent and a dark golden color when done. Add the heavy cream and blue cheese crumbles to the onions and stir occasionally while the cream heats and the cheese melts. The cream and cheese will blend together to form a sauce. When the sauce reaches a simmer remove the pan from the heat and keep the onions and sauce warm.
4. Cut the baked pork slices into bite-sized pieces and serve on small plates with the onion mixture spooned over-top.

8 snack-sized portions



Herbed Chevre & Smokey Salmon Bites

When planning finger food for a party you need at least a few elegant and easy tricks up your sleeve. Here's one of my favorites. These bite are bursting with flavor and the elements that make up these tasty mouthfuls can be prepared in advance. When the time comes, they'll only take a moment to assemble.

Ingredients

- 1 lb chevre, softened
- 2 T fresh oregano, minced
- 2 T fresh rosemary, minced
- 2 T fresh basil, minced
- 4 garlic cloves, minced or pushed through a press
- 20 leaves of radicchio leaves, (about 1 lb of whole radicchio)
- ½ lb smoked salmon
- Smoked paprika
- Grinding of pink Himalayan salt & black pepper

Preparation

1. Mix the softened chevre with the fresh herbs and garlic. Season the herbed goat cheese with salt & pepper, to taste.
2. Wash the radicchio leaves and pat them dry.
3. Place a piece of smoked salmon on each radicchio leaf and top with a daub of the herbed chevre.
4. Sprinkle on a wee bit of smoked paprika for garnish. Place the filled leaves on a platter and serve.

Serves 20





Spicy Feta/Bacon Bitty Bits

Very few can resist the taste of these spicy feta/bacon bitty bits. It's a tongue twister and a taste bud pleaser!

Ingredients

- 3 C mozzarella, shredded
- 1 C almond flour
- 6 slices bacon, cooked until crispy & crumbled
- ½ C feta cheese, crumbled
- ½ C green onions (scallions), thinly sliced
- 4 T sriracha mayo or 3 ½ T full fat mayonnaise mixed with ½ T sriracha
- Grinding of pink Himalayan salt and black pepper



Preparation

1. Preheat oven to 350 F.
2. Melt mozzarella over medium heat on the stove top (in a non-stick pan) or in the microwave. If you use the microwave. Do this in 30 second intervals until the cheese is melted but not bubbling.
3. Add the almond flour and mix. The cheese and flour will eventually form a ball. Turn the dough out onto a sheet of parchment paper that has been placed on the counter. Knead the dough ball until the flour and cheese are mixed evenly. Flatten the dough ball into a disc and cover with a second sheet of parchment.
4. Roll the disc out into a flat circle about ½” thick. Using a cookie cutter cut out 24 circles.
5. Place each circle of dough into the flat bottom of a muffin tin cup that has been lined with a paper liner. Sprinkle on a layer of bacon, then feta, and finally green onion. Make 24 bites altogether.
6. Place tins on the middle rack of the pre-heated oven and bake for 15 minutes, or until the edges the dough circles are beginning to brown and the cheese has melted and is also lightly browned.
7. when cool enough to handle, remove the paper cups to a cooling rack. When completely cooled the feta hors d'oeuvres should peel off the liners easily.
8. Top each circle with a dollop of sriracha mayonnaise.

Makes 30 – 40 bitty bits



Japanese Style Deviled Eggs

Deviled eggs always disappear quickly at a party and these eggs, with a Japanese twist, are no exception. They may just end up being your favorite version of this time tested classic.

Ingredients

- 12 large eggs, hardboiled
- 1 C soy sauce
- 2 C water
- ½ C unseasoned rice vinegar
- 4 garlic cloves, minced or pushed through a press
- liquid stevia, to taste
- 8 oz cream cheese, softened
- 2 T chives, minced
- Grinding of pink Himalayan salt and black pepper
- 24 Short chive stalks, for garnish
- Sprinkle of smoked paprika, for garnish



