

PIZZA CHICKEN



1 boneless chicken breast, pounded flat if thick
Salt, pepper, garlic powder and Italian seasoning, to taste
1 tablespoon pizza sauce
4 slices pepperoni
1 teaspoon butter or oil
2 fresh mushrooms, sliced
2 thin green pepper rings
1 ounce mozzarella cheese, shredded

Season the chicken with salt and other seasonings; grill. Meanwhile, sauté the mushrooms and pepper rings in butter or oil until slightly tender, but not mushy; set aside. Spread the sauce over the chicken, then top with the pepperoni, the pepper rings, mushrooms and then finally, the cheese. Sprinkle with a little additional Italian seasoning, if desired. Bake at 350° about 10-15 minutes or until hot and the cheese is melted. Serve at once.

Makes 1 serving

Can be frozen but the peppers will get soft

Per Serving: 310 Calories; 16g Fat; 36g Protein; 3g Carbohydrate; 1g Dietary Fiber; 2g Net Carbs



This is another winner! Simple and tasty with all the flavors of pizza. Click the photo to see a close-up.

PIZZA CHICKEN – SIMPLIFIED METHOD (No pre-grilling or pre-cooking involved)

Flatten the chicken breast slightly, if necessary, to make it an even thickness all over. Season with salt, pepper and garlic powder and place on a foil-lined baking sheet. Spread

the pizza sauce over the top of the chicken then top with the pepperoni, raw mushrooms and green pepper rings. Sprinkle the vegetables with a little more salt if you like. Bake at 400° 15 minutes then top with the mozzarella cheese. Bake another 5 minutes or until the cheese is melted and the chicken is done to your liking.

PIZZA MET BLOMKOOL-KORS



Hierdie is een van die beste LowCarb pizza korse wat daar is. Baie moeilik om te glo dit word van blomkool gemaak! Die geheim is dat die blomkool ordentlik gedreineer moet wees, anders val jou kors uitmekaar uit – en 'n pizza moet mos lekker aan die kors opgetel kan word!

250 ml gekookte en “gerysde” blomkool (kyk resep vir “Kamma Rys”)

1 eier

250 g mozzarella kaas

5 ml origanum

30 ml suikervrye tamatiesous

150 g spek, gaar en opgekap

150 g sampioene, in skyfies gesny en gaar

30 g feta kaas, gekrummel

125 g ekstra mozzarella, gerasper

Voorverhit die oond tot 230°C. Spuit 'n groot tertbord goed met kleefwerende middel. Meng die blomkool, eier en mozzarella saam. Druk die mengsel goed vas in die bord. Sprinkel bietjie origanum en pietersielie bo-oor. Bak vir 15 minute. Verwyder

die bord uit die oond en laat effens afkoel. Keer die pizzakors versigtig uit en plaas op 'n gesmeerde bakplaat. (As jy bang is die kors gaan breek, kan jy dit in die tertbord hou en die vulsels bo-op sit.) Verf die kors met die tamatiesous, sprinkel die spek en sampioene oor. Sprinkel ook die feta oor en die addisionele mozzarella kaas. Plaas onder die roosterlement van die oond en rooster tot die kaas gesmelt is. Bedien warm.

4 Porsies = 120g/Porsie * 1264kJ * Total Fat 33g * Proteien 41g
Total Carbs 6.6g * Net Carbs 5.4g

HEEL GEBAKTE BLOMKOOL



Ek het 'n versoek gehad vir 'n heel gebakte blomkool-resep met joghurt en kaas – ek het gesoek vir een met joghurt, maar ek kon nie regtig een kry wat vir my lekker gelyk het nie. Hierdie een met mosterd en mayonnaise lyk egter heerlik en ek gaan hom beslis binnekort probeer.

1 heel blomkool, skoongemaak en afgewas
125 ml mayonnaise
125 ml Dijon mosterd
500 ml gerasperde Cheddar

Plaas die blomkool in 'n glasbak en bedek met kleefplastiek. Prik een of twee gaatjies in en stoom in die mikrogolf vir ongeveer 8 minute (afhangende van hoe sag jy jou blomkool verkies). Haal die blomkool uit en plaas op 'n gesmeerde bakplaat. Meng die mayonnaise en mosterd en verf 'n dik laag reg rondom die blomkool. Gebruik jou hande en pak die kaas stewig rondom die blomkool vas (dit is waarom dit 'n dik laag mayonnaise moet wees, sodat die kaas makliker daaraan kan

vaskleef). Plaas die blomkool onder die rooster element van die oond en rooster tot die kaas gesmelt en goudbruin is. Sny in stukkies net voor opdiening.

