

# 300 Healthy + Tasty Low Carb Recipes

Let us make you an EXPERT in the kitchen with our easy to make low carb recipes.

You don't have to be a trained chef to create gourmet dishes. Our easy to follow directions will make you an expert culinary aficionado. Our ingredients are carefully researched both for taste and for their health effects. We have worked around the clock to find ingredients and develop recipes that taste great and are good for you! Don't let the enticement of forbidden culinary delights play havoc with your health. Whatever you love and yet must stay clear of, we have delicious alternatives for you. All of the following recipes have a carb count of no more than 50 carbs per serving (at the highest) . In fact everything here has been created so that it falls between 2-50 carbs per serving.

In the following pages you will find **over 300** of the most complete and delicious low carb recipes anywhere. We found scrumptious recipes and changed them to their low-carb counterparts. They are delicious, delightful and easy to make. Most of the recipes in this compilation have an average of 1-50 grams of carbs per serving. You may note that they range in difficulty. This is because the cooks who created them came from various backgrounds of culinary expertise. Even though the cooks added to the recipe in his/her own way, don't be afraid to make these recipes yours by changing ingredients to satisfy your own pallet. I hope you enjoy them as much as we did .Bon appetite!!

BREADS  
BREAKFASTS  
SYRUPS / SAUCES  
MEALS  
HOLIDAY DELECTABLES  
RHUBARB 'N' THINGS  
DELICIOUS ASPARAGUS 'N'THINGS  
SCRUMPTIOUS SPINACH 'N' THINGS  
SOUPS  
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VARIOUS GROUND MEATS  
DESSERTS (CANDY)

PIES  
CHEESECAKE  
COOKIES  
CAKES & MUFFINS  
DESSERTS  
JELL-O / PUDDING  
ICE CREAM  
SPREADS

## **BREADS**

Note: With so many Dr Atkins recipe books out we thought we may give you a variation to his bake mix so that if you wish you can use not only our recipes, but other recipes using Dr. Atkins low carb mix as a template and create many of your own low carb recipes for a fraction of the cost.

### **Our Version of Atkins Bake Mix**

Ingredients:

1 cup soy flour

2 cups soy protein isolate

2 Tablesp baking soda

1 Teasp salt

2 Tablesp Splenda Sift together then store and use as you would Dr. A's. It's much cheaper and things come out about the same.

\*\*You could try substituting soy powder (milder taste) for the soy flour and substituting egg protein for soy.

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### **Superb melt in your mouth Rolls**

SERVING SIZE,one roll (of 18). CARBS PER SERVING,: 2.8 grams of carb.

SERVING SIZE,one roll (of 16). CARBS PER SERVING,: 3.1 grams of carb.

SERVING SIZE,one roll (of 12). CARBS PER SERVING,: 4.2 grams of carb.

Ingredients:

$\frac{3}{4}$  cup cold water plus 2 Tablesp (very important)

6 Tablesp butter ( $\frac{3}{4}$  stick)

$\frac{3}{4}$  cup vital wheat gluten flour)  
 $\frac{1}{3}$  cup *unbleached*, all-purpose wheat (white) flour  
trace of salt (two light shakes or to taste)  
3 eggs \*  
1 egg white

Preheat oven to 420°F. Have ready one large, nonstick, heavy-gauge metal cookie sheet. Put the water and the butter in a heavy 2-quart saucepan, preferably with a rounded bottom, over medium heat. Occasionally stir the mixture while you wait for the butter to melt.

Meanwhile, thoroughly combine the two flours, and a pinch of salt in a medium-mixing bowl.

As soon as the butter has melted and the mixture begins to simmer, add the dry mix all at once, and stir vigorously with a wooden spoon. Within just a few seconds, the dough will become smooth and leave the bottom and sides of the pan. Keep stirring until no flour shows. Cook for about 10 seconds longer and remove from heat.

Put the hot saucepan on a cold burner or other safe surface. Stir in the eggs, one at a time, mixing well after each addition. At first the dough will appear lumpy. When the whole eggs have been added, the dough will be smooth. It should be creamy and hold peaks with almost no settling. Work in the egg white. Now the dough will be just right; it will still hold its shape, but in softer peaks. It should form mounds that do not spread on the cookie sheet, but sink back and broaden out slightly. Occasionally, you may need to make a judgment call. Depending on the size of the eggs, the dough may be sufficiently soft even before you add the final egg white. In that case, omit the egg white or add it by the Tablesp. The right consistency makes the best rolls. Dough that is too stiff results in smaller rolls; dough that is too soft (i.e., spreads out wide on the cookie sheet) may result in flat rolls.

If you like, use your electric mixer to work in the eggs. Simply transfer the hot dough from the saucepan to the mixer bowl and beat in the eggs, one at a time. Do not over beat because if you do, the rolls may develop large air pockets. Use a flat beater if you have one.

Put spoonfuls of dough on the cookie sheet, choosing the size you prefer. Use large Teasps or even soup spoons to drop the dough. Place them fairly close together.

Bake the rolls for about 25 to 28 minutes or until they are golden brown and crusty on top. Promptly freeze rolls that you do not plan to use the day they are baked. Take them out of the bag to thaw at room temperature. You can also put the frozen rolls in the oven, set at 350°F (no need to pre-heat), and bake for 5 minutes. You can toast rolls (slice in half), but you need a wide-slot toaster or toaster oven. The rolls toast rapidly, so use the lowest setting.

Save unused rolls in a dry place until rock hard. They will be used for Magnificent Bread Crumbs.

# All-Wheat Superb Rolls

**Note:** The stone ground whole-wheat flour adds only 1.3 Teasps of flour to each roll (our of a total of 18 rolls). You only gain 6.2 grams of carb for the batch; each whole-wheat roll, based on a count of 18, has 3.1 grams of carb.

Ingredients:

$\frac{3}{4}$  cup cold water plus 2 Tablesp (very important)

6 Tablesp butter ( $\frac{3}{4}$  stick)

$\frac{3}{4}$  cup vital wheat gluten flour

$\frac{1}{2}$  cup *stone ground* whole-wheat flour

trace of salt (two light shakes or to taste)

3 eggs \*

1 egg white

Preheat oven to 420°F. Have ready one large, nonstick, heavy-gauge metal cookie sheet. Put the water and the butter in a heavy 2-quart saucepan, preferably with a rounded bottom, over medium heat. Occasionally stir the mixture while you wait for the butter to melt.

Meanwhile, thoroughly combine the two flours, and a pinch of salt in a medium-mixing bowl.

As soon as the butter has melted and the mixture begins to simmer, add the dry mix all at once, and stir vigorously with a wooden spoon. Within just a few seconds, the dough will become smooth and leave the bottom and sides of the pan. Keep stirring until no flour shows. Cook for about 10 seconds longer and remove from heat.

Put the hot saucepan on a cold burner or other safe surface. Stir in the eggs, one at a time, mixing well after each addition. At first the dough will appear lumpy. When the whole eggs have been added, the dough will be smooth. It should be creamy and hold peaks with almost no settling. Work in the egg white. Now the dough will be just right; it will still hold its shape, but in softer peaks. It should form mounds that do not spread on the cookie sheet, but sink back and broaden out slightly. Occasionally, you may need to make a judgment call. Depending on the size of the eggs, the dough may be sufficiently soft even before you add the final egg white. In that case, omit the egg white or add it by the Tablesp. The right consistency makes the best rolls. Dough that is too stiff results in smaller rolls; dough that is too soft (i.e., spreads out wide on the cookie sheet) may result in flat rolls.

If you like, use your electric mixer to work in the eggs. Simply transfer the hot dough from the saucepan to the mixer bowl and beat in the eggs, one at a time. Do not over beat because if you do, the rolls may develop large air pockets. Use a flat beater if you have one.

Put spoonfuls of dough on the cookie sheet, choosing the size you prefer. Use large Teasps or even soup spoons to drop the dough. Place them fairly close together.

Bake the rolls for about 25 to 28 minutes or until they are golden brown and crusty on top. Promptly freeze rolls that you do not plan to use the day they are baked. Take them out of the bag to thaw at room temperature. You can also put the frozen rolls in the oven, set at 350°F (no need to pre-heat), and bake for 5 minutes. You can

toast rolls (slice in half), but you need a wide-slot toaster or toaster oven. The rolls toast rapidly, so use the lowest setting.

Save unused rolls in a dry place until rock hard. They will be used for Magnificent Bread Crumbs.

\* If possible, weigh the eggs for this recipe. They should weigh between 62.0 grams and 64.0 grams (2.2 to 2.3 ounces). You can find these eggs among large and extra large eggs. If you have no scale, pick the smallest of the eggs in the carton.

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## Low-Carb Pastry Pizzazz

This delicious treat adds only 1.9 grams of carb for a Superb Roll of any size. Just add a glaze to the rolls once they are baked. While the rolls are baking, make  $\frac{1}{2}$  or  $\frac{1}{4}$  of the below mentioned glaze. Apply the glaze thinly with a pastry brush to the tops of the hot rolls. It will set within minutes. The rolls will freeze well, even with the glaze. Thaw at room temperature or follow directions for heating in the oven.

### Glaze

SERVING SIZE ,icing for 1 cookie. Carbs per serving 0.5 gram of carb.

Number of servings: 280

Ingredients:

1 egg white (or 3 Tablespoons sterilized egg white)

1 cup powdered sugar (unsifted)

3 Teaspoons vanilla extract

Put the egg white and powdered sugar in the bowl of your electric mixer and beat on high speed until the sugar is absorbed and the mixture thickens a bit: scrape sides of bowl as needed. Mix in the vanilla extract. Apply icing with the tip of a knife or a small brush. The icing dries quickly, particularly over freshly baked cookies, rolls, and so forth. Store unused frosting, covered, in the fridge. Always stir well before using.

Ingredients:

$\frac{3}{4}$  cup cold water plus 2 Tablespoons (very important)

6 Tablespoons butter ( $\frac{3}{4}$  stick)

$\frac{3}{4}$  cup vital wheat gluten flour

$\frac{1}{3}$  cup *unbleached*, all-purpose wheat (white) flour

trace of salt (two light shakes or to taste)

3 eggs \*

1 egg white

Preheat oven to 420°F. Have ready one large, nonstick, heavy-gauge metal cookie sheet. Put the water and the butter in a heavy 2-quart saucepan, preferably with a rounded bottom, over medium heat. Occasionally stir the mixture while you wait for the butter to melt.

Meanwhile, thoroughly combine the two flours, and a pinch of salt in a medium-mixing bowl.

As soon as the butter has melted and the mixture begins to simmer, add the dry mix all at once, and stir vigorously with a wooden spoon. Within just a few seconds, the dough will become smooth and leave the bottom and sides of the pan. Keep stirring until no flour shows. Cook for about 10 seconds longer and remove from heat.

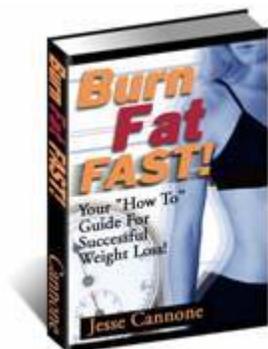
Put the hot saucepan on a cold burner or other safe surface. Stir in the eggs, one at a time, mixing well after each addition. At first the dough will appear lumpy. When the whole eggs have been added, the dough will be smooth. It should be creamy and hold peaks with almost no settling. Work in the egg white. Now the dough will be just right; it will still hold its shape, but in softer peaks. It should form mounds that do not spread on the cookie sheet, but sink back and broaden out slightly. Occasionally, you may need to make a judgment call. Depending on the size of the eggs, the dough may be sufficiently soft even before you add the final egg white. In that case, omit the egg white or add it by the Tablesp. The right consistency makes the best rolls. Dough that is too stiff results in smaller rolls; dough that is too soft (i.e., spreads out wide on the cookie sheet) may result in flat rolls.

If you like, use your electric mixer to work in the eggs. Simply transfer the hot dough from the saucepan to the mixer bowl and beat in the eggs, one at a time. Do not over beat because if you do, the rolls may develop large air pockets. Use a flat beater if you have one.

Put spoonfuls of dough on the cookie sheet, choosing the size you prefer. Use large Teasps or even soup spoons to drop the dough. Place them fairly close together.

Bake the rolls for about 25 to 28 minutes or until they are golden brown and crusty on top. Promptly freeze rolls that you do not plan to use the day they are baked. Take them out of the bag to thaw at room temperature. You can also put the frozen rolls in the oven, set at 350°F (no need to pre-heat), and bake for 5 minutes. You can toast rolls (slice in half), but you need a wide-slot toaster or toaster oven. The rolls toast rapidly, so use the lowest setting.

Save unused rolls in a dry place until rock hard. They will be used for Magnificent Bread Crumbs.