Preparation

1. In a large bowl whisk water, soy sauce, rice vinegar and garlic. Add the stevia. The amount you add will depend on the type of liquid stevia you are using. Some are more potent than others. You want the marinade to have a bit of sweetness but not an overpowering amount. Start with a small amount and taste-test.
2. Peel the hardboiled eggs and place them on the bottom of the bowl in the marinade. Cover eggs with paper towel allowing the towel to soak up some of the marinade (but not all of it). This will mean the tops of the eggs that are in contact with the towel are marinating too! Marinate, refrigerated, for 2 hours. Rotate the eggs every 15 minutes during this time.
3. Remove eggs from marinade, pat them dry and cut each egg in half. Scoop out the hard yolks and set aside in a bowl.
4. Add ¼ cup of water to the softened cream cheese and whip, using a hand-held mixer until light and creamy. Blend in the egg yolks and chives. Correct the seasoning with salt & pepper.
5. Spoon the egg yolk/cream cheese mixture into the egg white halves, dividing the mixture evenly amongst the egg whites.
6. Place a short chive stalk along the centre of each egg then top the eggs with a light sprinkle of smoked paprika.

Serves 24 (one deviled egg per serving)





Fiery Sausage Crock Pot Dip

Brown the onions, garlic and sausage. Add some spicy canned tomatoes then mix with cheese and sour cream; your crock pot will do the rest! Now you have all afternoon to get ready for the party. Wasn't that easy?

Ingredients

- 2 T butter
- 2 yellow onions, medium dice
- 2 lb Italian ground sausage, hot
- 2 cans spicy diced tomatoes (with jalapeño or habaneras)
- 2 lb cream cheese, cubed
- 1 lb pepper jack cheese, medium dice
- 32 oz sour cream



Preparation

1. Melt butter in a large, deep, and heavy bottomed skillet over medium high heat. Add the onions; adjust the heat to medium and sauté until translucent. Add the minced garlic and continue to sauté for 2 more minutes. Re-adjust the heat to medium high and add the ground Italian sausage to the skillet. Sauté until the sausage is lightly browned.
2. Add the cans of spicy diced tomatoes and bring the mixture up to the simmering point while stirring occasionally. Simmer for 5 minutes.
3. Layer the diced pepper jack and cream cheese cubes into the bottom of a large crock pot.
4. Next, transfer the sausage/tomato mixture from the skillet to the crock pot and spread the sour cream evenly over-top. Cover with the lid and set the temperature control to the high setting. Leave for 60 minutes.
5. Stir all the ingredients making sure to get all the melted cheese from the bottom of the pot mixed in with all the other ingredients. Cover and leave for two more hours on the high setting.
6. Serve hot next to a platter of mixed veggies and keto crackers.

Serves 10 - 12



Cheesy “Onion” Dip

If you’ve been living a ketogenic lifestyle for a while you already know that cauliflower often makes an appearance in unexpected places. And case in point; this onion dip is not exactly totally onion. In fact, it’s actually mostly cauliflower!

Ingredients

- 2 lb cauliflower flowerets
- 3 C chicken broth
- 2 T butter
- 2 C onion, medium dice
- ½ C full fat mayonnaise
- 2 C full fat cream cheese, cut into cubes
- ½ tsp ground cumin
- 1 tsp chili powder
- 1 tsp garlic granules or powder
- 1 tsp ground black pepper
- 1 tsp pink Himalayan salt flakes
- 2 tsp smoked paprika



Preparation

1. Simmer the cauliflower in chicken broth until the cauliflower is soft and you can easily pierce a floweret with a fork.
2. Melt butter over medium heat in a heavy bottomed skillet. Add the diced onion and sauté slowly until the onion is a nice golden color. Add the cumin, chili powder, garlic granules, smoked paprika and salt & pepper. Saute for a few more minutes. And set aside.
3. Add the cubes of cream cheese to the pot with the cooked cauliflower and whisk until melted. Remove from the heat and transfer the sautéed onions from the skillet into the pot.
4. Use a hand held blender inserted beneath the liquid surface to blend the cooked cauliflower, onion and melted cheeses until completely smooth.
5. Whisk the mayonnaise into the mixture. Allow to cool on the counter.
6. When the dip reaches room temperature you can chill it in the refrigerator 2 or 3 hours before serving beside a mixed platter of veggies and keto crackers.

