

# Let's Make Keto Great Again



## 20 Easy Keto Recipes Anyone Can Make!

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Poul's Kitchen - Dr Poul Woodworth



# Introduction

Ever since I got diagnosed with diabetes I have always looked for ways to cook better and healthier. Losing weight wasn't my main purpose but I found with healthier eating I felt better and lost weight at the same time.

We all have friends and family who struggle with diet. It may be diabetes or it may be just the need to lose weight. We all have that one person, and often it's a matter of getting stuck on the idea that you can't have desserts and that can be a hard point.

This book is dedicated to show some baking and other ideas that you can enjoy while going keto.

Keto has a stigma to people who don't look at losing weight and don't understand what it actually is.

Keto is a method to cook with a very low level of carbs and no sugar. In the end it can turn into a great journey of finding other materials to cook with. Some of it you will find will taste much better, and best of all you will lose weight in the process.

Welcome to Let's Make Keto Great Again, not that keto wasn't always great, but its time to change some opinions.

Sit back and get ready for some sweet tastes, and some lost pounds!

Dr. Poul Woodworth TH.d

# What Is Keto

In simple terms a keto diet is bringing down your sugars and carbs. It is a good way to lose weight and help your diabetes as well as other health ailments.

In the keto process often your body will burn off fat rather than carbs which will help you lose weight.

With this you do have to be careful with a few things. You have to keep up with your nutrients and also watch the type of fats you take in. If you are diabetic you have to be careful that you don't drop your sugars to low. This can be a bit of an issue and can be seriously bad for you.

Anyone can benefit from a keto diet, however you should be careful to not totally kill your sugar level. Even diabetics need sugar, its more about controlling how much you let into your system.

So if you are going to do the keto diet you need to watch your sugar levels and other nutrients. You need to make sure you still have enough in your system.

# Why Go Keto

There are plenty of reasons to go keto. It's a great way to lose weight. When your body stops burning carbs, it starts burning off your fat. This is an easy way to do that.

If your diabetic, this presents the perfect diet to enjoy all the things you normally would have before, but with out any of the negatives.

This is a great system to use but there are some concerns.

It does have a negative affect to your kidneys, and can be harmful on long term use. It does put you at risk of things like kidney stones.

It can also lack a lot of the nutrients that you normally would get. You do need to make sure your getting them one way or another, even if that means taking supplements.

So here are some suggestions:

Always make sure you stay hydrated, which is very important.

Don't go full Keto.

Watch your sugars.

Do your own research and make up your own mind.

If your concerned talk to your doctor about it.

# Dedication

I would like to dedicate this book to a few people, Jess, Bon, Alex, Justin, Liz, and Stell.

Yes this is a fairly large group of people but I wanted to be sure to thank those who pushed me to write.

Jess. - Someone who has taken a long time to decide to lose weight, and is now taking the steps, but is struggling, I wrote this for you Jess, to help you get better,. Jess has always supported me, been a good friend, a daughter, and someone who's been a constant support to me,. Thank you Jess, this is for you.

Bon. - You've always supported me through all my BS and trolling, I love you more than you will ever know. You've helped me get to this book and I appreciate all your help.

Alex. - My best friend, My "son.". So everyone else thinks lol. A good friend and someone who has supported me, my wife and this cause since the day I met him. This would not be possible without you.

Justin. - Thanks for being there. Thank you for your encouragement,. Sometimes it's hard to find a reason to keep going,. When you have someone to motivate you, and encourage you it's amazing!

Liz. - Nothing but pure encouragement, a good friend, someone who tries to understand and goes out of her way to make you smile. Thanks for helping me pull through.

Stell. - You are an amazing person, I love how you encourage me, how you share my work and how you take the time to comment even when I know it's something you wouldn't eat, thank you.

To everyone out there, thank you for taking the time to read this!

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# Cauliflower Rice Bread



Prep Time 10 Minutes

Bake Time 50 Minutes

Shelf Life 7 Days Fridged

This is a simple and easy recipe. For those of us who want to lose some weight, and watch our sugars, this is a perfect solution. As always with homemade you can control exactly what you eat! Your scale and blood sugar will love you.