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## Raisin Roll Delight

### Ingredients:

$\frac{3}{4}$  cup cold water plus 2 Tablesp (very important)  
6 Tablesp butter ( $\frac{3}{4}$  stick)  
 $\frac{3}{4}$  cup vital wheat gluten flour  
 $\frac{1}{3}$  cup *unbleached*, all-purpose wheat (white) flour  
trace of salt (two light shakes or to taste)  
1  $\frac{1}{2}$  ounces of raisins  
3 eggs \*  
1 egg white

Preheat oven to 425°F. Have ready one large, nonstick, heavy-gauge metal cookie sheet. Put the water and the butter in a heavy 2-quart saucepan, preferably with a rounded bottom, over medium heat. Occasionally stir the mixture while you wait for the butter to melt.

Meanwhile, thoroughly combine the two flours, and a pinch of salt in a medium-mixing bowl.

As soon as the butter has melted and the mixture begins to simmer, add the dry mix all at once, and stir vigorously with a wooden spoon. Within just a few seconds, the dough will become smooth and leave the bottom and sides of the pan. Keep stirring until no flour shows. Cook for about 10 seconds longer and remove from heat.

Put the hot saucepan on a cold burner or other safe surface. Stir in the eggs, one at a time, mixing well after each addition. At first the dough will appear lumpy. When the whole eggs have been added, the dough will be smooth. It should be creamy and hold peaks with almost no settling. Work in the egg white. Now the dough will be just right; it will still hold its shape, but in softer peaks. It should form mounds that do not spread on the cookie sheet, but sink back and broaden out slightly. Occasionally, you may need to make a judgment call. Depending on the size of the eggs, the dough may be sufficiently soft even before you add the final egg white. In that case, omit the egg white or add it by the Tablesp. The right consistency makes the best rolls. Dough that is too stiff results in smaller rolls; dough that is too soft (i.e., spreads out wide on the cookie sheet) may result in flat rolls.

If you like, use your electric mixer to work in the eggs. Simply transfer the hot dough from the saucepan to the mixer bowl and beat in the eggs, one at a time. Do not over beat because if you do, the rolls may develop large air pockets. Use a flat beater if you have one.

Once all eggs have been worked into the dough, stir in 1  $\frac{1}{2}$  ounces of raisins. The raisin rolls will not rise as high, but they will taste terrific.

Put spoonfuls of dough on the cookie sheet, choosing the size you prefer. Use large Teasps or even soup spoons to drop the dough. Place them fairly close together.

Bake the rolls at 425°F to 450°F for about 15 to 18 minutes and check early until they are golden brown and crusty on top. Promptly freeze rolls that you do not plan to use the day they are baked. Take them out of the bag to thaw at room temperature. You can also put the frozen rolls in the oven, set at 350°F (no need to pre-heat), and

bake for 5 minutes. You can toast rolls (slice in half), but you need a wide-slot toaster or toaster oven. The rolls toast rapidly, so use the lowest setting.

Save unused rolls in a dry place until rock hard. They will be used for Magnificent Bread Crumbs.

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## Magnificent Bread Crumbs

**Note:** preparation time depends on number of rolls. Takes only two minutes per batch.

Use leftover Superb Rolls for making breadcrumbs. One cup of commercial breadcrumbs has 76.0 grams of carb. A cup of breadcrumbs made from Superb Rolls has 10.8 grams of carb. Making breadcrumbs is an cinch with a food processor. The crumbs keep practically forever at room temperature; you can also store them in the fridge or freezer. Collect leftover rolls until you have a sizable batch. Drop them in a container or into a roasting pan and cover with a light kitchen towel. Never store them airtight.

Cut the dry rolls in halves or quarters and toss them in the food processor using the metal blade. Fill the processor (whatever size) about three-fourths full. Pulse to get fine crumbs. You can also put the chunks in a plastic bag and pound them with a meat mallet or use a rolling pin. The crumbs are more heat sensitive than regular breadcrumbs, so reduce your heat setting slightly when cooking with them.

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## Intense Garlic Bread Surprise

**Note:** This recipe is quick to make. You can use rolls of any size. Use two rolls per serving (or more). For two or three servings of garlic bread, mix  $\frac{1}{3}$  cup butter with 8 Teasps crushed garlic or 4 Teasps powdered garlic. (1 Teasp crushed garlic has 1.0 gram of carb; 1 Teasp garlic powder has 2.3 grams of carb.)

Ingredients:

$\frac{3}{4}$  cup cold water plus 2 Tablesp (very important)

6 Tablesp butter ( $\frac{3}{4}$  stick)

$\frac{3}{4}$  cup vital wheat gluten flour (see *Note*)

$\frac{1}{3}$  cup *unbleached*, all-purpose wheat (white) flour

trace of salt (two light shakes or to taste)

8 Teasps crushed garlic *or* 4 Teasps powdered garlic

3 eggs \*

1 egg white

Parmesan cheese

Preheat oven to 420°F. Have ready one large, nonstick, heavy-gauge metal cookie sheet. Put the water and the butter in a heavy 2-quart saucepan, preferably with a rounded bottom, over medium heat. Occasionally stir the mixture while you wait for the butter to melt.

Meanwhile, thoroughly combine the two flours, and a pinch of salt in a medium-mixing bowl.

As soon as the butter has melted and the mixture begins to simmer, add the dry mix all at once, and stir vigorously with a wooden spoon. Within just a few seconds, the dough will become smooth and leave the bottom and sides of the pan. Keep stirring until no flour shows. Cook for about 10 seconds longer and remove from heat.

Put the hot saucepan on a cold burner or other safe surface. Stir in the eggs, one at a time, mixing well after each addition. At first the dough will appear lumpy. When the whole eggs have been added, the dough will be smooth. It should be creamy and hold peaks with almost no settling. Work in the egg white. Now the dough will be just right; it will still hold its shape, but in softer peaks. It should form mounds that do not spread on the cookie sheet, but sink back and broaden out slightly. Occasionally, you may need to make a judgment call. Depending on the size of the eggs, the dough may be sufficiently soft even before you add the final egg white. In that case, omit the egg white or add it by the Tablesp. The right consistency makes the best rolls. Dough that is too stiff results in smaller rolls; dough that is too soft (i.e., spreads out wide on the cookie sheet) may result in flat rolls.

If you like, use your electric mixer to work in the eggs. Simply transfer the hot dough from the saucepan to the mixer bowl and beat in the eggs, one at a time. Do not over beat because if you do, the rolls may develop large air pockets. Use a flat beater if you have one.

Put spoonfuls of dough on the cookie sheet, choosing the size you prefer. Use large Teasps or even soup spoons to drop the dough. Place them fairly close together.

Bake the rolls for about 25 to 28 minutes or until they are golden brown and crusty on top.

Preheat oven to 300°F or 325°F. Slice each roll into four or five pieces and spread the garlic butter on one side only. Set the slices on a nonstick, heavy-gauge metal cookie sheet, garlic side up. Sprinkle grated Parmesan cheese on top of the garlic bread slices, using about 1 ounce. Bake for 10 to 12 minutes or until the slices have turned a golden color; the underside of the slices will also turn golden.

Promptly freeze rolls that you do not plan to use the day they are baked. Take them out of the bag to thaw at room temperature. You can also put the frozen rolls in the oven, set at 350°F (no need to pre-heat), and bake for 5 minutes. You can toast rolls (slice in half), but you need a wide-slot toaster or toaster oven. The rolls toast rapidly, so use the lowest setting.

Garlic and cheese add 9.0 grams of carb. A single serving (based on two 3 ½-inch rolls) has 11.1 grams of carb.

Save unused rolls in a dry place until rock hard. They will be used for Magnificent Bread Crumbs.

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## **Cinnamon Walnut Muffin Jubilee**

**Note:** This is a tasty, high-protein, anytime snack that will stick with you. The muffins are fiber-rich (2.5 grams per muffin). These large (2.5 ounces) muffins each have 5.5 grams of carb.

Serving size, one muffin. Carbs per serving,: 5.8 grams of carb. Number of servings  
12.

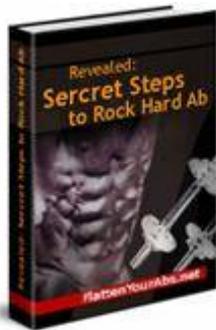
Ingredients:

12 ounces cream cheese, soft  
5 eggs  
15 packets Splenda sugar substitute  
2 Teasps vanilla  
1 ½ cups whole almond meal  
1 cup unprocessed wheat bran  
1 Teasp baking powder  
2 Teasps ground cinnamon  
1 cup chopped walnuts

Preheat oven to 325°F. Lightly grease a 12-cup muffin pan (heavy-gauge metal is best). You can also use muffin liners.

Put cream cheese and two eggs in the bowl of an electric mixer. Beat with a flat beater until smooth and fluffy. Add the other eggs, one at a time, beating briefly after each. On slow speed, stir in the rest of the ingredients except the walnuts. When mixture is well blended, stir in the walnuts.

Fill the muffin pans almost to the top. (The muffins will rise only slightly.) Bake muffins for about 20 to 25 minutes or until golden brown. These muffins freeze well. Thaw at room temperature.



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## Cranberry Muffin Jubilee

**Note:** . A cranberry muffin has 4.8 grams of carb.

Ingredients:

12 ounces cream cheese, soft

5 eggs

15 packets Splenda sugar substitute

2 Teasps vanilla

1 ½ cups whole almond meal

1 cup unprocessed wheat bran

1 Teasp baking powder

1 cup whole *or* coarsely chopped (fresh or frozen) cranberries

Preheat oven to 325°F. Lightly grease a 12-cup muffin pan (heavy-gauge metal is best). You can also use muffin liners.

Put cream cheese and two eggs in the bowl of an electric mixer. Beat with a flat beater until smooth and fluffy. Add the other eggs, one at a time, beating briefly after each. On slow speed, stir in the rest of the ingredients except the cranberries. When mixture is well blended, stir in the cranberries.

Fill the muffin pans almost to the top. (The muffins will rise only slightly.) Bake muffins for about 20 to 25 minutes or until golden brown. These muffins freeze well. Thaw at room temperature

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## Blueberry Muffin Jubilee

**Note:** A cranberry muffin has 4.8 grams of carb.

Ingredients:

12 ounces cream cheese, soft

5 eggs

15 packets Splenda sugar substitute

2 Teasps vanilla

1 ½ cups whole almond meal

1 cup unprocessed wheat bran

1 Teasp baking powder

1 cup whole (fresh or frozen) blueberries

2 Teasps grated lemon peel

Preheat oven to 325°F. Lightly grease a 12-cup muffin pan (heavy-gauge metal is best). You can also use muffin liners.

Put cream cheese and two eggs in the bowl of an electric mixer. Beat with a flat beater until smooth and fluffy. Add the other eggs, one at a time, beating briefly after

each. On slow speed, stir in the rest of the ingredients except the blueberries and lemon peel. When mixture is well blended, stir in the blueberries and lemon peel.

Fill the muffin pans almost to the top. (The muffins will rise only slightly.) Bake muffins for about 20 to 25 minutes or until golden brown. These muffins freeze well. Thaw at room temperature.

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## Savory Black Soybean Loaf

**Note:** This tasty bread is easy to make and is gluten-free. It is best baked in mini loaf pans (3x6 inches or similar). Use three pans for this recipe. Black soybeans are low in carbs and rich in fiber and protein. You can freeze this bread, too. One loaf has 11.7 grams of carb.

Serving size, one slice. Carbs per serving, 1.2 grams of carb.

Ingredients:

8 ounces cream cheese, soft

5 eggs

1 cup rinsed, lightly mashed organic black soybeans, drained

¼ cup whey protein powder

½ cup soy protein powder

1 Teasp baking powder

pinch of salt

1 ¼ cups whole almond meal

Preheat oven to 300°F or 325°F. Lightly butter three mini loaf pans (use nonstick pans made of heavy-gauge metal). For easy cleanup and removal, cut strips of waxed paper to fit in the bottom of the pans and allow them to hang over the edge by an inch or two.

Put cream cheese and two eggs in the bowl of an electric mixer and beat with a flat beater until smooth and fluffy. Add the remaining eggs, one at a time, beating briefly after each addition. Add the remaining ingredients and blend at low speed or by hand.

Spoon the batter into the pans and bake the bread for about 30 to 40 minutes or until done. Cool before slicing. Keep refrigerated (keeps for about 3 to 4 days). Freeze bread that isn't going to be used soon.

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## Splendid Banana Loaf

**Note:** This is a tasty banana bread that has a rich banana flavor and is still fairly low-carb.

Serving size, one ½-inch thick slice. Carbs per serving, 4.4 grams of carb.

