

**4g** ⌚ 10 m Easy **Keto coconut porridge**

Feel like hot cereal this morning? For satisfying, warm-in-the-belly comfort food, check out this keto delight. Pure happiness in a bowl!



1 serving

**Ingredients**

1 oz. butter or coconut oil  
1 egg  
1 tbsp coconut flour  
1 pinch ground psyllium husk powder  
4 tbsp coconut cream  
1 pinch salt

**Instructions**

- 1 Add all ingredients to a non-stick saucepan. Mix well and place over low heat. Stir constantly until you achieve your desired texture.
- 2 Serve with coconut milk or cream. Top your porridge with a few fresh or frozen berries and enjoy!

**Tip!**

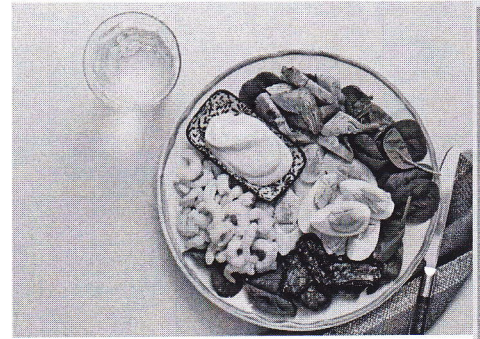
If you find yourself with left over coconut milk, put some into your next smoothie. It will thicken it up a bit and make it richer and more filling.

This is a breakfast idea from Fanny Lindkvist, who runs a popular Swedish blog and the Instagram account LessCarbs.



7g  $\odot$  5 + 10 m Beginner **Keto shrimp and artichoke plate**

Real food on a plate. Shrimp. Eggs. Spinach, artichokes, and sun-dried tomatoes. Mayo. Because a keto dinner doesn't have to be complicated.



2 servings

## Ingredients

4 eggs  
10 oz. cooked and peeled shrimp  
14 oz. canned artichokes  
6 sun-dried tomatoes in oil  
 $\frac{1}{2}$  cup mayonnaise  
 $1\frac{1}{2}$  oz. baby spinach  
4 tbsp olive oil  
salt and pepper

## Instructions

- 1 Begin by cooking the eggs. Lower them carefully into boiling water and boil for 4-8 minutes depending on whether you like them soft or hard boiled.
- 2 Cool the eggs in ice-cold water for 1-2 minutes when they're done; this will make it easier to remove the shell.
- 3 Place eggs, shrimp, artichokes, mayonnaise, sun-dried tomatoes and spinach on a plate.
- 4 Drizzle olive oil over the spinach. Season to taste with salt and pepper and serve.

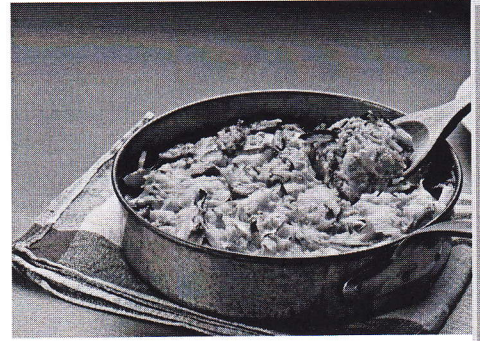
## Tip!

For best flavor, buy your artichoke hearts and sun-dried tomatoes packed in olive oil.



6g ⌚ 10 + 45 m Easy **Keto chicken casserole**

Keto and casseroles go hand in hand, especially when it comes to this irresistible chicken recipe that will make your entire family swoon. The cream sauce is hearty, cheesy, and loaded with yummy pesto. Your oven will feel honored to bake this tasty goodness for you over and over again.



6 servings

## Ingredients

1 cup heavy whipping cream or sour cream  
 2 tbsp green pesto  
 ½ lemon, the juice  
 30 oz. chicken thighs  
 3 tbsp butter  
 1 lb cauliflower  
 1 leek  
 4 oz. cherry tomatoes  
 7 oz. shredded cheese  
 salt and pepper

## Instructions

- 1 Preheat the oven to 400°F (200°C).
- 2 Mix cream (or sour cream) with pesto and lemon juice. Salt and pepper to taste.
- 3 Season the chicken thighs with salt and pepper, and fry in butter until they turn a nice golden brown.
- 4 Place the chicken in a greased 9 x 13 inch baking dish, and pour in the cream mixture.
- 5 Chop the leek and cherry tomatoes. Chop the cauliflower into small florets. Top chicken with leek, tomatoes and cauliflower.
- 6 Sprinkle cheese on top and bake in the middle of the oven for at least 30 minutes or until the chicken is fully cooked. If the casserole is at risk of burning before it's done, cover it with a piece of aluminium foil, lower the heat and let cook for a little longer.