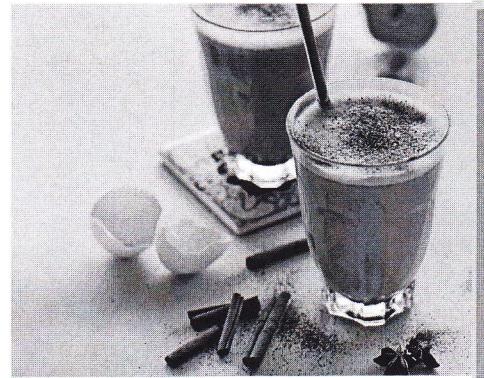


1g ⊕ 5 m EasyDairy-free keto latte

Latte? Yes, please! This dairy-free delight is the perfect on-the-go breakfast. 5 minutes to mix it up and you're done. Presto! It's keto magic!



2 servings

Instructions

- ① Blend all ingredients in a blender. Drink immediately.

Ingredients

2 eggs
2 tbsp coconut oil
1½ cups boiling water
1 pinch vanilla extract
1 tsp pumpkin pie spice or ground ginger

Tip!

If you're craving hot chocolate, or just want a plain latte, replace the spices with 1 tablespoon of cocoa or instant coffee. Voila!



6g Ⓛ 10 + 20 m Easy Keto avocado, bacon and goat-cheese salad

Looking for a boss salad? Craving creamy avocados and goat cheese with the crunch of nuts? Oh, man. Do we have a recipe for you! Pull this together for a lightening quick lunch or dinner.



4 servings

Instructions

Ingredients

8 oz. goat cheese

8 oz. bacon

2 avocados

4 oz. walnuts

4 oz. arugula lettuce

Dressing

½ lemon, the juice

½ cup mayonnaise

½ cup olive oil

2 tbsp heavy whipping cream

- 1 Preheat the oven to 400°F (200°C) and place parchment paper in a baking dish.
- 2 Cut the goat cheese into round half inch (~1 cm) slices and place in the baking dish. Bake on upper rack until golden.
- 3 Fry the bacon in a pan until crispy.
- 4 Cut the avocado into pieces and put on top of the arugula. Add the fried bacon and goat cheese. Sprinkle nuts on top.
- 5 Using an immersion blender, make a salad dressing with the juice from half a lemon, homemade mayonnaise, olive oil, and perhaps a couple of tablespoons of heavy whipping cream. Season with salt and pepper to taste.

Tip!

Looking for a little more variety? While this dressing is mouthwatering on its own, feel free to add your favorite herbs to make it even more irresistible. Fresh parsley, dill, or thyme, will round out the dressing incredibly well.

8g ⊕ 5 + 25 m Easy Keto pizza

Pizza, meet keto... A simple take on how to get your pizza fix without the carbs. It's everything you want — pepperoni, cheese and tomato-sauce deliciousness.



2 servings

Ingredients**Crust**

4 eggs

6 oz. shredded cheese,
preferably mozzarella or
provolone

Topping

3 tbsp tomato paste

1 tsp dried oregano

5 oz. shredded cheese

1½ oz. pepperoni

olives (optional)

For serving

2 oz. leafy greens

4 tbsp olive oil

sea salt and ground black
pepper

Instructions

1 Preheat the oven to 400°F (200°C).

2 Start by making the crust. Crack eggs into a medium-sized bowl and add shredded cheese. Give it a good stir to combine.

3 Use a spatula to spread the cheese and egg batter on a baking sheet lined with parchment paper. You can form two round circles or just make one large rectangular pizza. Bake in the oven for 15 minutes until the pizza crust turns golden. Remove and let cool for a minute or two.

4 Increase the oven temperature to 450°F (225°C).

5 Spread tomato paste on the crust and sprinkle oregano on top. Top with cheese and place the pepperoni and olives on top.

6 Bake for another 5-10 minutes or until the pizza has turned a golden brown color.

7 Serve with a fresh salad on the side.