12 ounces cream cheese, soft

5 eggs

1 cup mashed bananas (about 3 medium-size bananas)  
¼ cup soy protein powder  
1/3 cup stone ground whole-wheat flour  
1 Teasp baking powder  
16 packets Splenda sugar substitute  
2 Teasps vanilla extract  
2 Teasps grated lemon peel (optional)  
1 cup unprocessed wheat bran  
1 cup whole almond meal

Preheat oven to 325°F. Lightly butter three mini loaf pans (use non-stick pans made of heavy0gauge metal). Optional: For easy cleanup and removal, cut strips of waxed paper to fit in the bottoms of the pans and allow them to hang over the edge by an inch or two.

Put cream cheese and two eggs in the bowl of an electric mixer and beat with a flat beater until smooth, thick and fluffy. Be sure to eliminate all cream cheese lumps. Add the remaining eggs, one at a time, beating briefly after each addition. Add the next seven ingredients and beat at slow speed. Add the wheat bran and nuts, blending at low speed.

Spoon the batter into the pans and bake the banana bread for about 45 to 55 minutes or until done. Cool before slicing. Keep refrigerated (keeps for about 3 to 4 days). Freeze bread that isn't going to be used soon.

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## Lower-Carb Splendid Banana Loaf

**Note:** Each slice of bread yields only 3.6 grams of carb.

Ingredients:

12 ounces cream cheese, soft  
5 eggs  
1 cup mashed bananas (about 3 medium-size bananas)  
½ cup soy protein powder  
1 Teasp baking powder  
16 packets Splenda sugar substitute  
2 Teasps vanilla extract  
2 Teasps grated lemon peel (optional)  
1 cup unprocessed wheat bran  
1 cup whole almond meal

Preheat oven to 325°F. Lightly butter three mini loaf pans (use non-stick pans made of heavy0gauge metal). Optional: For easy cleanup and removal, cut strips of waxed paper to fit in the bottoms of the pans and allow them to hang over the edge by an inch or two.

Put cream cheese and two eggs in the bowl of an electric mixer and beat with a flat beater until smooth, thick and fluffy. Be sure to eliminate all cream cheese lumps. Add the remaining eggs, one at a time, beating briefly after each addition. Add the remaining ingredients and beat at slow speed. Add the wheat bran and nuts, blending at low speed.

Spoon the batter into the pans and bake the banana bread for about 45 to 55 minutes or until done. Cool before slicing. Keep refrigerated (keeps for about 3 to 4 days). Freeze bread that isn't going to be used soon.

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## Splendid Cranberry Loaf

**Note:** If you like the tart flavor of cranberries, you will love it. A slice of cranberry bread has 3.2 grams of carb per slice

Ingredients:

12 ounces cream cheese, soft  
5 eggs  
¼ cup vital wheat gluten flour  
¼ cup unbleached, all-purpose wheat (white) flour  
1 Teasp baking powder  
20 packets Splenda sugar substitute  
1 cup unprocessed wheat bran  
1 cup whole almond meal  
1 ½ cups fresh or frozen cranberries, crushed lightly

Preheat oven to 300°F or 325°F. Lightly butter three mini loaf pans (use non-stick pans made of heavy gauge metal). Optional: For easy cleanup and removal, cut strips of waxed paper to fit in the bottoms of the pans and allow them to hang over the edge by an inch or two.

Put cream cheese and two eggs in the bowl of an electric mixer and beat with a flat beater until smooth, thick and fluffy. Add the remaining eggs, one at a time, beating briefly after each addition. Add the remaining ingredients except for the cranberries. Mix together at low speed. Then fold in the cranberries.

Spoon the batter into the pans and bake the cranberry bread for about 40 to 50 minutes or until done. Cool before slicing. Keep refrigerated (keeps for about 3 to 4 days). Freeze bread that isn't going to be used soon.

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## All-Wheat-Flour Splendid Cranberry Loaf

Ingredients:

12 ounces cream cheese, soft  
5 eggs  
¼ cup vital wheat gluten flour  
1/3 cup stone ground whole-wheat flour

1 Teasp baking powder  
20 packets Splenda sugar substitute  
1 cup unprocessed wheat bran  
1 cup whole almond meal  
1 ½ cups fresh or frozen cranberries, crushed lightly

Preheat oven to 300°F or 325°F. Lightly butter three mini loaf pans (use non-stick pans made of heavy gauge metal). Optional: For easy cleanup and removal, cut strips of waxed paper to fit in the bottoms of the pans and allow them to hang over the edge by an inch or two.

Put cream cheese and two eggs in the bowl of an electric mixer and beat with a flat beater until smooth, thick and fluffy. Add the remaining eggs, one at a time, beating briefly after each addition. Add the remaining ingredients except for the cranberries. Mix together at low speed. Then fold in the cranberries.

Spoon the batter into the pans and bake the cranberry bread for about 40 to 50 minutes or until done. Cool before slicing. Keep refrigerated (keeps for about 3 to 4 days). Freeze bread that isn't going to be used soon. There is a negligible gain in total carb of 1.1 grams.

---

## Better Butter cracker Treats

**Note:** This cracker is so rich and flaky with a delicious buttery taste, these crackers are wonderful for just about any purpose including as plain munchies. One cracker has a mere 0.6 grams of carb.

Carbs per serving ( one cracker) 0.6 grams of carb. NUMBER OF SERVINGS: 90 to 95.

### Ingredients:

8 Tablespns butter (1 stick), soft  
4 egg yolks  
1/3 cup unbleached all-purpose wheat (white) flour  
1/3 cup vital wheat gluten flour  
salt to taste  
freshly ground black pepper to taste  
1 Teasp baking powder  
1 cup whole almond meal

Once prepared, the dough will need to be refrigerated, so preheat oven to 300°F or 325°F shortly before taking dough from fridge. Use two large, nonstick, heavy-gauge metal cookie sheets.

Combine butter and two egg yolks in the bowl of an electric mixer and beat with a flat beater until thick and creamy. Add the remaining yolks and beat some more. Add

all the other ingredients, stirring in at low speed or by hand. Refrigerate dough for about 30 minutes or longer, until the dough firms up and can be handled without sticking.

Form balls the size of grapes and put them on a cookie sheet. Allow room for some expansion. Flatten each cracker slightly with your fingertips.

Bake the crackers for 9 to 11 minutes, one cookie sheet at a time. The crackers should be barely golden with a slightly darker edge (avoid having the edges turn too dark). These crackers are great keepers (even at room temperature). They freeze well, too.

---

## Sandwich Bread

**Note:** Since this didn't rise much, I cut it in half crosswise, then cut each half into 4 slices so they were the size of regular bread. This is better toasted. Makes 8 slices @ 2. NET carbs

Ingredients:

1/4 c ground sesame seeds

1/4 c ground flax seeds (0)

1/4 cup protein powder (2)

1/4 cup soy flour

3 eggs

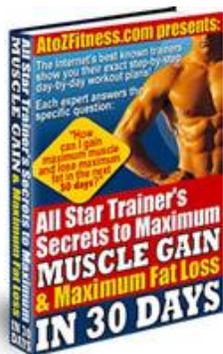
1/2 c sour cream

1 1/2 t baking powder

1/2 t salt

4 T olive oil

Preheat oven 350. Mix all ingredients together. Pour into greased loaf pan. Bake 25 min. Total: 44 carb (19 NET carbs).



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---

## Pizza Crust

**Note:** Total: 5 carbs.

This crust had a good texture without much "soy" taste. I would like to try it for sandwiches next.

Ingredients:

3/4 cup soy protein powder or isolate

1/2 cup cream

3 large eggs

seasonings (garlic powder, basil)

Preheat oven to 350 and spray cookie sheet with non-stick spray. Mix protein powder, cream and eggs in bowl with whisk until smooth. Spread on cookie sheet. Bake 20 min. (can add sauce, cheese and toppings and put under broiler for few minutes)

---

## Low-Carb Yeast Bread

**Note:** Make 1 standard 1 1/2 lb loaf (8 1/2 x 4" x 4") 16 slices=4.8 g ea; 20 slices=3.85 g ea; 22 slices = 3.5 g ea, based on flour being 65g.)

Ingredients:

1 c high gluten flour

1/2 cup wheat bran

1/4 c heavy cream

1/2 cup warm water

2 pkts yeast

1 t salt

2 t sugar (the real stuff)

2 T oil

Mix hot water and cream and pour into bread machine (or mixing bowl) pan. Add in yeast, sugar and salt and stir to mix for a second. Let sit for 5 min to let yeast proof. Mix flour and bran and add to water/yeast mixture. Let bread machine mix (or use whatever method you normally use) and let rise one time. (If not using bread machine, let rise in warm, draft free place for 1 hr. Punch down dough (may be slightly wet to touch, but suntil "doughy," not "batter-y"). Place in bread pan and let rise for 60 min. Bake at 350 for 25-35 min. (person who came up with recipe let rise 2nd time in her oven and did not disturb it - just turned on the oven when it rose about the pan).

I dumped everything into my bread machine based on the bread machine directions. It only rose about 2" total, but is a great tasting bread with a regular wheat bread texture. I found it a little salty and would cut the salt next time. The crust is real "crusty".

---

## Revolution Rolls

**Note:** Makes 6 servings @ .7 carbs

Ingredients:

3 eggs

1 pkg. Splenda

dash salt

pinch cream of tartar

3 T cream cheese

Preheat oven to 300. Separate the eggs and add Splenda, salt and cream cheese to the yolks. Whisk this mixture together. In a separate bowl, whip egg whites and cream of tartar until stiff. Using a spatula, gradually fold the yolk mixture into the white mixture, being careful not to break down the whites. Spray a cookie sheet with Pam and spoon the mixture onto the sheet, making 6 mounds. Flatten each just a little. Bake about 35 minutes. Let them cool on sheet for few minutes, then remove to rack and cool.

---

## Dottie's Wasa Like Crackers

**Note:** Total: 39 carbs

Makes 60 bite-size crackers @ .3 carb ea.

Ingredients:

1 cup wheat bran

2 tbsp oat flour

3 tbsp Designer whey powder

1 tbsp sesame seeds

1 tsp salt

1 1/2 cups water

Preheat oven to 350 and spray cookie sheet WELL. Mix ingredients and pour onto sheet. Spread (this is very watery. Try to get the bran mixture distributed evenly). Bake 10 min, remove sheet from oven, score crackers, and return to oven. Bake 15 min. more. Turn oven off and let sheet sit in oven 1 hour. Remove sheet from oven, and turn oven on to 250. With spatula, turn crackers over, and return to oven for 10-15 min. Turn oven off and let sheet sit in oven 1 hour. (Letting crackers sit in oven while it's off helps them to dry out).

---

## White Bread

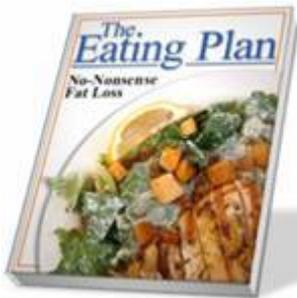
**Note:** Total: 12 carbs , 10 slices @ 1 NET carb

Ingredients:

3/4 cup whey protein  
1/8 cup "Just Whites" egg white powder  
1 Tbsp baking powder  
1 pkt splenda  
1/8 t salt  
1/4 cup heavy cream  
3 large eggs  
1/8 cup water  
3 Tbsp olive oil

Preheat oven 400. Oil a Pyrex loaf pan. Mix all dry ingredients. Add wet ingredients and mix with hand mixer for one minute. Pour into loaf and bake 15-20 min.

I got 10 slices at a little more than 1 carb each by cutting the loaf in half crosswise; then standing each piece on end and slicing into 5 regular bread size slices. I've been told that you can substitute 1/8 cup gluten plus 1 tsp baking powder for the egg white powder, but I haven't tried it yet



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## Protein Bread

**Note:** Total: 7 carb ,8 slices @ .88 carbs , cut this the same way as you would bread.

Ingredients:

3/4 cup soy isolate  
2 T powdered egg whites  
2 pkts Splenda  
2 t baking powder  
dash salt

5 T heavy cream  
3 eggs, separated  
dash cream of tartar  
1/4 cup water  
1/4 cup oil

Preheat oven 400 and spray 8" loaf pan. Beat egg whites with cream of tartar until stiff. Mix egg yolks, cream, water and oil. Sift in dry ingredients and mix well with electric mixer. Fold in egg whites carefully. Spoon into prepared pan and smooth top slightly. Bake 25 minutes or until bread pulls away from sides of pan and is nicely browned.

---

## Low-Carb Bread Substitute

**Note:** Total: 5 carb (4 NET carbs)  
Makes 24 thin slices @ .2 carbs

Ingredients:  
1/2 c soy isolate  
1 t baking powder  
3 large eggs  
1 T oil  
2 T water  
2 T heavy cream  
2 art. Sweetener  
1/2 t cinnamon

Preheat oven to 350 and spray loaf pan with non-stick spray. Mix all ingredients in bowl with whisk until smooth. Spread into bottom of loaf pan. Bake 15-18 min, let cool 5 min. Remove from pan and finish cooling.