Serves 8 - 10



Presto Pesto Keto Crackers

I always like to have a good supply of keto crackers on hand and this pesto flavored recipe is one of my favorites. I replenish the supply on Saturdays when I am working around the house doing weekly chores and can bake a cookie at a time, while accomplishing other tasks.

Ingredients

- 2 ½ C almond flour
- ½ tsp ground black pepper
- 1 tsp pink Himalayan salt flakes
- 1 tsp baking powder
- ½ tsp xanthan gum
- ½ tsp dried basil
- 1 tsp garlic granules or powder
- Pinch of cayenne pepper
- 4 T sun dried tomato pesto (or green pesto)
- 6 T butter, hard from the fridge



Preparation

1. Pre-heat oven to 325 F.
2. Whisk almond flour, pepper, salt, baking powder, xanthan gum, basil, garlic granules and cayenne until well blended.
3. Cut the butter into the dry mixture using a pastry cutter, knives or your fingers, until the butter is broken down into rice sized bits and the dry mixture looks like coarse crumbs.
4. Add the pesto and stir until a stiff dough forms.
5. Using a teaspoon scoop up a piece of the dough and transfer to a parchment paper lined cookie sheet. Place a small 4" square of parchment paper that's been lightly sprayed with cooking oil over-top of the dough on the cookie sheet. Press down on top with a flat bottomed glass to form a thin and flat, circular cracker. Repeat until the cookie sheet is full making sure there is a small amount of space between each cracker.
6. Place the pan on the middle rack of the preheated oven and bake for about 12 -15 minutes or until the crackers turn a nice light golden brown color.
7. Remove crackers to a wire cooling rack and repeat the cracker making process until all the dough has been used up.

Makes 30 – 40 crackers



Three Layered Fat Bombs

It takes a while to get used to the idea of purposely adding fat to the diet when starting in on a keto program. I eased myself into the keto style of snacking with this three layered fat bomb that combines the well-known Neapolitan triplets: chocolate, vanilla and strawberry. Snacking on these tasty mouthfuls has also helped me tame my sugar habit so it's been a win-win for me with these Three Layered Fat Bombs.

Ingredients

- 1 C butter
- 1 C coconut oil
- 1 C full fat sour cream
- 1 C full fat cream cheese
- 4 T erythritol
- 30 drops liquid Stevia, (or to taste)
- 4 T cocoa powder
- 2 tsp pure vanilla extract
- 3 T sugar-free strawberry jam



Preparation

1. Mix the butter, coconut oil, sour cream, cream cheese, erythritol and stevia using a hand held blender until smooth and well blended.
2. Divide the mixture into three even amounts placing each third into a separate bowl. Add cocoa powder to the first bowl, vanilla to the second bowl, and strawberry jam to the third bowl. Mix the ingredients in each bowl well after the additions.
3. Pour chocolate mixture into fat bomb mold, leaving room for two more layers. Then place the mold in the freezer for 30 minutes. I have a silicone mold which is floppy so I put it on a small cookie sheet for easier handling before beginning the process.
4. Repeat with a layer of vanilla mixture, followed by a final layer of strawberry mixture.
5. Freeze the completely filled mold for at least one hour.
6. Remove from the mold and serve immediately or place the frozen fat bombs in an air-tight container or resalable plastic bag and hold them in the freezer until you need a snack!

25 fat bombs (1 bomb per serving)



Orange Fat Bombs

Are you a fan of orange creamsicles? Do you miss them? Well then ... give these fat bombs a try when it's time for a snack on the run; they won't disappoint!

Ingredients

- 1 C coconut oil
- 1 C heavy cream
- ½ C freshly squeezed orange juice
- 8 oz block of full fat cream cheese, cut into cubes & softened
- Orange zest, finely grated peel from one orange
- 20 drops liquid Stevia, or to taste

Preparation

1. Use a hand held immersion blender to mix the coconut oil, softened cream cheese cubes, heavy cream, orange juice, zest and stevia until completely smooth.
2. Spread the mixture into a silicone molds and freeze for 2-3 hours. Remove the fat bombs from the molds and repeat until all the mixture has been used up.
3. Store the individual frozen fat bombs altogether in a re-sealable plastic bag in the freezer.