## Ingredients

- 3 Cups Of Cauliflower
- 8 Eggs
- 6 TBS Melted Butter
- 1 1/4 Cup Almond Flour
- 2 TBS Psyllium Husk Powder
- 1 TBS Baking Powder
- 5 TSP Fresh Minced Garlic
- 1 TBS Italian Seasoning
- 1 TBS Cinnamon
- 1 TBS Allspice
- 1 TBS Cloves
- 1 TBS Nutmeg
- 1 TSP Salt

## Cooking

Take your eggs and separate the egg whites from the yolks.

Rinse your cauliflower and then put it into a food processor. Process until the cauliflower comes to a rice consistency. You want to rinse out excess moisture so they are dry.

In another bowl place your egg whites. With a mixer mix them until you get a stiff peak starting to form.

In another bowl combine your almond flour, egg yolks, butter, psyllium, salt, italian seasoning, cinnamon, allspice, cloves, nutmeg baking powder and garlic.

Stir in the cauliflower rice, then mix in the egg whites. Sitr in slowly.

Take a bread pan and line it with parchment paper. Pour your mix in slowly.

Preheat your oven to 350F and then bake for 45 to  
50 minutes. Enjoy!

This is an amazing recipe. It tastes so good. Everyone else should be jealous and honestly its guilt free. Honestly cooking should be about eating better and enjoying the results!

# Rice Crispy Treats



Sugar Free Rice Krispie Treats

Prep Time 10 Minutes

Cook Time 10 Minutes

Shelf Life 3 Weeks Fridged

This is a recipe that will take time. It requires patience, and is so easy to make. It is well worth it. There is no sugar and no carbs. It is so simple and yet so complex. This will make being a diabetic worth it.

## Ingredients

### Marshmallows

- 1/2 Cup Of Water
- 3 TBS Gelatin
- 1/2 Cup Of Water
- 1 and 1/3 Cup Of Stevia
- 1 TSP Cream Of Tarter
- A Pinch Of Salt
- 1 TBS Of Peppermint Extract

### Treats

- 3 HighKey Frosted Cereal (Or A Keto Sugar Carb Free Cereal)
- 4 TBS stick Unsalted Butter
- 1 Pinch Of Salt
- Your Marshmallows you made.

## Cooking

### Marshmallows

This is a time sensitive process. Once you start you have to keep going

Take a pan and and put some parchment paper on the bottom.

In a bowl mix 1/2 cup of water, and then add your gelatin. Let this sit for 5 minutes to bloom.

In a pot, add 1/2 of water, stevia, cream of tarter, and a pinch of salt. Bring this to a boil.

With a mixer on low drizzle the syrup mixture as you have it mixed in. Then add your peppermint extract. Turn your speed to the fastest speed. Make sure you get this to luke warm. You want to get this to the point just before it starts to form peaks.

Pour it in to your pan and let it cool down. This needs to sit for 6 to 8 hours until it cools down.

After your done take the parchment paper out of the pan and cut them into small squares. The squares that you feel will work in your rice crispy squares.

Seperate them and let them sit over night. They will harden up but yet have the right consistancy. This will be a thing of patience but it will be worth it.

### **Making The Keto Rice crispy Treats**

In a pot melt your butter down. Add your marshmallows and a pinch of salt. Make sure you keep stirring or it will stick. Once its creamy and melted add your cereal and stir it in extremely well.

Once its done pour into a baking tray. Let it cool .  
Cut and serve.

We love this recipe. It helps us with enjoying food. We don't have to worry about gaining weight, or how our sugars will react. Everyone loves rice crispys. Try out this recipe!!

# Banana Bread



Prep Time 10 Minutes

Bake Time 65 Minutes

Shelf Life 7 Days Fridged

This is one of my favorite treats. I absolutely love it. Many will tell you I can't live with out it. This is an easy way for you to enjoy it with out any regrets..

## Ingredients

2 Cups Almond Flour  
1/4 Cup Coconut Flour  
1 TBS Baking Powder  
2 TSP Cinnamon  
1/2 TSP Xanthan Gum  
1/4 Salt  
1/2 Cup Of Butter (Softened)  
2/3 Cup Of Stevia  
4 Large Eggs (At Room Temperture)  
1/2 Cup Of Almond Milk  
2 TSP Banana Extract  
1 Cup Of Chopped Walnuts (Optional)

## Cooking

Mix your dry ingredients, other than the Stevia and walnuts. Mix it up really good.