This makes a loaf about 1" high and the slices look like biscotti. The bread is a little dry, but good for making French toast, and toasted with a lot of butter. You can add basil or other herbs instead of the sweetener and cinnamon

---

## Garlic / Cheese Biscuits

**Note:** Total: 26 carb (21 NET carbs)  
Makes 18 @ 1.2 carbs

Ingredients:  
3 eggs, beaten  
1 1/2 cup whey protein powder  
1/8 c oil

1/2 c cream  
1/4 c water (add slowly, don't make too thin)  
1 1/2 t butter extract  
3 oz grated cheddar cheese  
2 T baking powder  
garlic powder (5 healthy shakes)

Preheat oven to 350. Mix all ingredients together. Dough will be almost like cookie dough. Drop by T onto greased cookie sheet. Bake 10-15 min, until slightly golden. (Makes 18, 2.1 carbs ea.)

I halved the recipe. These were good, a little dry like biscuits usually are. We ate them with butter and enjoyed. (The original called for Atkins Bake Mix, but I like them better with the whey protein powder)

---

## Faux Pasta

**Note:** Serves 2 @ 4 carb (2 NET carbs)

Ingredients:

1 pinch salt  
1/2 cup soy protein isolate  
2 T vital wheat gluten\*  
1 T soy flour  
1 egg  
1/4 cup water

Mix first 4 ingredients; add egg and water and mix to get bread type dough. Add more water if necessary. Roll out and cut into strips, or pinch off into little pieces. Drop into boiling water and let boil 1-2 min. (Not too long or it will get gummy). Drain and top with sauce.

\*The vital wheat gluten I use (Hodgson mill) has 2 carbs and 1g fiber per Tbsp  
This was surprisingly good. I used about 1/2 cup water, and the dough was a little too sticky to roll out. I didn't want to add any additional flour, so I pressed with my hands until it was as flat as I could get it, then cut it in strips. Many of the strips fell apart, but I just dumped it all into the boiling water and boiled for 2 min, stirring most of the time. There is very little taste (just like real pasta) but this has a great texture.

---

## Wheat Like Crackers

**Note:** Total: 34 carb (21 NET carbs)

Makes 60 @ .4 carbs

Ingredients:

1 c whey protein powder  
1/3 cup oat flour  
1/4 cup wheat bran  
1 egg  
1 3/4 cups water  
1 t salt

Preheat oven to 350. Mix all ingredients. Should be a thick but spreadable batter. Spray 11x14x1 cookie sheet WELL with cooking spray. Pour and spread batter onto pan. Sprinkle with salt. Bake 25 min. Batter should be "set". Remove from oven and use knife or pizza cutter to "score" into whatever size crackers you want. The dough can suntil be a little wet as long as the score lines stay. (If they don't, put back in the oven for 5 min and try again). Bake about another 15-20 min until crispy and golden.

These were the closest to Wheat Thins I have tried. I think they are a little dry, but with dip or peanut butter, they are really good.

---

## Garlic Cheese Faux-Cacia

**Note:** makes 6 at 1.5 carbs each

Ingredients;

1 egg  
1/2 cup whey protein powder  
3 heavy shakes garlic powder  
1 Tbsp oil  
1/4 cup heavy cream  
few shakes of oregano  
1/2 tsp butter extract  
1 oz cheddar cheese, shredded  
1 tbsp baking powder

Preheat oven to 350. Mix all ingredients together. Add a little water if necessary to thin. Spray cookie sheet, and drop dough into 6 blobs (they will flatten a lot, and may run together). Bake 10 min until golden.

These are cheesy and garlicky and have a texture like foccacia. Someone can make these by putting all the dough in a circle on a pizza stone, oiling the top and adding additional oil and cheese on top when done. (This may need to bake a little longer)  
Eggs/Cheese

---

## Scrumptious Bread

**Note:** Measure accurately.

Gluten yeast bread can only rise one time so do not let it rise in the dough cycle.

The dough will be sticky. You cannot shape it like a regular loaf.

For best results, the loaf pan must be buttered and non-stick.

Your carb count will vary slightly depending on the whey protein you use. The one in this recipe has 0.5 per 31 g. (3/8 cup)

Ingredients:

3/4 cup warm water

1/4 cup whipping cream

2 large eggs

1 Tablesp olive oil

1/2 Teasp salt

1 1/4 cups wheat gluten + 2 Tablesp

1/2 cup oat flour

1/2 cup whey protein, vanilla

1/4 cup flax meal

2 Teasps baking powder

1 Teasp sugar

1 pinch stevia

2 1/2 Teasps bread machine yeast.

Add ingredients to bread machine in the order recommended for your unit. Run the dough cycle. Remove the dough before the rising begins (after 39 minutes in my machine). Dump the dough into a buttered non-stick pan. Wet your hands to smooth and shape the loaf. Cover and let rise in a warm place for sixty to seventy minutes. Bake in a conventional oven at 350 for 50 minutes. 22 slices per loaf

Since the yeast eats the sugar, it is not included in the carb count.

This is really good toasted and lots of butter.

---

## Low-Carb Bread

Ingredients:

1/2 cup water -- warmed

1/2 cup cream

1 Tablesp oil

1 large egg

1/4 Teasp salt

1 cup gluten flour

1 cup oat flour

2 Teasps yeast  
1 Teasp sugar (to feed the yeast)

To your bread machine add the ingredients in the order given above. Use the dough setting and take out and bake in a normal bread pan. 30 minutes at 375 degrees

---

## Yummy Sticky Buns

Ingredients:

Serving size: 12 3.3 grams each with frosting 1/2-cup butter -- melted, divided

1/2 cup Brown Sugar Twin -- divided

1/4 cup Splenda

1/4 c. sugar free maple Syrup, 7 grams per 1/4 c.

1/2 cup soy flour

1/2 cup miller's wheat bran

1 Tablesp baking powder

1 Tablesp vital wheat gluten

3 Teasps cinnamon

1/4 cup cream

1/4 cup water

2 whole eggs

2 Teasps vanilla

1/2 cup walnuts -- chopped

Heat oven to 350\* Spray 12 muffin tins with Pam. Combine 1/4 cup of melted butter with, 1/4 cup of brown S Twin and L.C. maple syrup

Spoon equally into muffin cups. Sprinkle each cup with walnuts. Combine remaining brown ST, Splenda, flour, wheat bran, baking powder, wheat gluten, and cinnamon.

Combine remaining melted butter, eggs, cream which has been diluted with the water, and vanilla. Add this to flour mixture, stir just until dry ingredients are wet. Spoon this evenly over walnuts in muffin tins.... Bake in upper third of oven for 18-20 minutes or until lightly browned

Remove from oven and loosen edges, invert onto cooling rack. Frosting Optional: Soften 1/2-c. cream cheese, sugar sub to taste, 1/2-tsp. vanilla, mix well.

---

## "Poly-Grain" Rolls

**Note:** This is a whole grain-like bun, that rises higher than the original Atkins' (and stays puffed on cooling), has a nice "cracked wheat" texture, slices in half (for burgers) without disintegrating, and very nice flavor, not so eggy.

Ingredients:

3 eggs, room temperature, separated

1/4 tsp cream of tartar  
3 Tbsp ricotta cheese  
1 Tbsp soy flour  
1 Tbsp vital wheat gluten  
3 Tbsp wheat bran  
2 Tbsp flax meal  
1 tsp baking powder  
2 - 3 Tbsp water

- Preheat oven to 500 F.
- Sprinkle cream of tartar over egg whites, set aside.
- Blend yolks, ricotta, soy flour, vital wheat gluten, bran and flax meal. Add a couple Tbsp water to "lighten" the batter a little, then stir in baking powder.
- Beat egg whites until stiff, then gently and quickly fold in the yolk mixture. Don't worry if there are a few streaks of white ... you don't want to break down the fluffy whites and end up with runny batter.
- Make 6 buns by mounding spoonfuls of the mixture on top of one another on a greased baking sheet
- Place in hot oven; immediately reduce heat to 300 F. Bake for 20 min. Then, reduce heat to 250 F and bake for another 20 min. Buns should be glossy, golden and firm to touch.
- Cool on a rack completely, before storing in airtight container.

---

## Delectable Rye Bread, Oven Baked

### Ingredients:

5 Teasps Yeast, Rapid Rise  
2 Teasps sugar -- for the yeast  
2 1/4 Cups warm water -- 110-115F max  
2 Tablesp extra virgin olive oil (can use safflower oil or canola oil or grapeseed oil)  
2 Cups gluten, Vital Wheat, Millstream  
1 Cup Rye Flour, Dark 100%, Rogers  
1 1/3 Cups soy flour, Bob's Red Mill Stoneground  
1/2 Cup Flax Seed Meal, Bob's Red Mill  
1/2 Cup Wheat Bran Crude  
1 Teasp sea salt,

Whisk the dry ingredients together in a bowl and set aside. Put the sugar and water into the bottom of your bread machine pan, and stir together. Add the oil. Pour the dry ingredients into the pan, load in the pan and run on the Dough cycle. Once kneaded and risen (1.5 hours max), put the dough onto a lightly floured (Atkins Bake Mix or oat flour, 2 Tablesp) board, cut in half and knead and roll the halves each lightly into a loaf shape, place in oil-sprayed loaf pans. Lightly spray the tops (I use an olive oil pump, can use panspray) and place a sheet of waxed paper over the top; let to rise for another 30 minutes or so in a warmish, draft-free spot.

Preheat oven to 350F. Bake for about 35 minutes or until an internal temperature of 190F. Lay pans on their sides to cool for 15 or 20 minutes at least; then finish cooling on wire rack, also on their sides. Best sliced when very cool. Best kept refrigerated or frozen.

---

## Savory Spongy Loaf Bread

### Ingredients:

2 cups warm water  
1 pkg. active dry yeast  
1/2 tsp. sugar  
1/2 tsp. salt  
2 Tbsp. Olive oil  
1 Tbsp. lemon or lime juice.  
1 cup whey protein powder (natural flavor)  
1 cup vital wheat gluten (70% protein, I used Bob's Red Mill)  
1/3 cup flax meal  
1/3 cup psyllium husks (replace with flax, if allergic)  
1/3 cup almond meal  
1/3 cup wheat bran  
3 Tbsp. Splenda  
1 1/2 tsp. baking powder  
3 Tbsp. whipping cream  
1 egg

Place the warm water in a large bowl and add the yeast, sugar, salt and lemon or lime juice. Place in warm oven, 100-150°F, until the yeast starts to foam. Mix the whey protein, wheat gluten, flax meal, psyllium husks, almond meal, wheat bran and baking powder. Add the olive oil to the yeast mixture then the dry ingredients. Mix well with a wooden spoon until smooth. You will be using a 5-x 9-x 3-inch nonstick loaf pan for the next procedure. If your pan is 5-inches high instead of 3-inches, you will not have to do this. Tear off a piece of aluminum foil that is 36-inches long. Fold the strip in half lengthwise. Make a "collar" by wrapping it loosely around the pan, 1-inch below the rim. Gently but firmly press the foil around the sides pan, making sure that it is secure. Straighten out the foil so it sticks straight up and brush the inside of the foil with oil. What you are doing is making the pan higher so the dough will not escape from the pan.

Place 3/4 of the mixture into the prepared pan. The pan should be 1/4 full. Beat the cream and egg into the remaining 1/4 of the mixture with. Place the two mixtures in the warm oven (100-150°F) for an hour. The mixture in the loaf pan should at least triple in size by this time. Take the cream and egg mixture and spread it gently and evenly over the top of the mixture in the bread pan. The bread will sink a little, and this is fine. The egg and cream mixture prevents the air from escaping while baking which will cause the bread to fall. Return to the oven (100-150°F) and let rise again for about an hour. With the bread suntil in the oven, turn the temperature up to 375°F and bake the bread for 45 minutes. Check by sticking a small thin knife in the middle to make sure it is dry.

Remove from the pan and let cool. I cut it into slices when it is suntill warm and set them aside to let the moisture escape. Place in a paper bag and freeze them individually if you intend to store for a long period. Two or three days in the fridge should be fine. The whey powder makes this bread firm and uniform in consistency. It should be easy to slice it into 24-28 slices.

---

## Cheddar Cheese Bread

**Note:** This is a nicely flavored bread. Quite dense and similar to a biscuit in texture. I have also made it using cottage cheese and some herbs for a different flavor. The cottage cheese version is good for use as a "true" bread for a sandwich! (Way better than revolution rolls as a bread substitute!) .. This recipe can also be made using whey protein in place of the soy protein. I suspect you may also substitute Atkins bake mix for the soy flour but your carb counts will vary depending on the products you use. Soy protein however has 0 carbs.