30 fat bombs (one bomb per serving)





Pizza Bitty Bits

Mix these pizza flavored morsels up in ten minutes or less, pop them in the fridge to chill and then you can do the same ... chill!

Ingredients

- 8 oz block of full fat cream cheese, softened
- ¼ lb chunk of pepperoni, cut into small dice
- 16 pitted black olives, roughly chopped
- 4 T sun-dried tomato pesto
- 4 T fresh basil leaves, chopped
- Grinding of pink Himalayan salt and black pepper, to taste

Preparation

1. Use a large spoon to mix all the ingredients together.
2. Form the mixture into 1" balls, place them on a serving platter and insert a toothpick into each ball. Refrigerate, loosely covered with plastic wrap, until ready to serve. If you are into fussing over these pizza bitty bits for a wee bit longer, roll each ball in cooked and crumbled bacon before inserting the toothpick!

Serves 10 (2 bitty bits each)



Keto-Friendly Tortilla Chips

You can make your own keto-friendly tortilla chips by using low-carb tortillas. A variety of commercial brands are available. If you can't find these keto-friendly tortillas where you shop locally, order them online and have them delivered to your door!

Ingredients

- 12 low carb, keto-friendly 4"-6" tortillas, cut into 6 pieces
- Oil for deep frying
- Grinding of pink Himalayan salt and black pepper, to taste

Preparation

1. Pre-heat oil in deep fryer.
2. Deep-fry 4-6 tortilla pieces at a time for 1-2 minutes. Flip the pieces over in the oil and continue deep-frying for one more minute, or until the tortilla chips have browned lightly. Remove and drain on paper towel. When cool enough to handle place drained chips in a large bowl. Repeat until all chips have been deep-fried.
3. Season the chips with a grinding of pink Himalayan salt and black pepper, if desired. Enjoy!

Serves 12



Bacon Coated Jalapeño Bombs

Snack on these spicy bombs or stick a toothpick in them for a tasty appetizer when company comes for dinner.

Ingredients

- 6 bacon slices, cooked until crispy & crumbled
- 2 T bacon grease
- 6 oz cream cheese, softened
- 2 medium jalapeño peppers, seeded and cut into small dice
- 1 tsp dried parsley
- 1 tsp onion powder
- 1 tsp garlic granules (or powder)
- Grinding of pink Himalayan salt and black pepper, to taste

Method

1. Mix together with bacon grease, cream cheese, diced pepper, parsley, onion powder and garlic granules. Correct the seasoning with a grinding of salt and pepper.
2. Spread bacon crumbles out on a flat plate. Roll cream cheese mixture into 1" balls then roll the balls in the bacon crumbles until evenly coated. Chill until hardened then store the fat bombs in a re-sealable plastic bag in the fridge.

Serves 8



Cheeseburger Slider Muffins

These muffins make a hardy snack or an easy, hand-held breakfast on busy mornings when you have to eat and run (simultaneously)! I also like to reheat one these babies for lunch with a nice, crunchy baby dill pickle and side salad. Use a large sized silicone muffin pan to make these meat-filled muffins. They won't stick in the pan and removal will be a breeze.

Ingredients

- 2 lb ground beef
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 C blanched almond flour
- 1 C flaxseed meal
- 2 tsp baking powder
- 1/2tsp xanthan gum
- 1 tsp Himalayan salt
- 1 tsp black pepper
- 4 large eggs, beaten
- ½ C sour cream
- 2 T tomato paste
- ¼ C sugar-free ketchup
- 1 T Dijon mustard
- 1 C cheddar cheese (3 oz), shredded



Preparation

1. Pre-heat oven to 350 F.
2. Heat a heavy bottomed skillet over medium high heat. Add the ground beef, onion powder and garlic. Saute until the beef has browned lightly. Remove from heat and set aside for later use.
3. Whisk the almond flour, flaxseed meal, baking powder, xanthan gum, salt flakes and black pepper.
4. In a separate bowl whisk the eggs, sour cream, tomato paste, sugar-free ketchup, and Dijon mustard.
5. Divide up the batter into silicone pan muffin cups.
6. Make a small well in the center of each muffin and spoon in equal portions of the ground beef mixture. Top each muffin with shredded cheddar and bake on the middle rack of the pre-heated oven for 20 minutes.
7. Allow the muffins to cool for 5 minutes in the silicone muffin pan, before removing to a wire cooling rack. You can either serve them hot from the oven or cool to room temperature, wrap each muffin individually and freeze for later use.