Add your butter to a bowl,. Add your Stevia and with a blender blend until its creamy, Add your eggs. Makre sure you add 1 at a time and keep mixing. Then add the rest of the wet incredients. Start adding your dry ingredients. Add in half of your walnuts, and mix well.

Take a bread pan and line it with parchment paper. Add your bread into the pan. Make sure you make it smooth. Add the rest of the walnuts to the top.

Preheat your oven to 350F for 35 to 40 minutes.  
Put some aluminum foil on the top. Bake for another 25 minutes.

Take a tooth pick and insert it into the middle to make sure its cooked. Cool before serving.

Who doesn't love banana bread? Its one of the best treats around. When your diabetic or on a keto diet, it seems so restricting. Well there are no restrictions here. Eat your heart out!

# Dinner Rolls



Prep Time 10 Minutes

Bake Time 25 Minutes

Shelf Life 6 Days Fridged

Dinner rolls can be a great add on to a great meal. They are so great to have and are easy to make. They are a must have for a proper meal!

## Ingredients

1 1/4 cup Greek Plain Yogurt  
1 TBS Of Baking Powder  
1 TBS Of Dry Yeast  
1 TBS Oregano  
1 Cup and 2 TBS Of Coconut Flour  
3 TBS Of A Keto Syrup

## Cooking

Preheat your oven to 400F.

Line a 7" cake pan with parchment paper.

In a large bowl add your Greek plain yogurt, baking powder, yeast, and oregano. Mix it up. Slowly add in your coconut flour

Now please note, slowly add your coconut flour in. You may not need it at all. Keep adding it until it is smooth and not sticky. If you add too much your rolls will be too dry.

Form your dough into a ball. If it stays together then your good. Start to form your balls. Make them tight and put them into your cake pan.

Paint some keto syrup on top of them.

Bake them in your oven for 20 to 25 minutes. Let them rest for 20 minutes and your done!

We love having dinner rolls with soup, or a salad. This is an easy way to enjoy it and not miss out!

# Donut Bites



Prep Time 5 Minutes

Bake Time 20 Minutes

Shelf Life 7 Days Frozen

These don't last long. They honestly taste amazing and are a great treat.

## Ingredients

1 Cup Almond Flour  
1 TBSP Psyllium Husk  
1 TSP Baking Powder  
1 Cup Plain Greek Yogurt  
3 Large Eggs.

Combine all ingredients in order given. Put into a piping bag,

Preheat your air fryer to 400fF. Cover them in oil.  
Air fry for 15-20 minutes!

Optional you can cover with Stevia if you wish!

This is an amazing and delicious treat. Anyone can make this!

## Cooking

Combine all ingredients in order given. Put into a piping bag.

Preheat your air fryer to 400fF. Cover them in oil.  
Air fry them for 15-20 minutes!

Optional you can cover with Stevia if you wish!

# Pizza Dough



Prep Time 5 Minutes

Bake Time 20 Minutes

Shelf Life 7 Days in the fridge

A way to make pizza with out the guilt, or worrying about putting on weight after.

## Ingredients

1 Cup Cottage Cheese  
4 Large Eggs  
1/4 Cup Grated Gouda  
1/4 Cup Almond Flour  
1 TSP Baking Powder  
1 TSP Garlic Powder  
1 TSP Onion Powder  
1 TSP Italian Seasoning

Preheat your air fryer to 400 degrees F. Cover them in oil. Air fry for 15-20 minutes!

Optional you can cover with Stevia if you wish!

## Cooking

In your blender or food processor put your cottage cheese in to make it nice and smooth. Place it in a mixing bowl. Add your eggs, gouda almond flour, baking powder, garlic, onion powder and Italian powder. Mix it up really good until it comes to a wet dough.

Preheat your oven to 350f, and then take some parchment paper and line a baking tray.

Make sure its covering the sheet evenly. Bake for 15-20 minutes. You may need a bit longer. Some people will say they need 25 minutes.

And you are ready to make your pizza!

When your finished making it and ready to bake, bake at 350f for 15-20 minutes!

Everyone loves pizza, this would give you a unique and different flavor. One that won't leave you regretting your choice after!

# Fruit Cake



Prep Time 20 Minutes

Bake Time 50 Minutes

Shelf Life 7 Days in the fridge

This is the perfect Christmas desert, tastes amazing and has such a rich flavor and an amazing taste!