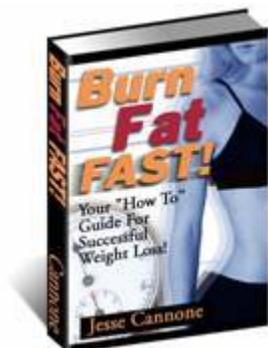
### Ingredients:

1/3 cup soy flour  
1/3 cup soy Protein\*  
2 large eggs  
1/2 Teasp baking powder  
2 Tablesp sour cream  
2 Tablesp olive oil  
1/2 cup cheddar cheese -- grated  
2 Teasps oregano

Preheat the oven to 375 F. Generously butter a loaf pan, 8 1/2 x 2 1/2.

Combine the soy flour, soy protein, eggs, baking powder, sour cream and oil in a bowl and mix well. Fold in half of the cheddar. Pour the batter into the pan and sprinkle the remaining cheddar on top.

Bake for 25 minutes, or until a tester comes out clean. Serve immediately or store, wrapped well in plastic wrap, in the refrigerator for up to 2 days or in the freezer for up to 1 month.



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## Scrumptious Bread II

Ingredients:

1 pkg dry yeast (Rapid Rise/Highly Active)  
1/2 Teasp sugar  
1 1/8 cup "baby bottle warm" water (90-100°F)  
3 Tablesp olive oil  
1 1/2 Teasps baking powder  
1 Teasp salt  
1 Tablesp Splenda  
1 cup Wheat Gluten Flour  
1/4 cup oat flour  
3/4 cup soy flour  
1/4 cup flax seed meal  
1/4 cup coarse unprocessed wheat bran

Pour yeast into bottom of bread machine pan. Add sugar and water. Stir, and let sit. (This is "proofing" your yeast to see if your yeast is alive. If it's not bubbling, it's dead and you can replace it without wasting all of the other ingredients).

In the meantime, mix all other dry ingredients together in a bowl. Add oil to bread machine pan. Add mixed dry ingredients. Set your machine to the basic cycle (3-4 hours) and bake.  
Cool on a rack and enjoy.

### **SEE INSTRUCTIONS FOR MAKING BREAD WITHOUT A MACHINE AT BOTTOM OF PAGE**

The sugar is totally consumed by the yeast and does not contribute to the carb count. I keep a few packets of restaurant sugar on-hand for this purpose so I never have to have a supply of actual sugar in the house.

"I've had best results using "Bob's Red Mill: Vital Wheat Gluten Flour". Whatever brand you use should be 6 grams (no fiber) per 1/4 cup on label and approx. 75% - 80% protein. It works great, keeps the taste and texture just like bakery bread, and keeps the carb count very low." - Lora

Makes 16 slices. 3.4 carbs per slice.

NOTE: for the machine add water and oil to bottom of pan, and then dry ingredients, then yeast sprinkled evenly on top. After initial kneading cycle (about 40 minutes), stop the machine's kneading paddles so as not to over-work the dough, then finish baking in bread machine. The loaf comes out picture perfect, high and traditionally bread-like. With low-carb bread, you will discover that practice makes perfect.

## **TO MAKE BREAD WITHOUT A MACHINE:**

Follow the recipe in the same order as for the bread machine.

After you mix and knead all of the ingredients together, put the dough in a clean bowl and set it into a warm, draft-free place for about 45 minutes to an hour (one option is to turn on your oven for a pre-heat for a minute and a half to get it warm, then turn it completely off before setting the dough in to let it rise in the oven.) The dough should rise to about twice its original size. Afterward, knead slightly (do not over-knead - the gluten content will keep this bread from rising well the second time unlike "regular" bread! You'll want to be careful not to handle the dough too much after it rises the first time.) Put it in a loaf pan, cover and set in warm draft free place for another 30-45 minutes, and then bake at 380 degrees until done. (35-45 minutes - depending on your oven, you may have to shorten or lengthen the time.)

---

## **Mandel Bread**

Ingredients:

2 cups almond flour  
1/3 cup soy flour  
1/2 cup splenda  
1/2 cup equiv. liquid Splenda  
1/2 tsp baking powder  
dash salt  
2 eggs  
1/4 cup vegetable oil  
1/8 cup water  
1/2 tsp vanilla  
1 tsp almond extract  
2 tbsp cinnamon

Mix flour, sweetener, baking powder & salt. Add eggs, oil, water and extracts. mix very well. (Dough is a little sticky). Divide into 4 portions. Spray cookie sheet with cooking spray. Put one portion of dough on sheet and shape into log about 6"x3" and 2" high. Repeat with other three portions. Bake at 350 for 25 min.

Serves 16 @ 4 carb (2 NET carbs)

Biscotti: after baking, slice each log into 4 slices and put on cookie sheet. Bake 10 min, turn and bake another 5 min.

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# **BREAKFASTS**

## **Melt-In-Your-Mouth Pancakes**

**Note:** They really do melt in your mouth and are about as easy to make as stuff you pour from a container. Serve them with butter and carb-free or low-carb syrups, fresh fruit, or blueberry sauce. If all you want to eat is pancakes, the recipe serves one. Combined with sausage, ham or something else, this is a serving for two.

PREPARATION TIME: 5 minutes. COOKING TIME: 3 to 4 minutes.

SERVING SIZE, three to four 3-inch pancakes. CARBS PER SERVING, : 2.6 grams of carb. NUMBER OF SERVINGS: 1 to 2.

Preheat a heavy, nonstick, large griddle over medium to medium-low heat.

Combine ingredients in a small mixing bowl. Beat vigorously with a fork or wire whisk until the batter is well mixed and smooth.

Spoon batter onto the hot ungreased griddle (it is hot enough when a drop of water splashed on it bounces around). Allow for expansion of pancakes. (Note the batter is a bit on the thin side; that's okay.) Watch for bubbles and a hint of dryness on top before turning. The pancakes tend to darken more quickly than other pancakes you may be used to, so check early.

---

## **Hot Cereal (Flax/Bran)**

Ingredients:

2 tbsp oat bran

2 tbsp flax meal

2/3 cup water

1 pkt splenda

dash cinnamon

1 tsp maple extract

Stir all ingredients together and microwave for 2 minutes. (Can add splash of cream). Serves 1 @ 13 carb (net 8 carbs)

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## **Almond Flour Pancakes**

Ingredients

5 tbsp almond flour

1 tbsp sour cream

1 tbsp water

1/2 tsp baking powder

1 tsp cooking oil

1 pkt splenda  
1 splash SF French vanilla syrup

Mix all ingredients. Spray skillet with non-stick spray and heat. Spoon pancakes into pan (about 3) Cook on just under medium heat until one side bubbles. Turn, cook for few minutes until done.

Serves 1 @ 7 carbs (4 effective carbs)  
These are my new favorites. One serving is very filling.

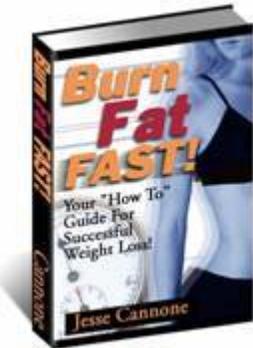
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## Hot Flax Cereal

Ingredients  
1/4 cup flax meal  
1/4 cup light cream  
1/3 cup water  
1 pkt splenda  
cinnamon

Mix all ingredients and microwave for 2 minutes.  
Serves 1 @ 13 carb (net 6 carbs)

---



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## Pancakes

Ingredients  
1/2 cup vanilla whey protein powder  
1/2 cup ricotta cheese  
2 Tbsp heavy cream  
2 pkts Splenda  
2 large eggs  
2 tsp. baking powder  
dash cinnamon & nutmeg

Mix together with wire whisk. Add little water until fairly thin consistency. Spray pan with cooking spray. When pan hot, spoon batter in and spread a little. Cook until bubbly on one side; turn and cook few more minutes.

Serves 2 @ 6 carb

---

## Hot Maple Bran Cereal

### Ingredients

1/4 cup wheat bran  
1 t guar gum (thickener)  
1 cup boiling water  
1/4 t salt  
3 pkts Splenda  
butter  
maple extract

Mix wheat bran and guar gum in heat resistant bowl. Stir in 1 cup boiling water. Mix until even textured (no lumps). Add salt, splenda, and maple flavoring. (Can add few pats of butter).

Serves 1 @ 9 carbs (3 NET carbs)

---

## Fake French Toast

### Ingredients

2 eggs  
4 T ricotta (or cream cheese)  
dash cinnamon and nutmeg  
2 pkt Splenda

Heat frying pan. Mix all ingredients together. Melt some butter in small frying pan and pour batter in, spreading a little. Brown on one side, and flip, and brown other side.

Serves 1 big eater @ 4 carbs

This tasted more like a pancake than French toast, but was great, especially with maple syrup. if it's difficult to flip, cut the pancake in half.

---

## Luscious Ricotta Pancakes

### Ingredients

3 eggs  
1 cup cottage or ricotta cheese  
1/4 cup soy protein isolate

dash salt  
little water

Beat eggs well. Add cottage cheese and beat. Add soy powder and salt. Mix well. Stir in a little water, so the batter is not quite so thick. Heat oil in a frying pan, and when hot, spoon pancake batter in. Spread it around a little so pancakes are not too thick. When bubbly on top, turn, and cook until bottoms are done.

Serves 2 @ 5 carb each

---

## Sausage and Egg “Muffin”

Ingredients

6 oz Ital. sausage

6 eggs

1/8 cup heavy cream

3 oz cheese

OPTIONAL: salsa, bacon, onion

Preheat oven 350. Spray 3 super large muffin tins with PAM. Cut up links and put two in bottom of each tin. Mix eggs and cream and salt & pepper. Pour some in each tin. Sprinkle with half the cheese. Pour remaining egg mixture in and sprinkle with rest of cheese. Bake about 20 min.(time may vary) until eggs are done and golden. Remove from oven and let sit few minutes. Use spoon to remove "muffins".

Serves 3 @ 2.3 carbs

W/O Sausage: 3 @ 1.6 carb

These puffed up about 2" and were really tasty

---

## Fake French Toast II

Ingredients

2 eggs

dash cream, dash water

dash cinnamon

1 pkt Splenda

1 oz pork rinds (about 1/2 2.25 oz pkg)

Beat all ingredients except rinds. Crumble rinds and let soak in egg mixture until thick gloppy batter. Heat butter in frying pan, and pour in batter, spreading around pan. Fry until brown on one side, flip and brown other side. Serve with maple syrup.

Serves 1 @ 2.3 carbs

This was pretty good, but if you hate pork rinds, don't try it. The flavor is not real strong, but it's there.

---

## Almond Vanilla Pancakes

### Ingredients

5 Tbsp. almond flour (you could also use other nut flours or even soy flour)  
1 Tbsp. sour cream  
1 Tbsp. water  
1 egg  
1/2 tsp. baking powder  
couple of pinches Splenda  
1 Tbsp. of Vanilla Syrup  
2 Tbsp. Oil

Mix all the above together. If the consistency is too thick for your personal taste, splash on a bit more Vanilla Syrup. Pour on nonstick griddle surface (spray spatula with Pam, because they can be a bit difficult to turn). Recipe makes 2 large pancakes. You can use butter or maple syrup on them.

---

## 6 Carb Heavenly Breakfast “Soufflé”

### *Makes 1 Serving*

#### Ingredients:

1/2 cup egg whites  
3 Tbsp. unsalted butter  
1/2 cup thinly sliced mushrooms  
1/2 medium tomato, thinly sliced  
sea salt and freshly ground black pepper, to taste  
1/2 cup crumbled fresh goat’s cheese, or grated cheese of your choice

Preheat the oven to 400°F. Whip the egg whites to soft peaks adding salt and pepper to taste.

In a heavy 9-inch frying pan that can go into the oven, melt the butter over high heat. Add the mushrooms, season lightly and cook until the mushrooms become soft but not brown. Arrange the tomato over the mushrooms. Quickly fold the cheese into the whites and spread out evenly over the mushroom mixture. Place in the oven and bake for 8 minutes until golden on top.

Remove from the oven and run a spatula around the sides to loosen. Flip over onto a plate and serve immediately and only 6 carbs per serving.

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# **SYRUPS / SAUCES**

## **Pineapple Syrup**

Ingredients:

1/2 cup water  
1 tsp pineapple extract  
1/2 Tsp liquid splenda (or 1/2 cup granular)  
1/4 tsp guar gum

Heat water, extract and splenda until boiling. Add guar gum and let stand. It thickens a LOT. (0 carbs with liquid; if you have to use granular, it would be 12 carbs, which may bring the total too high).