8 Porsies = 85g/Porsie * 483kJ * Total Fat 7g * Proteien 6g
Total Carbs 6.7g * Net Carbs 5.3g

BROCCOLI-en-SPEK SLAAI



'n LowCarb weergawe van 'n groot gunsteling!

500 g broccoli, gewas
250 g spek
1 ui, gekap
375 ml mayonnaise
1 sakkie versoeter
250 ml cheddar kaas, gerasper

Sit die broccoli in 'n voedselverwerker en pols dit tot dit fyngekap is, maar nie krummels nie. Braai die spek in botter en laat afkoel. Meng die spek en ui by die broccoli in en skep die mengsel in 'n opdienbak. Meng die mayonnaise met die versoeter en skep 'n laag bo-oor die broccoli. Sprinkel die gerasperde kaas bo-oor. Laat in die yskas vir 'n paar uur voor opdiening.

12 Porsies = 100g/Porsie * 970kJ * Total Fat 18g * Proteien 10g
Total Carbs 8.9g * Net Carbs 7.6g

TUNA SLAAI



1 blikkie tuna, gedreineer
2 hardgekookte eiers, gekap
60 ml mayonnaise
15 ml gekapte grasuie
150 g blaarslaai, in reepe gesny

Meng alles goed saam en geur na smaak. Verkoel voor opdiening.
3 Porsies = 150g/Porsie * 1021kJ * Total Fat 15g * Proteien 21g
Total Carbs 6.4g * Net Carbs 5.9g

HOENDERSLAAI WRAPS



Blaarslaai “wraps” is een van my LowCarb gunsteling – mens mis nie eers die taai deeg wraps as jy eers gewoon geraak het aan vars en krakerige blaarslaai nie. Party mense rol dit op, ander maak net bakkies met die blaarslaai – dit is ‘n wenner elke keer.

500 ml gaar hoender, in klein stukkies gesny
2 seldery stele, dun skyfies gesny
3 gherkins, in klein stukkies gekap
 $\frac{1}{2}$ ui, fyn gekap
125 ml mayonnaise
groot, heel slaaiblaar vir opdiening.

Meng die hoender, seldery, gherkins, ui en mayonnaise goed saam. Geur met sout en peper. Skep van die mengsel binne-in ‘n groot slaaiblaar en rol dit toe.

4 Porsies = 222g/Porsie * 1743kJ * Total Fat 28g * Protein 35g
Total Carbs 5.3g * Net Carbs 4g

Keto Roti John



This makes 4 total servings of Keto Roti John. Each serving comes out to be 620 Calories, 53.3g Fats, 26g Protein, and 6.8g Net Carbs.

The Preparation

Bread

- 2 cups Mozzarella Cheese
- 3/4 cup [Almond Flour](#)
- 1 tbsp. [Psyllium Husk Powder](#)
- 3 tbsp. Cream Cheese
- 1 large Egg
- 1/2 tsp. Salt
- 1/2 tsp. Pepper

Omelette

- 1 tbsp. [Coconut Oil](#)
- 1/2 small Onion, diced
- 1 clove Garlic, finely chopped
- 1 tsp. Water
- 1/4 tsp. Curry Powder
- 4 tbsp. Ground Beef
- Salt and Pepper to taste
- 2 1/2 tbsp. Unsalted Butter
- 2 large Eggs
- 2 tbsp. chopped Green Onion

- 2 tbsp. chopped Cilantro
- 2 tbsp. Mayonnaise (optional)
- 2 tbsp. Reduced Sugar Ketchup (any sauce, optional)
- 5 slices Cucumber (garnish)
- 3 slices Tomatoes (garnish)
- 1 piece Round Lettuce (garnish)

The Execution

1. Preheat oven to 400F. Follow the pizza base recipe for [Low Carb Pepperoni Pizza](#), exclude the Italian Seasoning. Divide and shape the dough into two long buns. Bake for 30-40 minutes.
 2. While waiting, prepare the beef. Melt coconut oil on a pan and saute diced onion until translucent. Add chopped garlic and saute until fragrant.
 3. Add curry powder and water, and “cook” the curry powder for 2 minutes. Add ground beef and season with salt and pepper.
 4. After 45 minutes, remove the buns from the oven. Once cooled, slice them horizontally but not completely. Spread about 1/2. tbsp onto both. Toast the buttered side on a pan.
 5. Mix an egg with half of the cooked beef, 1 tbsp. each of green onion and cilantro. Season with salt and pepper. Mix well.
 6. Melt 1 tbsp. butter on a pan and add the omelette mixture. Immediately cover the omelette with a bun. Once the omelette is cooked, flip and toast the bun.
 7. Remove from pan and spread your favorite sauce onto the omelette. Garnish with cucumber, tomatoes and lettuce.
 8. Repeat steps 5-7 for the other bun and finally, serve!
-

Low Carb Pepperoni Pizza



This makes 6 slices of pizza in total. Each slice has 335 Calories, 27g Fats, 3.2g Net Carbs, and 18.2g Protein.