## Ingredients

4 Large Eggs  
2 TSP Cup Of Rum Flavor Extract  
4 TBS Of Unsalted Butter Melted  
1 TBS Vanilla Extract  
1 TBS Cinnamon  
1 TSP Ginger Spice  
1 TSP Nutmeg  
1 TSP Allspice  
1 TBS Keto Maple Syrup  
1 TBS Orange and Lemon Zest  
Salt To Taste  
1 And 1/2 Cups Of Almond Flour  
3 TSP Of Baking Soda  
1/2 Cup Of Dried Cranberries  
1 Cup Chopped Walnuts Food Processed  
1 Cup Chopped Pecans Food Processed  
1/4 Cup Of Brown Stevia  
Almonds To Garnish

## Cooking

Separate the egg yolks from the whites.

In a mixing bowl add your cranberries, rum flavored extract over it, brown sugar Stevia and softened butter. With a mixer mix until it turns sort of pale. Add in your egg yolks, and keep mixing. Add in vanilla and zests. Mix. Add in your maple syrup, spices, baking powder and salt. Blend some more.

Add in your peacans and walnuts. Then add your almond flour and keep on mixing.

In another container beat your egg whites to a stiff peak. Pour the egg whites in.

Pour the mix into a 9" pan putting some almonds on the top of it.

Bake for 50 to 55 Minutes at 350F and your done!

This is one of my all time favorites. I can eat this with no guilt!It has such an amazing flavor to it!

# Blueberry Muffins



Prep Time 5 Minutes

Bake Time 25 Minutes

Shelf Life 7 In The Fridge

Everyone loves blueberry muffins! they taste great and are an easy snack to make!

## Ingredients

2.5 Cups Almond Flour  
1 Quarter Cup Of Stevia  
2 TSP Baking Soda  
A Sprinkle Of Salt  
1/3 Cup Of Melted Coconut Oil  
1/3 Cup Of Unsweetend Almond Milk  
3 Eggs  
1 TBS Lemon Juice  
2 TBS Of Lemon Zest  
1 Cup Blueberries (Cleaned)  
1 TBS Gluten-Free Flour Blend

## Cooking

Preheat your oven to 350f, Take your muffin pan and put 12 muffin liners in them.

First we are adding the dry ingredients in. Start with the flour, stevia, baking soda and salt. Whisk it together and set aside.

Now for our wet ingredients. In a seperate bowl add eggs, coconut oil, milk, and lemon zest. Add lemon juice and mix this up really good. Add the dry ingredients together and mix it well.

First put your blueberries in a bowl. Add in the gluten-free flour blend and mix it into the blueberries. This will help them from sinking into the muffins and help the recipe. Add them to the mix and fold them in.

You want to put them into the muffin liner and then into the oven. Bake for 25 minutes. Let them sit until they cool completely before digging in.

This is a super easy recipe! Anyone can make this, even children with supervision!

# Pinapple Empanadas



Prep Time 15 Minutes

Bake Time 25 Minutes

Shelf Life 7 Days in The Fridge

This is an exotic spanish treat. It tastes good and is fun to make.

## Ingredients

- 1 Cup Almond Flour
- 1 Pack Of Cream Cheese
- 7 TBS butter
- 1/2 Cup Flaxseed Grounded
- 2 TSP Baking Soda
- 4 TSP Melted Butter
- 2 TSP Of Stevia
- 1 Pinapple cut into small cubes you want about a cup's worth.
- 2 TBS Tajin
- 1 TBS Cinimon
- 2 TBS Nutmeg
- 1 TBS Allspice
- 1 TBS Cloves

## Cooking

Add the flaxseed into a bowl, and almond flour. Mix it up really well. Set t it aside.

Add in your melted butter with your cream cheese. Mix this up really good. This may take some time. Add in your Stevia, then combine everythig and mix it up fully.

Take it out of the bowl and kneed it well until it is in a big ball. Put it into a plastic bag and let it sit in the fridge for at least an hour.

Take a rolling pin and roll it out flat after the hour is done. Ater a bit use your hands to even the dough out

In a bowl with the pinapple mix your tajin, cinnamon, nutmeg, cloves and allspice. Mix well.