---

## **Ham Sauce**

Ingredients:

1 Tbsp butter  
1 tbsp soy flour  
1/4 cup light cream  
1/4 cup water  
1 tsp Dijon mustard  
4 oz ham, chopped

Melt butter, stir in flour. Add cream and water, and mustard, stirring until thickened. Add ham. Serve over crepes.

Serves 2 (2 crepes each), including Dottie's crepes: 6.7 carbs (5.7 NET carbs)

This is really not a lot of trouble, especially if you make the crepes ahead. I freeze them between layers of wax paper in a ziplock bag and just defrost before using

---

## **Low-Carb Maple Syrup**

Ingredients:

1 T maple flavor  
2 cups water  
24 pkgs sweet n' low  
24 pkgs Splenda  
1/2 t guar gum (thickening agent, found in health food store)

Heat water with sweeteners and extract until boiling. Take off heat and stir in guar gum to thicken. Cool and store in refrigerator.

Total: 24 carb

Makes 32 T @ .8 carbs each

Guar gum clumps easily. I stir in 1/8 tsp at a time and whisk very well.

---

## Sweet Barbecue Sauce

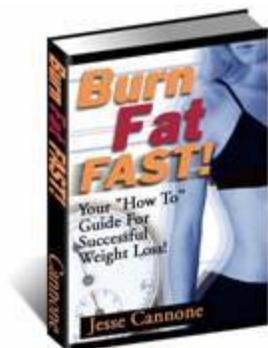
Ingredients:

1 cup tomato sauce  
3 T Worcestershire sauce  
1 T vinegar  
1 t liquid smoke  
3 pkts Splenda

Combine all ingredients and cook over low heat for 10 min.

Total: 23 carbs (20 NET carbs)

Makes 16 T (1 cup) @ 1.2 carbs ea.



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## Thai Dipping Sauce

Ingredients:

1/4 c lemon juice  
3 t fish sauce  
1 T cilantro  
1 pkt Equal  
1 t soy sauce  
pinch crushed red pepper  
1/2 t sesame oil

Combine all ingredients. (Use for dipping Thai Turkey Bundles)

Total: 11 carbs

This was very good, but with an unusual "fishy" flavor.

---

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## Sour Cream Sauce

Ingredients:

- 1 pkg brown gravy mix (least carbs avail)
- 1/4 cup sour cream

Make gravy according to package. Take off heat and stir in sour cream.

Total: 14 carbs

---

## Low-Carb Ketchup

**Note:** One Tablesp of most ketchups have 4.0 grams of carb. Some dietary ketchups have 2.0 grams per Tablesp, but they're made with aspartame (No longer recommended. Studies have shown aspartame to be harmful to the brain). This ketchup recipe is great and has only 0.7 gram of carb per Tablesp.

PREPARATION TIME: 10 minutes

SERVING SIZE, 1 Tablesp. CARBS PER SERVING,: 0.7 gram of carb. NUMBER OF SERVINGS: 33.

Ingredients:

- 1/2 cup cubed eggplant
- 14.5 ounces diced tomatoes, drained
- 3 Tablesp tomato pasted
- 1/4 cup red wine vinegar
- 2 Teasps vinegar
- 2 Teasps olive oil
- 1/2 Teasp dried, minced onion
- 3 packets Splenda sugar substitute
- salt to taste (approx. 1/4 Teasp or more)

Steam or simmer eggplant in small amount of water until soft, about 6 to 8 minutes. Let cool. Put eggplant and all other ingredients in a food processor or blender and blend until smooth. Adjust seasoning. You can add small amounts of vinegar if you like a sharper taste. Store in fridge. This ketchup will keep for a week or so. You can also freeze it.

---

## Creamy Cheese Sauce

Ingredients:

1/4 cup heavy cream  
4 oz grated cheddar  
2 oz. cream cheese  
1/4 t paprika  
dash Worcestershire sauce

In small pan, melt heavy cream, cheddar and cream cheese. Add paprika and Worcestershire. Stir until melted.

Total: (1 cup) 6 carb

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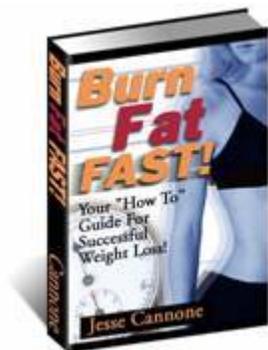
## Marinade

Ingredients:

1/8 cup oil  
1/8 cup soy sauce  
1/8 cup balsamic vinegar  
4 "shots" Worcestershire  
garlic powder, ginger

Mix all ingredients in zip lock bag. Put chicken (or other meat) in bag and marinate in refrigerator for up to 24 hours. Turn bag occasionally.

No carb counts are listed as most of marinade is not used.



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## Lemon Dijon Cream Sauce

Ingredients:

2 teaspn butter  
1 Tablespn lemon juice

1 TablespnDijon  
1/2 c heavy cream (may need more)

Melt butter. Add lemon juice and Dijon and mix. Stir in heavy cream, 1/4 cup at a time, until right consistency.

Total: 6 carbs. Serves 2 @ 3 carbs

---

## Ketchup

Ingredients:

3 cups canned tomatoes (pureed in blender)  
2 teaspn onion powder  
1/2 teaspn EA: cloves, allspice, cinnamon  
1/2 cup white vinegar  
2 pkgs Equal

Combine all ingredients except sweetener in saucepan and simmer slowly, 1 1/2 hours, stirring often. Take off heat and stir in sweetener. Cool and pour in jar. Keeps 4 months in refrigerator.

Total: 45 carb (36 NET carbs)

Makes 48 T @ .75 carbs ea.

We loved this, especially combined with mayo for Russian dressing. The flavor was a little unusual, not like regular ketchup.

---

## Roasted Red Pepper Sauce

Ingredients:

7 oz jar roasted red peppers  
clove garlic  
1/2 sm onion, chopped  
1 T olive oil  
1 T balsamic vinegar  
parsley, Old Bay seasoning, basil  
1 T heavy cream  
1 t butter  
1/2 cup zucchini

Process red peppers with juice and garlic in food processor. In oil, sauté onions and zucchini. Add spices. Add vinegar and cook 1 minute until liquid absorbed. Add pepper puree and stir. Add 1 t butter and stir until melted. Add heavy cream and stir. Can serve over pork, fish or chicken.

Total: 21 carb, (14 NET carb)

Serves 2 @ 7 NET carbs

---

## Sweet & Sour Sauce

Ingredients:

3/4 cup water  
1/3 cup ketchup (unsweetened)  
1/3 cup vinegar  
1 T soy sauce  
3/4 cup Splenda  
Xanthan gum (about 1 t)

Combine water, ketchup, vinegar and soy. Heat until boiling. Add guar gum to thicken. Take off heat and stir in Equal. Pour over meat.

TOTAL (1 cup): 30 carb. Per 1/4 cup serving: 7.5 carbs

If you can cut the Splenda, or use liquid Splenda, it will reduce the carbs significantly

---

## Scampi Sauce

Ingredients:

4 T butter  
4 T oil  
3 garlic cloves  
lemon juice

Melt butter, add oil and sauté garlic. Add splash of lemon juice.

Total: 3 carb. Serves 2 @ 1.5 carbs.

---

## Flavored Syrup

Ingredients:

1 cup syrup: 1 cup water  
1/2 tbsp extract  
1 tbsp liquid splenda, or 24 pkts  
1/2 tsp guar gum

1/2 cup syrup: 1/2 cup water  
3/4 tsp extract  
1 1/2 tsp liquid splenda, or 12 pkts  
1/4 tsp guar gum

1/4 cup syrup: 1/4 cup water  
1/2 tsp extract  
3/4 tsp liquid splenda, or 6 pkts  
1/8 tsp guar gum

Boil water with extract and sweetener. Remove from heat and add guar gum, 1/4 tsp at a time and stir WELL. This will thicken upon cooling.  
Carb counts: with liquid splenda = 0. Each pkt of splenda is .5 carbs.

---

## Simple Tomato Sauce

Ingredients:

Makes 1 1/2 cups

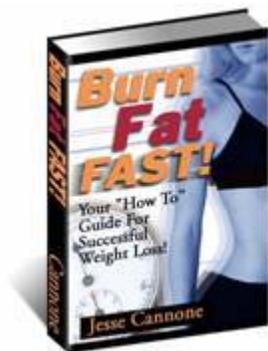
2 Tbsp. extra-virgin olive oil

1/4 cup finely diced onion

1 28-oz. can Italian plum tomatoes, well drained and finely chopped

sea salt and freshly ground black pepper

In a heavy pot, heat the olive oil over medium heat. Add the onion and sauté until translucent. Add the tomatoes and cook at a lively simmer until the sauce has reduced and the oil starts to bubble.



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## Cranberry Sauce

*Note:* Makes 4 cups, 1 carb

Ingredients:

4 1/2 cups approximately 1-pound, fresh cranberries

1 1/2 cups water

2 strips orange peel

2 strips lime peel

1 cinnamon stick

6 whole cloves

1 1/2 cups Splenda

2 Tbsp. bourbon

Bring cranberries, water, orange lime peel, cinnamon and cloves to a boil. Boil until the skin of the berries pop open (about 5 minutes.) Remove from heat. Add the Splenda, and mix to thoroughly combined. Cool in refrigerator before serving.

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## **MEALS**

### **Eggplant Parmigiana**

**Note:** If you miss eggplant parmigiana – well, now you can eat it again. This is not a quick-to-fix meal, but if you can find the time to do it, you will be rewarded. Serve with Superb Rolls or Intense Garlic Bread Surprise.

Carbs per serving 9.5 grams of carb. NUMBER OF SERVINGS: 6.

#### Ingredients:

2 medium-size eggplants, peeled (about 18 ounces)  
4 ounces shredded whole-milk mozzarella cheese  
5 ounces grated Parmesan cheese  
4 ounces shredded Swiss cheese (or very thinly sliced)  
6 Tablespoons tomato paste  
1 ½ cups dry white wine  
½ cup water  
salt to taste  
freshly ground black pepper to taste  
2 eggs, beaten  
¾ cup bread crumbs  
½ Teaspoon garlic powder  
¼ cup olive oil or coconut oil (more if needed)  
4 Tablespoons butter (½ stick), (optional)

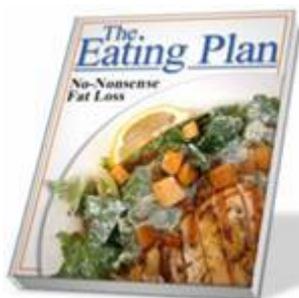
Butter or oil a 2-quart baking pan or ovenproof casserole dish. Cut the eggplant into ½-inch-thick slices. (Read about eggplant on page 220.) Set out the cheeses and have ready. Mix the tomato paste with the wine and water; stir into a smooth sauce (you can do this in the blender). Season with salt and pepper.

Set out two shallow bowls for the beaten eggs and the bread crumbs. Mix the crumbs with garlic powder and salt. Dip each slice of eggplant first in the eggs, then in the bread crumbs. Coat well. Put the coated slices on a platter.

Heat a large, heavy skillet over medium-low heat. Heat the olive oil. Cook the eggplant slices in the hot oil until golden brown on each side. Do not crowd the slices; you need to be able to turn them. Preheat oven to 350°F when you are about halfway through cooking the eggplant. Drain eggplant on paper towels. Transfer the cooked slices to a holding plate until all slices are cooked. Note that these bread crumbs tend to darken faster than standard bread crumbs. Reduce heat if needed to keep the slices light golden in color.

Build the eggplant parmigiana. Put a layer of eggplant (about half) in the bottom of the casserole dish. Sprinkle about half of each of the three cheeses over the eggplant slices, but reserve some Parmesan cheese (to taste) for topping the finished casserole. Pour about half of the sauce over the cheeses. Add the next layer of eggplant slices and repeat the process. Pour the rest of the sauce on top. Sprinkle the casserole with bread crumbs and 1 ounce Parmesan cheese. Dot with butter. Bake the casserole, uncovered, for about 30 to 35 minutes or until light golden brown.

---



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## Deluxe Low-Carb Macaroni and Cheese

**Note:** This dish is simply out of this world. If you have pasta on hand, this fancy meal takes little time to prepare. Whip up a zesty green salad and dinner is done. Carbs per serving 11.7 grams of carb. NUMBER OF SERVINGS: 6.

### Ingredients:

- 4 cups pasta
- ½ cup broth or stock (see “stock and broth”)
- 1 cup heavy cream
- 2 egg yolks
  - freshly ground black pepper to taste
  - salt to taste (about ½ Teasp)
- 5 ounces grated sharp cheddar cheese
- ¾ cup grated Parmesan cheese
- 2 Tablespns butter (1/4 stick)
- ¼ cup bread crumbs

Preheat oven to 325°F or 350°F. Butter a medium-size ovenproof casserole dish or other baking dish.