The Preparation

Pizza Base

- 2 cups Mozzarella Cheese (~8 oz.)
- 3/4 cup [Almond Flour](#)
- 1 tbsp. [Psyllium Husk Powder](#)
- 3 tbsp. Cream Cheese (~1.5 oz.)
- 1 large Egg
- 1 tbsp. Italian Seasoning
- 1/2 tsp. Salt
- 1/2 tsp. Pepper

Toppings

- 1 cup Mozzarella Cheese (~4 oz.)
- 1/2 cup Rao's Tomato Sauce
- 16 slices Pepperoni
- Spinkled Oregano (optional)

ADVERTISEMENT

Print a Coupon for Fortify™ Probiotics

The Execution

1. Microwave mozzarella cheese until completely melted, then add all other base ingredients (except olive oil) and mix together.
2. Knead dough into a ball, then spread out into a circle using the olive oil on the outside of the dough.
3. Bake crust for 10 minutes under 400F. Remove from oven, flip, and bake for 2-4 more minutes.
4. Top the crust with toppings of your choice and bake for

another 3-5 minutes.

5. Let cool slightly, slice, and serve!

Bacon Wrapped, Cream Cheese Stuffed Chicken Breasts



1 boneless skinless chicken breast
2 tablespoons cream cheese
1 tablespoon green onion, Chopped
2 pieces bacon, Partially Cooked

Directions:

Pound out Chicken breast so it is about 1/4" thick.

Mix together cream cheese and green onions and spread cheese mixture over 1 side of chicken breast.

Roll CHicken breast up to conseal cream cheese.

Wrap partially cooked bacon around chicken breast and secure with toothpick.

Place on baking sheet and back for about 30 minutes at 375.

Broil for about 5 minute to crisp bacon.

Bulletproof Tiramisu Treat



I've been having cravings lately for a delicious tiramisu (one of my favourite desserts) and decided I should attempt to make a LCHF version myself.

I'm extremely pleased to say it was a roaring success! For those playing at home, here's how I did it....

First let's start with the LCHF Sponge Cake

Ingredients

- 6 Organic Eggs (separated)
- 50gm softened grass fed butter
- 2 tablespoons xylitol
- 1 tablespoon vanilla extract (I make my own infusing half a dozen of split vanilla beans in a bottle of vodka.)
- 1/3 cup Almond Meal
- 1/3 cup Coconut Flour
- 1/2 teaspoon bicarbonate soda
- 1/2 teaspoon baking powder
- pinch of salt

Method

Preheat oven to 170°C.

Cream xylitol, butter and egg yolks in a mixer until light and fluffy, add all other ingredients except the egg whites and mix till combined.

In a clean bowl whip egg whites until they form soft peaks. Next fold 1/3 off the egg whites into the batter, then repeat this step two more times till all ingredients are combined. Be careful not to knock the air out of the egg whites.

Place batter into a lined, greased cake tin (mine was approx. 12cm x 20cm) and bake in oven for 25-30mins.



You can see how light the sponge turned out... Perfect to absorb all those decadent upgraded coffee and Kahlúa flavours.

So to creating the Bulletproof Tiramisu.

I made 1 cup of strong Upgraded Bulletproof Coffee and set aside to cool. Next I whipped 125ml of pure cream until nearly whipped. To this I added 250ml Mascarpone Cheese, a splash of Kahlúa, 50ml of the cooled coffee, a few drops of liquid stevia, a cap full of MCT Oil, and a little vanilla then I whipped til combined.

All that's left to do then is assemble. I sliced the sponge cake into 1cm thick fingers, dipped them one-by-one into the coffee (which I also added a splash of Kahlúa to) and simply layered the fingers alternately with the cream mix and placed them into mason jars. Topped with grated dark chocolate and refrigerated for a day to let the flavours combine and infuse.

Makes 6 serves.