With the dough, take a bowl to cut out circles. The bowl should be a medium sized one and continue cutting your dough out., Place them on a baking tray lined with parchment paper.

You can roll your left over dough to make more!

Now put the pineapple mix in the center and close it. Use a fork around the ends to close it up and then do this to the rest of them.

Preheat your oven to 300F. Bake for 25 minutes.

This is a unique and different treat. Its one thats really fun to eat and will be the start at any party.

# Spinach-Artichoke Buns



Prep Time 15 Minutes

Bake Time 40 Minutes

Shelf Life 7 Days In The Fridge

This is perfect to serve with a great meal. It is award winning, and super healthy!

## Ingredients

- 1 Pack Of Cream Cheese (Softened)
- 1 TSP Garlic Powder
- 1/4 TSP Salt
- 1 Jar Marinated Artichoke Hearts, Drained, Patted Dry, Chopped
- 3/4 Cup Of Shredded Sharp White Cheddar Cheese, (Regular Cheddar Is Ok)
- 1/2 Cup Of Mayonnaise
- 1/4 TSP Red Pepper Flakes
- 1 TSP Black Pepper
- 1 Carton Frozen Spinach, thawed and Liquid Squeezed Out
- 1/4 Cup Of Grated Gouda
- 1 And 1/2 Cup Of Almond Flour
- 1 TSP Xanthan Gum
- 1/2 TSP Salt
- 1 Egg
- 1 TSP Baking Powder
- 1 TSP Onion Powder
- 1 And 1/4 Cup Shredded Mozzarella Cheese
- 2 TBS Melted Unsalted Butter

## Cooking

In A food processor add almond flour, baking powder, xanthan gum, onion powder and blend it.

In a bowl melt your mozzarella cheese in the microwave. Add it to the food processor,. Put in your eggs. Mix it until it forms a dough ball.

Roll your dough out to a long rectangle.

Now for the filling.

Add 1 pack of cream cheese, mayonnaise, (Not Miracle Whip please.) garlic powder, salt, pepper, and red pepper flakes. Blend with a blender. Add your artichoke, spinach and then your gouda. With a mixer mix it together.. Spread it on top of your dough. Roll it up thinly.

Using a sharp knife cut at 1 inch. Put them on a baking tray. Spread some melted butter on top. Cook in a preheated oven at 350f for 35 to 40 minutes!

A bit of effort and time will make better food than you can buy!

# Ice Cream Cake



Prep Time 25 Minutes

Bake Time 60 Minutes

Shelf Life 7 Days Frozen

A rare delicacy that you can make at home at a lower cost. You can make your self look like a million dollars!

## Ingredients

### Cake

1 and 3/4 Cup Of Almond Flour  
1/3 Cup Of Cocoa Powder  
1/3 Cup Of Stevia  
1 TSP Baking Soda  
1 TSP Baking Powder  
Pinch Of Salt  
Add 3 Eggs  
1 Quarter cup Milk  
2 TBS Melted Coconut Oil  
1 TBS Of Vanilla Extract

### Ice Cream

2 Cups Of Heavy Whipping Cream (We used butter milk, I know its not heavy whipping cream but it works.)  
3 TBS Unsweetened Cocoa Powder  
1 TBS Stevia  
2 TSP Vanilla Extract  
1 TSP Banana Food Flavoring  
1 Handful Of Almonds

## Cooking

### Cake Recipe

Make this twice. When one cake is done and cooled down take of the cake pan. Repeat. Take the dry ingredients and put them in a large mixing bowl. Whisk.

### Add To A Pan

Preheat Your Oven To 350 Degrees  
20-30 Min

Let this cool down. Take it out of the pan and wrap it up. Repeat as you will need 2 cakes.

for the 2nd cake you can double everything to make a larger base if you wish

### Ice Cream Recipe

In a bowl pour in your cream. Take a blender and blend this for a few minutes until you start seeing peaks.

## Cream Cheese Frosting

2 Pack Of Cream Cheese

4 TBS Of Butter

4 TBS Of Vanilla

2 TBS Of Stevia

Pour in your vanilla, banana food flavoring, sugar, and take a spoon and stir this in. Add in cocoa powder. Stir this in until it is fully incorporated. Pour it into the same cake pan as you had before for the cakes. Put it into the freezer,. Let it set in the freezer for at least 8 hours. It may need a bit more or less. You are not ready for the next step until this part is done.