Cut the pasta in short pieces and put the pieces in a large mixing bowl. Set aside.

Heat the broth and ½ cup cream in a small saucepan. In a small mixing bowl, whisk the egg yolks until smooth. When the broth and cream begin to heat up, add Tablesp amounts to the egg yolks, beating the yolks while you do this. When you have

added about 1/3 cup in this way, pour the rest of the liquid into the eggs. Add the remaining cream. Add salt and pepper to this sauce and stir it into the pasta. Add the cheeses to the pasta and stir again. Put the mixture in the casserole dish. Dot with the butter and bread crumbs. Bake for 25 to 35 minutes or until the top begins to brown (do not let the bread crumbs get too dark).

---

## Soft-Crust Pizza

**Note:** If you like soft, chewy pizza, here is a low-carb version that will please you. Soft and thicker crusts require more dough, though, which makes the carb count rise. Make this pizza an occasional treat – perhaps to keep you from running to a pizza parlor or calling for delivery.

Regular pizza dough usually calls for about 3 cups of flour (if you want to make pizza at home). You can make a big pizza with all that flour, but one slice of a 16-inch pizza could have 34.0 grams of carb just for the crust. You can see what you are up against. Regular pizzas are true carb killers. This crust has 7.7 grams of carb per serving.

SERVING SIZE, 1 slice (12-inch pizza). CARBS PER SERVING, (CRUST ONLY): 7.7 grams of carb. NUMBER OF SERVINGS: 8.

### Ingredients:

½ cup cold water  
1/3 cup hot water  
4 Tablespoons olive oil  
1 package rapid-rise yeast  
¾ cup stone ground whole-wheat flour  
½ cup whole almond meal  
½ cup soy protein powder  
salt (about ¼ Teaspoon or to taste)

Preheat oven to 450°F. Lightly oil a 14-inch pizza pan.

Combine the cold water, boiling water, and olive oil in a medium-size mixing bowl. Add the yeast and stir. While the yeast activates (it needs to add sugar), combine the stone ground whole-wheat flour, almond meal, soy protein powder (except for the last Tablespoon), and salt in another mixing bowl; stir. Add the dry mix to the yeast mix and stir with a fork until the moisture is pretty well absorbed. Work the dough by hand until smooth (it takes a few seconds). Cover the bowl and let the dough rise for about 10 minutes.

While the dough rises, prepare sauce and toppings (see pages 186 and 187).

Spread the dough to fit the pizza pan and form an edge. Build the pizza. Bake for about 15 to 18 minutes or until bubbly and done.

---

## Low-Carb Beef Stroganoff

**Note:** This is one of the many quick and easy beef recipes that tastes fabulous with minimal effort thanks largely to sour cream. You can fix this meal in less than 30 minutes. Because it is so easy to do – and tastes absolutely delicious – it is a great meal to serve at your dinner parties. The dish is absolutely best if you use beef tenderloin. There is little waste, and you are better off serving smaller portions than using a lesser-quality in larger amounts. This is great served over any type of pasta.

Serving size, 1 <sup>1</sup>/<sub>3</sub> cups. Carbs per serving 5.4 grams of carb.

NUMBER OF SERVINGS: 4.

### Ingredients:

- 1 <sup>1</sup>/<sub>2</sub> pounds beef tenderloin, trimmed well
- salt to taste
- freshly ground pepper to taste
- 12 ounces small button mushrooms
- 2 Tablespoons coconut oil
- 1 ounce butter
- <sup>3</sup>/<sub>4</sub> cup stock or broth
- 2 Teaspoons Wondra flour
- <sup>3</sup>/<sub>4</sub> cup sour cream
- 2 Tablespoons freshly chopped parsley (or small sprigs)

Pound meat thin. Cut in strips about <sup>1</sup>/<sub>4</sub> inch wide and 2 inches long. Put on a large plate and sprinkle lightly with salt and pepper. If you have time, refrigerate meat for an hour or longer.

Wipe mushrooms clean with a damp paper towel. Trim off hard ends of stems.

Heat a large, heavy skillet on medium-high. Add the oil. Quickly brown the meat in the hot oil on both sides, about 2 minutes total. Remove meat to a holding plate. Add the butter to the skillet. Reduce heat to medium-low. Add the mushrooms and cook until tender, about 5 minutes. Add the beef stock and stir to loosen particles on the bottom of the skillet. Add the flour and stir into the broth. Simmer for about 2 minutes on low. Add the meat and the sour cream and heat through. Adjust seasoning, sprinkle with parsley, and serve immediately.\*

*\*Sub-Note:* If you are not prepared to serve the meal promptly after you have added the flour and stirred the stock, remove the pan from the heat until you are. (If this is going to take longer than 30 minutes, refrigerate everything until you are ready.) Reheat mushrooms and stock in skillet until bubbly. Proceed with recipe.

---

## Bean and Cheese Burritos

**Note:** Have you got the refried soybeans and tortillas? If you do, you are about to put a scrumptious meal together in just a few minutes. Two makes a meal and one makes a marvelous low-carb snack. Serving size, 2 burritos. Carbs per serving, 14.7 grams of carb.

NUMBER OF SERVINGS: 2.

Ingredients:

4 Corn Tortillas  
1 cup refried black soybeans  
1 cup shredded cheddar or jack cheese  
salt to taste  
freshly ground black pepper to taste

*Sub note:* If needed, soften tortillas in microwave (between paper towels) for a second. Put ¼ cup refried beans on each tortilla; top with ¼ cup shredded cheese. Roll up tortillas and put them in a microwave-safe tray. Heat briefly on high until they are hot and the cheese has melted.

You can also use a spicy cheese dip.

---

## Seared Tuna with Soy Wasabi Glaze

Ingredients:

4 6 oz. fresh Ahi tuna steaks, about 3/4-inch thick  
vegetable oil  
sea salt and freshly ground black pepper  
8 Tbsp. cold unsalted butter  
3 green onions, thinly sliced  
1-2 Tbsp. fresh lime or lemon juice  
3 Tbsp. soy sauce  
1-2 Tbsp. prepared wasabi

Brush tuna steaks on both sides with the oil and season with salt and pepper. Combine the butter, onion, lime juice, soy sauce and wasabi in a small pan. Heat a heavy, nonstick frying pan over high heat. Place the tuna in the pan and sear until crispy and brown. Turn over and sear the other side. Be careful not to overcook the tuna. It's best rare to medium rare. While the tuna is cooking, heat the butter mixture over low heat, stirring constantly until smooth and emulsified. Serve the tuna immediately, drenched with the sauce.

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## Slow Roasted Herb and Spice Cured Pork Shoulder

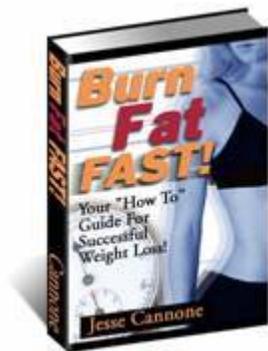
### Ingredients:

- 1 4-5 lb. boneless, skinless pork shoulder, not rolled or tied
- 2 Tbsp. coriander seeds
- 1 Tbsp. whole black peppercorns
- 12 whole cloves
- 1 Tbsp. sea salt
- 2 bay leaves, crumbled
- 2 Tbsp. fresh rosemary leaves, coarsely chopped
- 6 cloves garlic, thinly sliced

With a sharp knife, score the pork fat in a cross-hatch pattern.

Combine the coriander seeds, peppercorns and cloves in a coffee grinder or mortar and pestle. Grind coarsely and combine with the salt, bay leaves, rosemary and garlic. Spread half the mixture in the bottom of a glass or non-corrodible pan and place the pork on top. Cover with the remaining mixture. Cover and refrigerate overnight.

Preheat the oven to 250°F. Wash the pork and pat dry. Place fat side up in a baking pan and bake for 6 hours - that's right, 6 hours. Let rest for 15 minutes before slicing. The carb count is actually negligible because the spices are washed off.



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## Feta and Olive Meatballs

### Ingredients:

- 1/2 cup chopped parsley
- 2 Tbsp. finely chopped onion
- 1 lb. ground lamb or beef
- 1/2 cup crumbled feta cheese
- 1/2 cup pitted green olives, coarsely chopped
- 2 eggs
- 2 Tbsp. Tabil spice mixture or 1 tsp. dried oregano

Combine all the ingredients with your hands and shape into 16 meatballs. Place the meatballs about 2-inches apart on a baking sheet and broil, about 3-inches away from the heat until browned on top. Turn over and broil on the other side.

You don't really need any salt in this recipe as the feta and olives provide enough. You can also fry the meatballs in olive oil, but I think broiling is easier! Try the spice mixture. It tastes great in the meatballs.

---

## Roasted Chicken with Prosciutto and Green Olives

*Note:* Serves 3-4. Total carb count 20

Ingredients:

1 free-range chicken, 3 1/2-4 lbs.  
salt and pepper  
1/4 lb. Prosciutto, in one piece, diced into 1/2-inch cubes  
1/3 cup shallots, minced  
2 cloves garlic, minced  
1/2 cup whole green olives, unpitted  
1/2 cup white wine  
salt and pepper to taste

Preheat the oven to 350° F.

With a sharp heavy knife, split the chicken down the backbone and open it up. Turn it breast side up and flatten with the palm of your hand. Cut a slit in the skin at the bottom of the breast and slip the "ankles" of the chicken through the slit. Sprinkle liberally with salt and pepper. Transfer the chicken, breast side down, to a lightly oiled roasting pan. Bake for 45 minutes. While the chicken is baking, prepare and combine the prosciutto, shallots, garlic and olives.

Remove the chicken from the oven and transfer to a plate. Remove any accumulated fat from the roasting pan. Scatter the prosciutto mixture evenly in the roasting pan and add the white wine. Place the chicken skin side up into the pan. Bake for 45 minutes longer. Remove the chicken from the pan. Either carve the chicken or cut it up into serving pieces. Pour the prosciutto mixture over the chicken and serve.

---

## Zucchini, Sour Cream and Jack Cheese Bake

Ingredients:

4 Tbsp. unsalted butter  
1/2 cup finely chopped green onion  
1 clove garlic, minced  
1 lb. zucchini, trimmed and sliced 1/8-inch thick  
1/2 cup grated Jack cheese - hot pepper is good!  
1 egg

1/2 cup sour cream  
1/2 tsp. salt  
2 Tbsp. chopped fresh basil or 1 tsp. dried

Preheat the oven to 350°F. Butter an 8 by 8-inch baking dish. Melt 1 Tbsp. of the butter in a large frying pan over medium heat. Add the onion and garlic and sauté until the onion is translucent. Scrape into a large bowl. Melt the remaining butter over medium high heat in the same frying pan. Add the zucchini and cook, stirring frequently until the moisture has evaporated and the zucchini is tender. Transfer to a food processor and pulse until smooth. Add the remaining ingredients and pulse to combine. Add the onions and pulse once. Pour into the prepared baking dish. Bake for 30 minutes until lightly golden.

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## Quiche ala Mode

Ingredients:

1/2 lb chopped ham  
1 c shredded cheddar  
1 c shredded mozzarella  
1/2 c heavy cream  
1/2 c water  
5 eggs  
3/4 cup chopped broccoli  
salt, pepper, dill, dry mustard to taste

Sprinkle cheeses in large quiche or pie pan, lightly sprayed with PAM. Put ham and WELL-DRAINED spinach over cheese. Beat remaining ingredients and pour over top. Bake in pre-heated 350 oven 30 min.  
Serves 4 @ 3 carbs

You can substitute any veggie - the original called for spinach, but I think it's such a pain draining it!

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## Deep Dish Quiche Pizza

Ingredients:

4 oz cream cheese  
3 eggs  
1/4 cup Parmesan cheese  
1/3c heavy cream  
1/2 t oregano  
2 cups shredded Italian cheese (mozzarella, romano, parm mix - or your choice)  
1/4 t garlic powder  
1/4 cup tomato sauce

1 cup shredded mozzarella  
20 slices pepperoni

Beat cream cheese & eggs until smooth. Add cream, Parmesan and spice. Spray 13 x 9" baking pan with PAM. Put 2 cups pizza cheese in dish and pour egg mixture over. "Squish" around to mix. Bake at 375 for 30-40 min until well browned. Remove from oven and cool. When you're ready to eat, spread on pizza sauce, sprinkle on mozzarella, and layer with pepperoni (or any toppings you choose). Bake about 10 min in 375 oven until toppings bubbly and brown.

W/O Topping: 4 @ 4 carb

With above toppings: 4 @ 6 carb

This was exceptional! I turned on the broiler for the last few minutes to get the top done the way I like it. Can use any pizza toppings you like, but add the carbs.