Serves 8



Personalized Pizza-Flavored Dipping Pots

Your family loves pizza but can't agree on the toppings; it's a common dilemma. Today we aren't actually making pizza. We're making pizza flavored dips for veggies and keto crackers and are solving what to include in the dip by personalizing individual ramekins for each family member. I know we spoil them, but ... this means we get what we want too!

Ingredients

- 8 oz block of full fat cream cheese, cut into cubes & softened
- ½ C full fat sour cream
- ½ C full fat mayonnaise
- 2 C mozzarella cheese, shredded
- Salt and pepper to taste
- 1 C sugar-free tomato sauce
- ½ C Parmesan cheese, finely grated
- 2 tsp Italian seasoning

For the personalized toppings:

- ¼ lb pepperoni sausage, cut into fine dice
- 2 T red bell pepper, fine dice
- 8 pitted sliced black olives, chopped
- 2 T diced green pepper
- 4 T d baby bella mushrooms, fine dice
- Salt and pepper to taste





Preparation

1. Pre-heat oven to 350 F.
2. Melt the cream cheese and mix in the sour cream, mayonnaise, and 1 C of the mozzarella cheese. Divide this mixture evenly between eight, lightly greased ramekins. Spoon 2 T of tomato sauce over the cheese mixture in each ramekin.
3. Mix the remaining mozzarella cheese, parmesan cheese and Italian seasoning. Sprinkle over-top of each ramekin and add personalized toppings of choice.
4. Bake for about 20 minutes on the middle rack of the pre-heated oven or until the cheese is melted and bubbling.
5. Remove from the oven and allow to cool for a few minutes before serving the personalized pizza dips with veggies and keto crackers on the side.

6 servings



Faux, Keto-Style Corndogs

This mini muffin is reminiscent of the corn-dogs we used to eat before going keto. We find one of these little mouthfuls actually quells the corn-dog craving and adds interest to a daily menu plan. Kids love them in a lunch-kit and adults don't seem to mind them either!

Ingredients

- 1 C almond flour
- 1 C flaxseed meal
- 2 T psyllium husk powder
- ½ tsp pink Himalayan salt flakes
- ½ tsp baking powder
- ½ C butter, melted
- 2 large eggs
- 1 C full fat sour cream
- ½ C coconut milk, from carton
- 20 mini smokies (or 6 all-beef hot dogs)
- ¼ C full fat mayonnaise
- 1 T Dijon mustard



Preparation

1. Pre-heat oven to 375 F.
2. In a large bowl, whisk almond flour, flaxseed meal, psyllium husk powder, salt flakes, and baking powder.
3. In a separate bowl whisk egg, sour cream, coconut milk, and melted butter. Add the wet mixture to the dry mixture and combine with a few swift strokes. Grease the muffin wells in two, mini muffin pans, and divide the batter up between the muffin cups. You will be making 20 mini muffins altogether.
4. Cut the mini smokies in half, lengthwise, and insert one half into the middle of each muffin. If using all beef wieners cut each wiener into 10 pieces and do the same.
5. Bake for 12 minutes. Move muffin tins to a rack higher in the oven and run under the broiler for 1 or 2 minutes, until the tops are lightly browned.
6. Let the muffins cool for a few minutes in the muffin tins before removing to a platter. Make a topping by combining the mayonnaise and mustard. Place a dollop of topping on each warm mini muffin before serving.
7. Alternatively, you can cool the muffins on a wire rack and store, covered, in the fridge. Re-heat when ready to serve. These muffins also freeze well, individually wrapped.

Serves 10 (2 mini muffins per serving)





Strawberry Smoothie

Here's a good mid-afternoon snack on a warm day. In fact this smoothie is great any time of the day! We've included MCT oil to add some extra healthy fat. If you are new to adding this oil to your diet start with just 1 tsp at a time, and work up to a tablespoon slowly.

