CHICKEN BACON RANCH CASSEROLE

4 cups (8 ounces) broccoli florets
2 pounds chicken breast, cooked, cubed, or shredded
8 slices bacon, cooked, chopped
3 cloves garlic, minced
3/4 cup Ranch Dressing (p 236 in The Wholesome Yum Easy Keto Cookbook)
1 cup (4 ounces) shredded mozzarella cheese, divided
1 cup (4 ounces) shredded cheddar cheese, divided

NUTRITION INFORMATION:
Makes 8 servings
Serving size: 1 cup
PER SERVING:
469 calories
31g fat
7g total carbs
5g net carbs
38g protein

1. Preheat the oven to 375°F.
2. Place the broccoli into a pot of water and bring to a boil. Simmer for 1-2 minutes until bright green. Drain and pat dry.
3. Combine the chicken, bacon, drained broccoli, garlic, ranch dressing, and half of the shredded cheeses in a large bowl. Stir until well incorporated. Transfer to a 9x13-inch glass or stoneware casserole dish. (Alternatively, you can mix everything directly in the casserole dish.)
4. Top with the remaining shredded mozzarella and cheddar cheeses.
5. Bake for about 15 minutes, until hot and bubbly.

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CREAM CHEESE COOKIES

4 tablespoons (1/2 stick) butter, softened
2 ounces plain cream cheese, softened
1/2 cup erythritol
1 large egg white
2 teaspoons vanilla extract
3 cups blanched almond flour
1/4 teaspoon sea salt

NUTRITION INFORMATION:
Makes 24 servings
Serving size: 2-inch cookies

PER SERVING:
106 calories
9g fat
3g total carbs
2g net carbs
3g protein

1. Preheat the oven to 350°F. Line a large cookie sheet with parchment paper.
2. Using a hand mixer or stand mixer, beat together the butter, cream cheese, and erythritol until fluffy and light in color.
3. Beat in the vanilla extract, salt, and egg white.
4. Beat in the almond flour, 1/2 cup at a time. The dough will be dense and a little crumbly, but should stick when pressed together.
5. Use a medium cookie scoop (about 1 1/2 tablespoons volume) to scoop the balls of the dough onto the prepared cookie sheet. Flatten with your palm.
6. Bake for about 15 minutes, until the edges are lightly golden. Allow to cool completely in the pan before handling. Cookies will harden as they cool.
MASCARPONE CLOUD BREAD

3 large eggs, whites and yolks separated
3 ounces mascarpone, softened (can also use cream cheese)
1/8 teaspoon cream of tartar (optional)
1/8 teaspoon sea salt

NUTRITION INFORMATION:
Makes 6 servings
Serving size: 1 piece
PER SERVING:
98 calories
9g fat
0.2g total carbs
0.2g net carbs
4g protein

1. Preheat the oven to 300°F. Line a large baking sheet with parchment paper and grease lightly.

2. In a large bowl, use an electric mixer to beat the egg whites and cream of tartar for a couple of minutes, until stiff peaks form.

3. In a second large bowl, use the mixer to beat the mascarpone, egg yolks, and sea salt for about 30 seconds, until smooth.

4. Carefully and gradually fold the egg whites into the mascarpone mixture with a spatula. Use a folding motion to incorporate, without breaking down the air bubbles in the egg whites.

5. Scoop the mixture into six circular discs onto the parchment paper, at least 2 inches apart. Bake 25 to 35 minutes, until golden.
ZUCCHINI NOODLES ALFREDO

NUTRITION INFORMATION:
Makes 4 servings
Serving size: 1 cup
PER SERVING:
209 calories
16g fat
9g total carbs
7g net carbs
11g protein

1. In a large skillet over medium heat, melt the butter. Add the garlic and cook about one minute, until soft and fragrant.

2. Reduce heat to medium-low. Stir in the almond milk, heavy cream, and nutmeg. Bring to a gentle simmer.

3. In a small pinch bowl, whisk the xanthan gum with 1-2 tablespoons of water, until it’s smooth with no lumps. Whisk the mixture into the sauce on the stove.

