

Creamy Garlic Butter Tuscan Salmon

4 salmon filets (smoked salmon preferred)
salt and pepper to season
2 tablespoons olive oil
2 tablespoons butter
6 cloves garlic (diced)
1 small onion (diced)
1/3 cup white wine or 1/8 cup balsamic vinegar
5 ounces (150g) jar sun-dried tomatoes in oil (drain)
1 3/4 cups heavy cream
salt and pepper to taste
3 cups baby spinach leaves
1/2 cup freshly grated Parmesan cheese
1 tablespoon fresh parsley, chopped

1. Heat the oil in a large skillet over medium-high heat. Season salmon filets with salt and pepper, sear in pan 5 minutes on each side. Remove filets from pan and set aside.
2. Melt the butter in the remaining juices leftover in the pan. Add in the onions and garlic; fry until fragrant (about one minute). Pour in white wine or balsamic vinegar to deglaze the pan and allow to reduce slightly. Add sun-dried tomatoes and fry for 1 - 2 minutes.
3. Reduce heat to low, add heavy cream and bring to a gentle simmer while stirring occasionally. Season with salt and pepper to taste.
4. Add in spinach leaves and allow to wilt in the sauce, then add in parmesan cheese. Allow sauce to simmer for a further minute until cheese melts through the sauce.
5. Add salmon back into the pan, sprinkle with parsley and simmer for 1 -2 minutes. (you can leave salmon in whole filets or break them up in the cream sauce).
6. Serve over pasta, rice or steamed vegetables. Or if you prefer to keep the lowest carbs, eat alone.

***approximately 5 - 7 carbs per serving - makes 4 large servings or 6 small servings.*

Lily Keto Fat Bomb "Cookies"

1 package cream cheese (8oz)
1 stick Irish butter (or grass-fed - 4oz)
1/8 - 1/4 cup monk fruit sweetener (or keto sweetener of choice)
1/2 bag (6oz) of Lily No Sugar chocolate chips (minis work best)

Optional Ingredients (You can add one or all - your preference):

1/4 cup bee pollen
2 - 3 tablespoons MCT powder
2 - 3 tablespoons coconut oil
1/4 cup unsweetened cocoa powder (for chocolatey bombs)

1. Place cream cheese, butter, sweetener and optional ingredients in a large mixing bowl and allow butter & cream cheese to soften to room temperature. (set aside chocolate chips in a separate bowl) (about an hour depending on house temperature).
2. Mix thoroughly with a mixer and cream all the ingredients in the bowl.
3. Once the mixture is creamy, add the chocolate chips and mix well.
4. Use a small cookie scoop (or tablespoon) to scoop creamed mixture into a mini muffin tin or cookie sheet.
5. Place "bombs" in the freezer. Enjoy as needed.

Makes approximately 20 - 24 bomb cookies. Each cookie has 1 - 2 carbs depending on size.

Keto-friendly Cheesecake

Choose a crust.

Almond Coconut Crust: *(slightly higher carb than pecan (1 net carb))*

- 1 1/2 cup blanched almond flour
- 1/2 cup unsweetened coconut chips (or flakes if preferred)
- 3 tablespoons monk fruit or allulose
- 1/3 cup butter (melted)
- 1 teaspoon vanilla extract

Or

Pecan Crust: *(lowest carb option)*

- 2 cups pecans (finely chopped)
- 2 tablespoons butter
- 2 tablespoons monk fruit or allulose

Cheesecake filling:

- 24 ounces cream cheese (softened to room temp)
- 1 cup powdered allulose (or monk fruit)
- 10 drops liquid stevia (optional - for sweeter cake)
- 3 large eggs (I use duck eggs)
- 2 teaspoons vanilla extract

1. Preheat oven to 350 degrees F (177 degrees C). Line the bottom of a 9-inch springform pan with parchment paper.
2. To make the crust, mix dry ingredients together. Whisk together melted butter and vanilla.
3. Add to dry mixture until well blended and sticks together.
4. Press dough into the bottom of the prepared pan. Prick gently with a fork. Bake for 12 - 15 minutes, until barely golden. Let cool for at least 10 minutes.
5. Cheesecake filling: beat the cream cheese and sweetener together at low to medium speed until fluffy.
6. Add vanilla extract (or other flavourings as desired).
7. Add eggs one at a time and blend on low to medium speed to cream cheese mixture until all eggs are incorporated well. (Don't overbeat).
8. Pour the filling into the pan over the crust. Smooth the top with a spatula.
9. At the bottom of the oven, (bottom rack) place a pan of water to help keep cheesecake moist as it bakes.
10. Bake for 40 - 50 minutes until center is almost set but still is jiggly.
11. Turn off oven and leave cheesecake in oven another 45 minutes to an hour to cool slowly and avoid cracking.
12. Do not remove from pan. Refrigerate cooled cheesecake for at least 4 hours before serving, until completely set.
13. Run a knife along the edge of the springform pan before removing.
14. Serve with whipped cream, fresh fruit, cinnamon, chocolate, or any topping of your choice.

Makes 16 servings. Almond/coconut net carbs: 5 g. Pecan net carbs: 3 g.