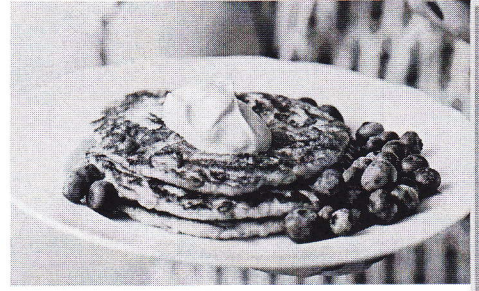


5g \odot 5 + 20 m Easy **Keto pancakes with berries and whipped cream**



Try these incredible keto cottage cheese pancakes and you'll never go back to regular flapjacks! Our berry topping gives them just the right amount of sweetness and the kids will love them too!

4 servings

Ingredients

4 eggs

7 oz. cottage cheese

1 tbsp ground psyllium husk powder

2 oz. butter or coconut oil

Toppings

$\frac{1}{2}$ cup fresh raspberries or fresh blueberries or fresh strawberries

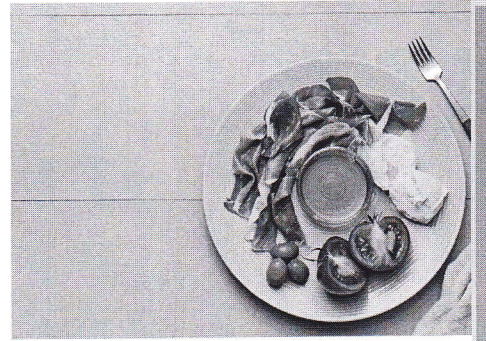
1 cup heavy whipping cream

Instructions

- 1 Add eggs, cottage cheese and ground psyllium husk powder to a medium size bowl and mix together. Let sit for 5-10 minutes to thicken up a bit.
- 2 Heat up butter or oil in a non-stick skillet. Fry the pancakes on low to medium heat for 3–4 minutes on each side. Don't make them too big or they will be hard to flip.
- 3 Add heavy whipping to a separate bowl and whip it until soft peaks form.
- 4 Serve the pancakes with whipped cream and berries of your choice.

8g ⌚ 5 m Beginner **Italian keto plate**

Real food on a plate. Prosciutto. Mozzarella. Tomatoes and olives. Because a keto dinner doesn't have to be complicated.



2 servings

Ingredients

7 oz. fresh mozzarella cheese

7 oz. prosciutto, sliced

2 tomatoes

$\frac{1}{3}$ cup olive oil

10 green olives

salt and pepper

Instructions

- 1 Put tomatoes, prosciutto, cheese and olives on a plate. Serve with olive oil and season with salt and pepper to taste.

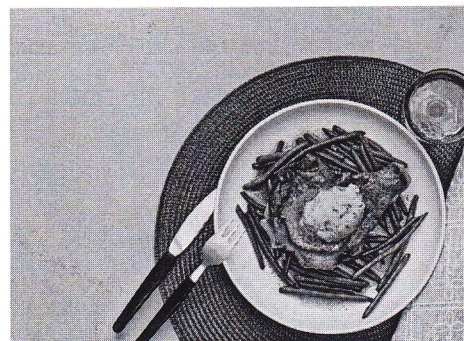
Tip!

Swap out the prosciutto for another fatty Italian deli meat. Soppresata, coppa, or speck come to mind. What's your favorite?



6g ⓘ 10 + 20 m Easy **Pork chops with green beans and garlic butter**

Juicy pork chops. Crunchy green beans. Garlic butter. Now that's what we call a one-skillet wonder. And it's keto elegance at its finest.



4 servings

Ingredients

4 pork chops
2 oz. butter, for frying
1 lb fresh green beans
salt and pepper

Garlic butter

5 oz. butter, at room temperature
1 tbsp dried parsley
½ tbsp garlic powder
1 tbsp lemon juice
salt and pepper

Instructions

- 1 Take the butter out of the fridge and let it reach room temperature.
- 2 Mix butter, garlic, parsley and lemon juice. Season with salt and pepper to taste. Set aside.
- 3 Make a few small cuts in the fat surrounding the chops to help them stay flat when frying. Season with salt and pepper.
- 4 Heat a frying pan over medium-high heat. Add butter to the pan and add the chops.
- 5 Fry the chops for about 5 minutes on each side or until golden brown and thoroughly cooked through.
- 6 Remove the chops from the pan and keep warm.
- 7 Use the same skillet and add the beans. Salt and pepper to taste. Cook over medium-high heat for a couple of minutes until the beans have a vibrant color and are slightly softened but still a bit crunchy.
- 8 Serve the pork chops and beans together with a dollop of garlic butter melting on top.

Tip!

Canned or frozen green beans may not be quite as crunchy, but still taste great and deliver easy nutrients straight from your freezer or pantry.