Ingredients

- 8 ice cubes
- 1 C unsweetened coconut milk
- ¼ C full fat sour cream
- 1 T flaxseed meal
- 1 T MCT Oil
- Liquid Stevia, to taste
- ¼ C frozen strawberries
- 1 tsp mango extract
- ½ tsp blueberry extract
- ½ tsp banana extract

Preparation

1. Place all ingredients into a blender and pulse until the ice cubes are partially broken down.
2. Blend for 1-2 minutes until everything is well incorporated.

Serves 1 or 2



Green Blueberry Smoothie

You will notice the blueberry flavor but not the taste of spinach in this refreshing green smoothie. Sweeten the drink to your own taste using liquid stevia. We don't specify an amount because we find the intensity of sweetness varies from brand to brand. We've included MCT (medium chain triglycerides) oil to add some extra healthy fat. If you are new to adding this oil to your diet start with just 1 tsp at a time, and work up to 1 or 2 tablespoons at a time slowly. The larger amount can cause digestive upset at first so progressing slowly with MCT oil additions is always recommended.

Ingredients

- 8 large ice cubes
- 1/3 C frozen blueberries
- 3 handfuls baby spinach leaves
- ½ C English cucumber, peeled and diced
- 1 ½ C coconut milk (from carton)
- Liquid stevia, to taste
- 1-2 tablespoons MCT Oil

Preparation

1. Add all ingredients to a blender. Pulse until the ice cubes are beginning to break down.
2. Blend everything for 1-2 minutes until the consistency is thick and smooth
3. Serve in one large glass or 2 smaller glasses.

Serves 1 or 2



Fried Cheese Snack

Try these tasty cheese cubes for an easy snack. The repeated folding of the cheese while cooking causes layers of crispy cheese to form. It's not complicated or time consuming but the end result will have friends and family thinking you slaved for hours!

Ingredients

- 10 ounces queso blanco or fresh mozzarella cheese, cut into cubes
- 3 T extra virgin olive oil

Preparation

1. Place cubes of cheese into the freezer for 15 minutes.
2. Heat oil in a heavy bottomed skillet over medium-high heat.
3. Add cheese cubes and brown on all sides.
4. Bring all the cubes together in the center of the pan and press down using a flat metal spatula.
5. Flip and cook the flattened cheese on the opposite side. Fold the cheese in half and, once again, press down using the metal spatula. Flip again and repeat the process of pressing down into the hot pan then flipping. Do this a few more times.
6. Use the spatula to form the cheese into a rectangular block by the cheese folding over in opposite directions until a smaller rectangular block is formed. Smooth and seal all sides of the hot cheese block using the flat side of the metal spatula. Remove the cheese block from the heat and let it cool for a few minutes on a cutting board.
7. Cut the layered cheese block into small cubes.
8. Serve the cubes of crispy layered cheese with your favorite keto-friendly crackers.

Serves 4



Chia Seed “Lavash” Crackers

We always keep a variety of keto crackers on hand in our pantry for last minute snack preparations on busy days. Here’s one more homemade cracker to add to the board when serving a variety of cheeses, cut veggies and dips to your family and friends.

Ingredients

- 1 C chia seeds, ground
- 4 T psyllium husk powder
- 4 T extra virgin olive oil
- ½ tsp xanthan gum
- ½ tsp garlic granules (or powder)
- ½ tsp onion powder
- ½ tsp dried oregano
- ½ tsp smoked paprika
- ½ tsp pink Himalayan salt flakes
- ½ tsp black pepper
- 2 ½ C ice water
- ½ lb cheddar cheese, shredded



Preparation

1. Preheat your oven to 375 F.
2. Use a spice or coffee grinder to grind the chia seeds in small batches. When the chia seeds have all been ground, whisk the ground seeds with the rest of the listed dry ingredients.
3. Add the olive oil and mix. Pour in the water and continue mixing until a solid dough forms. Add shredded cheddar to the dough and mix by using your hands to knead the cheese into the dough.
4. When the cheese is well incorporated, turn the dough out onto a piece of parchment paper that is the same size as a large flat baking sheet. Pat the dough into a rectangle and flatten somewhat. Allow the dough to rest for 5 minutes.
5. Cover the dough rectangle with a second piece of parchment and roll the dough out into a thin rectangle approximately the same size as the sheet of parchment paper underneath. The dough should be about ¼” thick when you have finished rolling. Slip the parchment and dough onto the baking sheet and bake, on the middle rack of the pre-heated oven for 30 minutes. Take the pan out of the oven and carefully remove the parchment paper from beneath the cracker. Run the lavash under the broiler for 1 or 2 minutes until the lavash is crispy and lightly browned. Watch closely so it doesn't burn!
6. Remove from the oven, and let cool completely before breaking or cutting the lavash into rustic, uneven cracker-sized shapes.
7. Store in an air tight container when completely cooled.

