

## Low Carb Recipes

ALL STEVIA MEASUREMENTS ARE ONLY GENERAL AND SHOULD BE MODIFIED TO YOUR TASTE

### **Artichoke Dip**

- 1 (16 oz.) can artichoke hearts, packed in water
- 1 c. grated Parmesan cheese
- 1 c. mayonnaise
- 1 can olives, sliced
- 1 can green chilies, chopped

Drain and chop artichoke hearts. Mix with  $\frac{1}{2}$  cup Parmesan cheese, mayonnaise, olives, and green chilies. Spoon mixture into a  $1\frac{1}{2}$  quart baking dish. Sprinkle the remaining  $\frac{1}{2}$  cup of Parmesan cheese on top. Bake at  $350^\circ$  for 40 to 50 minutes or until bubbly and browned. Serve with celery sticks, zucchini rounds, cucumber rounds, and pepper slices. Makes 8 to 10 servings.

### **Crustless Quiche Lorraine**

- 10 slices bacon, crisply cooked and crumbled
- $1\frac{1}{2}$  c. shredded natural Swiss cheese
- $\frac{1}{3}$  cup finely chopped onion
- 4 large eggs
- 1 pint heavy whipping cream
- $\frac{1}{4}$  teaspoon sea salt
- $\frac{1}{4}$  teaspoon pepper
- $\frac{1}{8}$  teaspoon ground red pepper (cayenne)

Heat oven to  $425^\circ$ . Line pie plate with butter. Sprinkle bacon, cheese, and onion in quiche dish. Beat eggs slightly; beat in remaining ingredients. Pour into quiche dish. Bake 15 minutes. Reduce oven temperature to  $300^\circ$ . Bake about 20 to 30 minutes longer or until knife comes out clean. Let stand 10 minutes before cutting.

### **Cinnamon and Stevia Nuts**

Melt  $\frac{1}{2}$  stick butter in a frying pan. Place any kind of raw nuts approximately 2 cups into pan and coat thoroughly with butter. Pour cinnamon and Stevia over the nuts until well coated, then stir. Continue adding cinnamon and Stevia to taste.

### **Ranch Mix**

- 2 c. raw, shelled pumpkin seeds
- 2 c. raw, shelled sunflower seeds
- 2 c. raw, peanuts
- 1 c. raw almonds
- 1 c. raw cashews
- 2 tablespoons safflower or extra virgin cold pressed olive oil
- 1 packet dry ranch salad dressing mix
- 1 teaspoon lemon pepper
- $\frac{1}{2}$  teaspoon garlic powder

Preheat oven to  $350^\circ$ . In large mixing bowl, combine all the nuts and seeds. Add the oil, and stir to coat. Add the dressing mix, lemon pepper, and garlic powder, and stir until well distributed. Put the seasoned nuts in shallow roasting pan, and roast for 45 minutes stirring occasionally, until almonds are crisp through.

### **Low Carb Cheesecake**

3/4 cup softened butter  
all-purpose flour  
(for traditional crust; as a replacement,  
use crushed nuts or almond flour)

1/4 cup heavy or whipping cream  
1 tablespoon grated orange peel  
1/4 teaspoon salt  
1 cup sour cream for garnish

Stevia

3 eggs yolks

grated peel of 2 lemons

5 8-ounce packages of cream cheese

5 eggs

- In a small bowl with mixer at low speed, beat butter, 1 1/4 cups flour, or flour replacement, 1/4 cup of Stevia, 1 egg yolk and half of lemon peel until dough is well mixed.
- Refrigerate, covered, for 1 hour. Preheat oven to 400 F. Press 1/3 of dough into bottom of 10-inch “Springform” pan. Bake 8 minutes; allow to cool.
- Turn oven to 475 F. In large bowl with mixer at medium speed, beat cream cheese until smooth; slowly beat in 1 3/4 cups Stevia until smooth.
- With mixer at low speed, beat in 3 tablespoons flour, or flour replacement, and remaining ingredients except sour cream. At high speed, beat 5 minutes.
- Press rest of dough around side of “Springform” pan to within 1 inch of top; do not bake dough.
- Pour cheese mixture into pan; bake 12 minutes. Turn oven to 300 F ; bake 35 minutes. Turn off oven; leave in oven 30 minutes. Remove; cool in pan on rack. Chill
- To serve: Remove side of pan. With large spatula, loosen cake from pan; slide onto serving plate. Spread top of cheesecake with sour cream to garnish

### **Low Carb Cookies**

1 Stick of Butter

1/4 Cup Baking Cocoa

1/2 cup Half-n-Half

1 TBS Stevia

1 TBS. Vanilla

1/2 cup Peanut Butter

3 cups of Oats

Boil butter, cocoa, half-n-half, Stevia, vanilla and peanut butter for one minute. Add oats and mix well. Spoon out onto wax paper.

### **Low Carb Peanut Butter Cookies**

1 Cup Peanut Butter

1 TBS Stevia

1 Egg

Mix and form into 1-inch balls. Cross over twice with a fork to push down. Bake at 375° for 8-11 minutes. Let cool for 5-7 minutes before removing from pan.

*For more recipes such as these, please refer to the book entitled:  
“500 Low Carb Recipes” by Dana Carpender*



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