4. Whisk in the parmesan cheese. Add black pepper to taste. Continue to heat, stirring constantly, until the cheese is melted and the sauce starts to thicken. Remove the sauce from the pan, cover, and set aside.

5. Pat the zucchini noodles (zoodles) dry with paper towels. Add the zoodles to the pan and turn up the heat to medium-high. Stir fry until barely softened but still crisp-tender, about 2-4 minutes.

6. Stir the sauce into the zoodles.
**BACON-WRAPPED ASPARAGUS**

24 stalks (~10 ounces) asparagus, trimmed  
12 slices bacon  
1 teaspoon olive oil  
1/4 teaspoon garlic salt  
1/4 teaspoon black pepper  
1/8 teaspoon sea salt

**NUTRITION INFORMATION:**  
Makes 6 servings  
Serving size: 4 pieces  
PER SERVING:  
202 calories  
18g fat  
3g total carbs  
2g net carbs  
6g protein

1. Preheat the oven to 400°F. Place an oven-safe wire rack (either greased or non-stick) onto a cookie sheet.

2. Arrange the asparagus on a cutting board or plate. Drizzle with olive oil. Sprinkle with garlic salt and black pepper to taste. (You don’t need a lot of oil, just enough for the salt and pepper to stick.)

3. Cut the bacon slices lengthwise to make narrower strips. Wrap each bacon strip tightly around an asparagus stalk, only slightly overlapping the bacon on each stalk (it will shrink during cooking, creating a “striped” pattern). Place seam side down onto the wire rack.

4. Bake for 10 minutes. Use tongs to turn over. Bake for 10-15 minutes more, until the bacon is almost crispy.

5. Set the oven to broil, then place under the broiler for 1-2 minutes to crisp up more.
ALMOND FLOUR CINNAMON DONUTS

DONUTS:
1 cup blanched almond flour
1/3 cup erythritol
2 teaspoons baking powder
1 teaspoon cinnamon
1/8 teaspoon sea salt
4 tablespoons (1/2 stick) butter
1/4 cup unsweetened almond milk
2 large eggs
1/2 teaspoon vanilla extract

CINNAMON COATING:
1/2 cup erythritol
1 teaspoon cinnamon
3 tablespoons butter

NUTRITION INFORMATION:
Makes 6 servings
Serving size: 1 donut
PER SERVING:
257 calories
25g fat
5g total carbs
3g net carbs
6g protein

1. Preheat the oven to 350°F. Grease a non-stick donut pan well.

2. In a large bowl, stir together the almond flour, erythritol, baking powder, cinnamon, and sea salt.

3. In a small bowl, whisk together the melted butter, almond milk, egg, and vanilla extract. Whisk the wet mixture into the dry mixture.

4. Transfer the batter evenly into the donut cavities, filling them 3/4 of the way. Bake for about 22-28 minutes (or longer for a silicone pan), until dark golden brown. Cool until donuts are easy to remove from the pan.

5. Meanwhile, in a small bowl, stir together the erythritol and cinnamon for the coating.

6. When the donuts have cooled enough to easily remove from the molds, transfer them to a cutting board. Brush both sides of one donut with butter, then press/roll in the sweetener/cinnamon mixture to coat. Repeat with the remaining donuts.
SPINACH ARTICHOKE FATHEAD PIZZA

1 recipe Fathead Pizza Crust (page 99 in *The Wholesome Yum Easy Keto Cookbook*)
1 tablespoon butter
2 cloves garlic, minced
6 tablespoons heavy cream
\( \frac{1}{4} \) cup grated Parmesan cheese
Black pepper, to taste
1 cup chopped fresh spinach
1 cup chopped artichoke hearts (either freshly cooked, canned, or thawed from frozen)
\( \frac{1}{3} \) cup chopped sun-dried tomatoes
1 cup shredded mozzarella cheese

1. Prepare the pizza crust according to the instructions on page 99 in *The Wholesome Yum Easy Keto Cookbook*. (After removing the crust from the oven, leave the oven preheated at 400°F.)