## Frosting Recipe

Put everything into a mixing bowl. Mix until you get a rich creamy frosting.

## Making The Cake

Put the bottom layer on a big plate,. Add the ice cream on top. Put the top layer on and then frost.

Your going to want to put this into the freezer for a few hours. When your ready to serve let it sit out a bit before eating away the ice cream. It needs to melt a bit.

This is an easy but complicated dish. It should be one of the most amazing things ever made! I hope you like this.For us it was a big step!

# Maple Breakfast Egg Cakes



Prep Time 5 Minutes

Bake Time 15 Minutes

Shelf Life 7 Days In The Fridge

A super easy breakfast. It can be made before hand and you can eat it on the go.

## Ingredients

2 TBS Chopped Mushrooms  
2 TBS Chopped Onion  
3 TBS Shredded Gouda Cheese  
2 TBS Already Cooked Ham  
12 Eggs  
2 TBS Maple Bacon spice

## Cooking

Pre heat your oven to 350 degrees  
In a bowl add 12 eggs and maple bacon spice.  
Mix well.  
Spray your oil over your muffin pan (You can even use muffin liners if you wish)  
Fill it with your mix. Add in onion, gouda, mushrooms and ham.  
Bake for 12 to 15 minutes. Now you have a great breakfast waiting for you.

It is tasty and very healthy and is good for you!

# Cottage Cheese Bagels



Prep Time 5 Minutes

Bake Time 15 Minutes

Shelf Life 7 Days In The Fridge

Who doesn't Like bagels? They are quick, easy and worth every penny.

## Ingredients

2 Cups Almond Flour  
2 Cups Cottage Cheese  
1 Egg  
2 TSP Baking Powder  
1 TSP Onion Powder  
1 tsp Lo-Salt  
2 TBS Sessame Seeds  
An Extra Egg (Optional)

## Cooking

Pre heat your oven to 350f.

In A blender blend the cottage cheese, egg and then blend. Take it out of the blender and place it into a mixing bowl. Add the rest of the ingredient. Start mixing it. Mix it until it looks like its formed.

Now you can get bagel and donut molds on Amazon if you want one. You can also just try to find a way to mold it. You do want to pour into something of a circular shape. The dough is also firm enough you can do it by hand too.

You can use an egg wash on the bagel if you wish. This will give it a bit more of a finished look.

Sprinkle some sesame seeds over the top and onion powder. You can use other bagel seasoning if you wish.

Bake for 12 to 15 minutes. Let them cool and they are done!

Finally a way to enjoy bagels. This is something everyone can enjoy!

# Waffles



Prep Time 5 Minutes

Bake Time 5 Minutes

Shelf Life 7 Days In The Fridge

Sper Easy, fast and simple

## Ingredients

3 Eggs  
4 TSP Peanut Butter

## Cooking

Add everything into a bowl. You can add some flavorings if you want.

Put this into your waffle maker (or make them as pancakes) and your done!

This tastes amazing. It is so easy to make, waffles for everyone. No one can say its to hard for them!  
This is very simple.

# Tortillas



Prep Time 5 Minutes

Bake Time 1 Minutes

Shelf Life 7 Days In The Fridge

Super easy, fast, simple and it tastes amazing.

## Ingredients

3/4 Cup Almond Flour  
1 Egg White  
1 TSP Salt  
6 TBS Water

## Cooking

In a mixing bowl mix your ingredients. Mix together until its combined. It should be a dough ball. You may have to add a bit more flour or water until you have a good consistancy.

Make 8 balls out of the dough.

Roll your balls out until discs into the shape you want.

Cook each side 30 seconds in a dry fying pan and your done.

A great recipe for someone who wants to make a healthier taco. This will make them better than normal. Everyone can enjoy this!

# Gingerbread Cookies



Prep Time 5 Minutes

Bake Time 10 Minutes

Shelf Life 14 Days In The Fridge

This is an easy and relaxing recipe. It will taste so good and is guilt free.