Serves 6



Roasted Tomato, Onion and Chevre Tarts

These elegant tarts make a very fancy snack with cocktails before dinner. You can also serve them with a Caesar salad for a satisfying lunch!

Ingredients

- 4 medium-sized tomatoes cut into ¼-inch slices
- ¾ C extra-virgin olive oil
- 1 C almond flour
- 2 T psyllium husk powder
- 4 T coconut flour
- 10 T cold butter, cubed
- ½ tsp pink Himalayan salt flakes
- 1 medium-sized yellow onion, thinly sliced
- 6 oz chevre (goat cheese), crumbled
- 4 T extra virgin olive oil
- 2 garlic cloves, minced
- 6 tsp fresh thyme, minced
- Salt and pepper to taste



Preparation

1. Pre-heat oven to 425 F.
2. Cover a rimmed baking sheet with foil and place tomato slices on the baking sheet. Drizzle ½ C of the olive oil over tomato slices. Season with a quick grinding of salt & pepper. Roast tomatoes on the middle rack of the pre-heated oven for 30 minutes. Remove from oven and set aside. Lower the temperature of the oven to 350 F.
3. Place almond flour, psyllium husk powder and coconut flour into the food processor along with the cold butter cubes. Pulse slowly until a dough forms.
4. Use your fingers to press small amount of the dough into the bottom and a little ways up the sides of 16 silicone muffin cups.
5. Bake the tart shells for 20 minutes, until the pastry browns. Cool completely on a wire rack in the silicone muffin pan.
6. Once completely cooled you will see the tart shell have hardened. Remove from the silicone cup by tapping the bottom and pressing upwards lightly. The tart shells should slip out easily and intact.
7. Heat the remaining olive oil in a heavy bottomed skillet over medium high heat. Add the onions and garlic and immediately turn the heat under the skillet down to medium. Caramelize the onions and garlic, stirring occasionally.
8. Assemble the tarts layering a slice of tomato into the bottom of each of the tart shell, followed by the caramelized onions & garlic then the crumbled goat cheese. Sprinkle on fresh thyme and season each tart with a light grinding of salt and black pepper.
9. Bake tarts for about 5 minutes until the cheese is just beginning to melt.
10. Remove from the oven and serve tarts immediately.

Serves 16 (1 tart per serving)



Caprese Salad Snack

Enjoy this easy-to-prepare salad anytime you need a light snack.

Ingredients

- ¼ cup fresh basil, chopped
- 3 T extra virgin olive oil
- 1 large ripe tomato, cut into four ¼” slices
- 6 oz fresh mozzarella cheese
- Grinding of pink Himalayan salt flakes and black pepper, to taste

Preparation

1. Make a paste by pulsing chopped fresh basil leaves with the olive oil in a food processor.
2. Cut fresh mozzarella into 4 round slices
3. Assemble the Caprese salad by layering a tomato slice with a slice of fresh mozzarella cheese and top with a dollop of basil paste.
4. Correct the seasoning with a grinding of salt and pepper. Serve immediately.

Serves 4



The background of the cover is a solid red color. It is decorated with a repeating pattern of white line-art illustrations of various keto-friendly food items. These include vegetables like broccoli, cauliflower, and bell peppers; fruits like lemons and limes; and other items like a cucumber, a carrot, a piece of cheese, and a small bowl. The text "Keto Snacks Recipes" is centered in a large, white, sans-serif font. The word "Keto" is on the first line, "Snacks" is on the second line, and "Recipes" is on the third line, which is the largest and most prominent.

Keto Snacks Recipes