2. Meanwhile, in a small saucepan over medium-low heat, heat the butter until melted. Add the garlic and sauté for 30 seconds, until fragrant.

3. Stir in the cream. Simmer gently for 3-5 minutes, until the mixture thickens slightly.

4. Stir in the Parmesan gradually, a couple of tablespoons at a time. Continue to simmer gently and stir until the sauce is smooth and thick. Season with black pepper to taste.

5. When the crust is ready, spread the white sauce on top. Arrange the spinach, chopped artichoke hearts, and sun-dried tomatoes on the pizza.

6. Return the pizza to the oven and cook for about 10 minutes, until the cheese is melted.

NUTRITION INFORMATION:

Makes 8 servings
Serving size: 1 slice, \( \frac{1}{8} \) entire pizza

PER SERVING:
238 calories
16g fat
9g total carbs
5g net carbs
15g protein

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SLOW COOKER BROCCOLI CHEESE SOUP

4 cups (8 ounces) broccoli florets
4 cloves garlic, minced
2 1/2 cups chicken broth
1 cup heavy cream
3 cups (12 ounces) shredded cheddar cheese
1-2 tablespoons unflavored gelatin powder (optional)

NUTRITION INFORMATION:
Makes 6 servings
Serving size: 1 cup
PER SERVING:
391 calories
33g fat
7g total carbs
6g net carbs
17g protein

1. Place all ingredients, except cheese, into the slow cooker. Cook for 3 hours on High or 6 hours on Low.
2. Use a slotted spoon to remove 1/3 of the broccoli into a separate bowl.
3. Insert an immersion blender into the slow cooker. With the slow cooker still on High/Low and the blender running, add the shredded cheese gradually (1/2 cup at a time) while moving the blender around to puree the broccoli and melt the cheese.
4. If you prefer a thicker soup, make a slurry with the gelatin powder and a bit of the liquid from the soup, then whisk into the rest of the soup. (This step is optional.)
5. Add the reserved broccoli back to the slow cooker.
CUCUMBER CAPRESE SALAD

3 tablespoons extra virgin olive oil
1 tablespoon balsamic vinegar
1/4 teaspoon garlic powder
1/4 teaspoon sea salt
1/8 teaspoon black pepper
2 cups (10.6 ounces) grape tomatoes, halved
1 cup (6 ounces) fresh mozzarella pearls
1 cup (5 ounces) chopped cucumbers
1/3 cup chopped fresh basil

In a large bowl, whisk together the olive oil, balsamic vinegar, garlic powder, sea salt, and black pepper.

2. Add the tomatoes, mozzarella, cucumbers, and fresh basil. Toss to coat.

NUTRITION INFORMATION:
Makes 4 servings
Serving size: 1 cup
PER SERVING:
199 calories
16g fat
5g total carbs
4g net carbs
7g protein
BLUEBERRY MUG CAKE

1 tablespoon butter (or coconut oil for dairy-free)
1/3 cup blanched almond flour
1 1/2 tablespoons erythritol
1/4 teaspoon baking powder
1 pinch sea salt
1 tablespoon unsweetened almond milk
1 large egg
1/8 teaspoon vanilla extract
1/4 cup blueberries

1. In a mug or ramekin, heat the butter in the microwave for about 30 seconds, until melted. (Alternatively, melt the butter any way you like.)
2. Add the almond flour, erythritol, baking powder, sea salt, almond milk, egg, and vanilla. Stir until well combined.
3. Gently fold in the blueberries. Smooth the top with the back of a spoon.
4. Microwave for about 90-120 seconds, until firm. (Alternatively, bake in a preheated oven at 350°F for 15 minutes.)
5. If desired, serve with whipped cream and more fresh blueberries.

NUTRITION INFORMATION:
Makes 2 servings
Serving size: 1/4 mug cup

PER SERVING:
205 calories
17g fat
7g total carbs
5g net carbs
7g protein