## Ingredients

3 TBSP Melted Butter  
1/2 Cup Brown sugar Stevia  
1 TSP Sugar Free Maple Syrup  
1 TSP Vanilla Extract  
Pinch Of Salt  
1/2 TSP Baking Soda  
1 Cup Almond Flour  
2 TBS Coconut Flour  
1 Egg White  
1 TSP Cinnamon  
1 TSP Nutmeg  
1 TSP All Spice  
2 TSP Ginger  
1 Egg

## Cooking

In a bowl add your butter, and brown sugar. Mix it a bit. Add maple syrup, vanilla extract, almond flour, coconut flour, baking soda, salt, egg white and then any spices. Stir this up. Add the egg and mix up really good.

On a baking sheet lined with parchment paper form your cookies. Put them in a pre heated oven at 350f and bake for about 10 minutes!

Let them cool for 10 to 20 minutes before serving.

This is an easy and believe me everyone loves ginger bread cookies, this one is simple easy and will give you the best method of eating your ginger bread!

# Cheesy Bread Sticks



Prep Time 5 Minutes

Bake Time 10 Minutes

Shelf Life 7 Days In The Fridge

This is a great appetizer or side piece. It is tasty and a must!

## Ingredients

2 Cups Of Mozzarella cheese Grated  
2 Cups Of Parmesan Cheese Grated  
4 Eggs  
2 TSP Garlic Powder  
2 TSP Italian Seasoning  
2 TSP Parsley

## Cooking

Preheat your oven to 350f. Line your pan with some parchment paper.

Take a mixing bowl and mix your cheese, eggs and garlic powder. Spread it over your pan. Form it into the shape of a box. Spread some parsley and italian seasoning over it. Bake it for 10 minutes.

When its done cut it it into strips. Serve it with your favorite sauce.

This is a great addition to any meal, or just a quick snack. Its fast, easy and won't last long in your fridge, if it even makes it there!

# Hot Cross Buns



Prep Time 15 Minutes

Bake Time 95 Minutes

Shelf Life 14 Days In The Fridge

Everyone loves hot cross buns, there is even a song about it.

## Ingredients

### Dry Ingredients

- 3/4 Cup Coconut Flour
- 3/4 Cup Golden Flaxseeds (Finely Grounded)
- 3 TSP Baking Powder
- 1 TSP Salt
- 3 TSP Whole Psyllium Husk (Grounded By Half)
- 3 TSP Stevia
- Zest Of One Lemon
- Zest Of One Orange
- 1 TSP Cinnamon
- 1 TSP All Spice
- 1 TSP Nutmeg
- 1/2 Cup Unsweetened Dried Cranberries

### Wet Ingredients

- 4 Eggs
- 3 TSP Apple Cider Vinegar

### Yeast Mixture

- 3 TSP Instant Yeast
- 1 Cup Almond Milk

## Cooking

First get the yeast mixture started. Get the milk warmed up to room temperature. Add yeast and sugar. Mix it to combine and set aside.

In a large bowl add all the dry ingredients together except the cranberries, lemon, and orange zest. Whisk it all together. Once all whisked add the cranberries and zests from the orange and lemon. Mix it up.

Now add the wet ingredients and the yeast mixture. It should be bubbly and foamy. Mix to combine until you have a nice dough ball.

Form into nice balls and place on to a baking tray lined with parchment paper. Sprinkle with some coconut flour to stop from sticking. You should have 10 balls.

Preheat oven to 210f cover with a towel. Let it sit for 45 minutes.

Brush the tops with about 2 egg yolks.

Bake for 45 minutes at 350F.

1 TSP Stevia

### Paste For The Cross

1/4 Cup Stevia  
2 TSP Lemon Juice  
1 Egg White

Let the buns totally cool.

Now finally for the cross, in a bowl we want to add stevia, lemon juice and the egg white. Mix well until it comes to a thick white paste. Transfer into a piping bag and then make your crosses. Let this cool again for 15 minutes and your good to go.

This is a tasty and devilishly tasty treat. Its easy and everyone can enjoy this.

# Date Squares



Prep Time 20 Minutes

Bake Time 35 Minutes

Shelf Life 14 Days In The Fridge

This one takes a lot of effort. Its well worth it. It tastes great and is a great Canadian dish.

## Ingredients

### Date Paste

- 1 Cup Blackberries
- 1/4 Cup Unsweetend Raisins
- 2 TSP Stevia
- 2 TSP of Organic Date Syrup (Sugar Free)
- 1 TSP Water

### Filling

- Date Paste
- Splash Of Lemon Juice
- 1 TSP Vanilla
- 2 TSP Brown Stevia

### Oat Mixture

- 1 Cup Of Almond Flour
- 1 TSP Baking Soda
- Pinch Of Salt
- 1 Cup Melted Butter
- 1/2 Cup Of Brown Stevia
- 1 TSP Vanilla
- 2 Cups Of NoOats

## Cooking

### Making The Date Paste Keto Style.

In a food processor process your raisin until it is in a paste.

In a pot, add your blackberries, raisins, stevia, and water. Bring to a boil. Reduce to low temperature and cook for 11- 14 minutes.

Pour into a container. Add the date syrup and mix. Let it sit and cool completely before moving on.

### The Date Squares

#### First The Filling,

Put our date paste into a pan and the rest of the ingredients. Mix and put it in a bowl. Let it sit to cool.

In a casserole dish that has been greased set aside for one moment. In a large bowl add ingredients for the oat mixture and mix them up. Put half of the mixture in the dish, and then your date mixture on top. Press down to make sure its even. Add the

rest of the oat mixture and square it away.

In a preheated oven bake at 350f for 35-40  
minutes!

Dates are not a keto dish. Surprisingly they are not as much an American thing, but in Canada it is one of our go tos. We can't live with out it, I hope everyone loves it.

# Peanut Brittal



Prep Time 5 Minutes

Bake Time 5 Minutes

Shelf Life 14 Days In The Fridge

This may not be baking but it does deserve to be here. It tastes great, and is easy to make.

## Ingredients

1 Stick Of Butter

6 TBS Of Stevia

1 TSP Vanilla

1 Cup Of Unsalted Roasted Peanuts

## Cooking

In a pan, fully melt your butter. Add in stevia, and vanilla. Once fully combined and melted take it off the heat.

In a baking sheet that has parchment paper covering it, add your peanuts and spread it evenly into the bottom. , Add drizzle over your peanuts.

Do this quickly as it can dry very quickly.

Let this harden for 20 minutes.

Take it out and crumble it up a bit. You are now good to go.

Everyone deserves to eat what they want, even diabetics. Anyone who is on a diet just needs to be smart about it. This recipe is smart!

# What You Need To Keep In Stock

There are certain things that I would encourage you to keep in stock. I will list 5. These are things you want to make sure you have just in case you want to make something. These are things that you may need to order online so its always a good thing to have in stock to use when you need it.

A good sugar replacement is always a good thing because sugar is not good for you. Brown and white stevia is a good sugar replacement.

Almond flour- We love almond flour. It has a good taste and a really good flavor. Also it has no carbs!

Coconut Flour is another flour that tastes great and has a lot of flavor and again there are no carbs!

Xanthan gum is a great thickening agent. It is used in a lot keto recipes. You should always have this in stock.

Psyllium Husk is a fibrous material that is used in a lot of recepes. It is really useful.

There are always going to be some things you want to keep in stock. These seem to be my main go tos. I use these a lot in my baking. 9

# Losing Weight

Losing weight can be a very important thing for most people. The trick is to do it in a healthy way.

Here are some suggestions that can help.

1. Exercise - Walking can be a great thing. Download the CashWalk app (You earn real rewards) and get your steps in.
2. Drink more water. It will always help you.
3. Get rid of sugar. This means no more sugar in your diet. Switch to Stevia or just drink your coffee black. But getting rid of sugar will take a big step.
4. Eat regular meal. This is an important thing. By eating regular meals it can really help you.
5. Get rid of sugar pop. This is a hard one for many people but one that will make a huge difference.
6. Try going keto. Getting rid of carbs at least part way can be a big thing. It is important to lower your carbs as this will be another big step.
7. Reduce your treats, unhealthy snacks and garbage.

These are a few simple things that can make a big difference in your diet.

# In Closing

We at Poul's Kitchen hope you enjoyed this read. We hope you can use this as a base in your keto journey and learn how to incorporate this into your life and your diet.

Everyone has a starting point. We hope this is yours. Keto is different but it is a good diet. It is one that will help you lose weight and manage your sugars if you are diabetic.

Thank you for your read!

# Credits

Poul Woodworth - CEO, and President of Poul's Kitchen and Dead Gnome Society.

Aimee Woodworth - Vice President and Editor.

Alex - Editor and Videographer and Producer.