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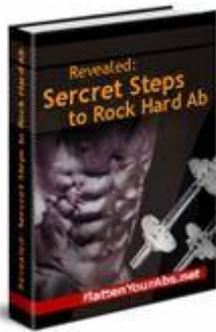
## Spaghetti Squash

Ingredients:

3 cups spaghetti squash  
1 beaten egg  
1/3 cup Parmesan cheese  
1 cup ricotta  
1 beaten egg  
1/2 lb ground beef  
1/2 cup onion, chopped  
1/4 cup green pepper, chopped  
2 cups tomato sauce  
garlic powder, oregano, basil, parsley  
1/2 cup mozzarella, shredded

Preheat oven to 350F. Mix squash, 1 egg and Parmesan. Press evenly into 9" pie plate. Mix ricotta and other egg and spread over squash mixture. In skillet, brown ground beef with onion and green pepper. Drain excess fat. Add tomato sauce and spices and simmer for few minutes. Spoon over ricotta mixture in pie plate. Bake approx. 15 min. Sprinkle with mozzarella and make 10 min. more to brown cheese. Remove from oven and let sit 5-10 min before cutting. Serves 6 @ 11 carb.

Don't get turned off by the list of ingredients! This is really easy. I cooked the spaghetti squash on the weekend and put in the fridge in a container. I always have some browned ground beef in the freezer, so this didn't take much time to assemble. (To cook spaghetti squash, pierce with fork, then put in the microwave for 15 min. Let cool a little, cut in half, scoop out seeds and run fork over the squash - it will separate into spaghetti-type strands).



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## Swiss & Crab Pie

Ingredients:

1 cup Swiss (or cheddar), shredded  
8 oz crab meat  
3 beaten eggs  
3/4 c heavy cream  
1/4 c water  
1/2 t salt  
dry mustard to taste

Preheat oven to 325. Sprinkle cheese in large quiche or pie pan, lightly sprayed with PAM. Top with crab. Mix remaining ingredients and pour over top. Bake 40-45 min.

Serves 4 @ 3 carb

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## Savory Roasted Chicken

*Note:* Serves 3-4 . Total Carbohydrates: 20

Ingredients:

1 chicken, 3 1/2-4 lbs.  
salt and pepper  
1/4 lb. prosciutto, in one piece, diced into 1/2-inch cubes  
1/3 cup shallots, minced  
2 cloves garlic, minced  
1/2 cup whole green olives, un-pitted  
1/2 cup white wine  
Salt and pepper to taste

Preheat the oven to 350°F.

With a sharp heavy knife, split the chicken down the backbone and open it up. Turn it breast side up and flatten with the palm of your hand. Cut a slit in the skin at the bottom of the breast and slip the “ankles” of the chicken through the slit. Sprinkle liberally with salt and pepper. Transfer the chicken, breast side down, to a lightly oiled roasting pan. Bake for 45 minutes. While the chicken is baking, prepare and combine the prosciutto, shallots, garlic and olives.

Remove the chicken from the oven and transfer to a plate. Remove any accumulated fat from the roasting pan. Scatter the prosciutto mixture evenly in the roasting pan and add the white wine. Place the chicken skin side up into the pan. Bake for 45 minutes longer.

Remove the chicken from the pan. Either carve the chicken or cut it up into serving pieces. Pour the prosciutto mixture over the chicken and serve.

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## Pan Asian fried Rice

**Note:** Serves 4 as a main course, 8 as a side dish (very low carb count total carb count is 57 for the whole meal)

This is a pan-Asian mix combining flavors and techniques from China, Thailand and Vietnam. Chinese like their fried rice to be white, Thais like the flavor of golden fried garlic and Vietnamese like to add a bit of black pepper.

You can use raw meat, shrimp or prawns. Just make sure it's in small pieces and thoroughly cooked before adding the eggs.

If you're used to the darker version, add a splash of soy sauce - go easy or the rice may be too wet - and reduce the salt. You can use this without the meat as a side dish. Delish with crumbled feta, olive oil and chopped tomato on top. The variations are endless: a bit of curry powder, some grated lemon rind to go with fish, some chili powder...

Ingredients:

- 2 lbs. trimmed cauliflower
- 4 Tbsp. vegetable oil
- 4 cloves garlic, minced
- 3-4 cups diced, cooked meat
- 3 eggs
- 1 tsp. salt
- 2 green onions, thinly sliced
- 1/2 tsp. freshly ground black pepper

Grate the cauliflower using the medium sized holes of a grater. Grate the core too. With your hands squeeze out as much water as you can. This may not be necessary for some cauliflower as they vary in degree of wetness.

Over high heat, heat the oil (bacon fat can be used here too) in a wok or large heavy frying pan and add the garlic. Stir-fry until pale gold. Add the meat and fry until lightly

browned. Break in the eggs and fry until softly scrambled. Add the grated cauliflower, sprinkle with salt and stir and fry until it's tender-crisp, about 5-8 minutes. The length of time will depend on the cauliflower.  
Stir in the green onion and pepper. Check the seasoning and serve.

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## **HOLIDAY DELECTABLES**

### **Sugar Plums**

*Note:* Makes 24 Total carbs 25

Ingredients:

1/2 lb. cream cheese at room temperature  
1/4 cup unsalted butter, at room temperature  
4 pkgs. sugar free strawberry Jell-o, 11 gram packages (0.3 oz.)  
24 whole cloves  
1 1/2 cups unsweetened, desiccated, long shred coconut

Beat the cream cheese and butter together until smooth. Beat in 3 packages of the Jell-o until well blended, then stir in the coconut. Sprinkle the one remaining package of Jell-o on a plate.

Form level Tablespoons of the mixture into balls and roll in the Jell-o powder. Stick a clove into each ball.

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### **Enchanting Chocolate Mint Truffle Delights**

*Note:* Use a good quality unsweetened chocolate like Callebaut, Vahlrona or Scharffen-Berger (perhaps you have a favorite). Bakers chocolate is very grainy when used in low-carb sweets so it's not recommended. Total carbs 99. You can pipe the mixture into different types of cups for something different or pleasing to the eye. You can also vary the flavoring as you like. Bourbon is especially good with chocolate.

*Makes 24*

Ingredients:

1 1/4 cups whipping cream  
1/2 lb. unsweetened chocolate, chopped into small pieces  
1/3 cup granular Splenda  
1/3 cup granular Sugar Twin  
1 tsp. peppermint extract  
4 Tbsp. cocoa powder

In a small pot, bring the cream to a boil. Remove from the heat and stir in the chocolate until melted. Stir in the artificial sweetener and peppermint extract. Transfer to a larger

bowl and let stand in a cool place until completely cold.

With an electric mixer, beat the chocolate mixture until it becomes light and fluffy. Spread out evenly into a plastic wrap lined 8 by 8-inch pan. Refrigerate until set.

Dust the top with 2 Tbsp. of the cocoa powder. Flip out, cocoa side down onto a flat surface. Remove the plastic and dust with the remaining cocoa powder. Run a sharp bladed knife under hot water and dry. Cut into 24 pieces, heating and drying the knife after each cut. Keep frozen until you are ready to serve them.

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## **RHUBARB THINGS**

### **Half frozen Ricotta with Warm Rhubarb Pita**

*Note:* Serves 6. Total Carbohydrates: 33. Remember to put this in the fridge an hour before serving if you've made it in ramekins or bowls.

ram-e-kin = A cheese preparation made with eggs and bread crumbs or unsweetened puff pastry, baked and served in individual dishes. 1. A small dish used for baking and serving.

This is great with spring rhubarb and can be served with fresh berries in the summer. Without the rhubarb, the carb count goes down to 2.42 grams per serving.

Ingredients:

1/2 cup whipping cream  
1 vanilla bean, split  
1/2 lb. ricotta cheese  
1 tsp. pure vanilla extract  
2 egg yolks  
liquid sweetener to equal 1/4 cup  
pinch of sea salt  
1/2 cup whipping cream  
1/2 lb. fresh young rhubarb with pink stems  
2 Tbsp. water  
1/3 cup Splenda

Combine the first 1/2 cup (120 ml) of whipping cream and the vanilla bean in a small pot. Bring to a simmer, then remove from the heat and cool completely. Scrape the seeds from the vanilla bean and add to the cream. Discard the bean.

In a food processor, puree the ricotta cheese and vanilla until smooth. With the motor running, pour in the vanilla cream. Transfer to a bowl.

Beat the egg yolks, sugar and salt until thick and lemon colored. Fold into the ricotta mixture. Beat the cream into soft peaks and fold into the ricotta mixture. Pour into 6 6-oz. serving bowls and freeze.

For the rhubarb compote, trim the leaves and the lower end of the stalks from the rhubarb and cut into 1-inch (2.5-cm) pieces. Place in a non-corrodible saucepan the water. Cover and set over low heat. Stew gently for 30-45 minutes until soft. Cool slightly and the rhubarb can be cooked a few days in advance

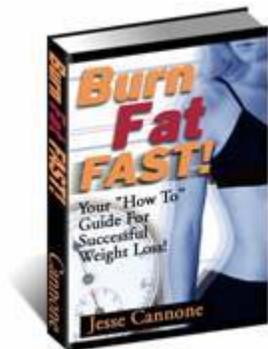
To serve, remove the half-frozen ricotta from the freezer and place in the fridge an hour before serving. Gently re-warm the compote and spoon on top of each half-frozen ricotta. Serve immediately.

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## Rhubarb Delight

*Note:* Makes 8 yummy servings. Total Carbohydrates: 54. Carbohydrates per Serving: 6  
1 recipe rhubarb compote, see below  
1 3/4 cup whipping cream

Make the rhubarb compote following the recipe below. Allow to cool, then drain for an hour in a sieve. Whisk the rhubarb into a coarse pulp. Whisk the cream to firm peaks and fold into the rhubarb pulp. Pour into tall wine glasses to make individual servings or into a large serving bowl. Refrigerate until ready to serve.



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## Rhubarb Compote

Makes about 4 cups

Ingredients:

2 lbs. fresh young rhubarb with pink stems

1/4 cup water

liquid sweetener to equal 1 1/2 cups

Trim the leaves and the lower end of the stalks from the rhubarb and cut into 1-inch chunks. Place in a non-corrodible saucepan with the water. Cover and set over low heat. Stew gently for at least an hour. Remove from the heat and pour into a bowl. Let cool and add the sweetener. Cover and refrigerate.

# **ASPARAGUS ‘N’ THINGS**

## **Delicious Brownded Asparagus and Poached Eggs**

*Note:* Serves 4, Total Carbohydrates: 44, Carbohydrates per Serving: 11 .If you don't feel comfortable with poaching eggs, you can fry them instead, or you can omit them completely.

Ingredients:

2 lbs. medium-sized asparagus  
sea salt  
4 Tbsp. unsalted butter  
1 Tbsp. lemon juice  
4 large, free-range eggs  
white vinegar  
4 Tbsp. freshly grated Parmesan cheese

Start by bringing large pot of water to a boil. While waiting for the water, snap the woody ends from the asparagus. Gently tie the asparagus into two bundles, in two places with string. When the water boils, add the asparagus bundles and half a handful of salt. Cook until the asparagus is just tender and bright green, about 4 minutes. Remove the asparagus bundles from the pot and immediately plunge into a bowl of cold water. Continue running cold water over the asparagus until completely cool. Drain well.

Remove the string and lay the asparagus out on a towel. You can do this several hours in advance. Just roll up the towel and place on a plate in the fridge. Fifteen minutes or so before serving, bring a deep frying pan with 4-inches (10-cm) of water to a simmer. Add a splash of vinegar. Crack and egg into a small bowl and then slip the egg into the water. Repeat with the remaining eggs. Poach the eggs for 4 minutes, or until the whites are firm.

In another frying pan heat the butter over medium heat, swirling the pan occasionally until the butter is a deep brown. Immediately add the asparagus and toss in the butter until heated through. Add the lemon and a dash of salt to taste. Transfer to four heated plates and sprinkle with the Parmesan. Top each serving with a poached egg and grinds a little black pepper over the plate. Serve with a wedge of lemon on the side.

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## **Asparagus Ala Katsiki**

*Note:* Serves 6. Total Carbohydrates: 48, Carbohydrates per Serving: 8. Asparagus and creamy goat's cheese is a natural combination. If you want to get very fancy a few droplets of truffle oil can simulate the effect of marvelous truffled goats cheese over the finished dish.

Making a savory zabaglione (sauce) is not difficult and it is a great sauce to have in your repertoire. Try it with salmon.

Ingredients:

6 large egg yolks

1/2 cup white wine

6 oz. Salt Spring Island or other soft un-ripened goat's cheese,

At room temperature

1 Tbsp. water

1/2 cup whipping cream

1 Tbsp. lemon juice

1 Tbsp. minced chives

2 lbs. fresh asparagus

Whisk the egg yolks and white wine together in a heatproof bowl. Place the bowl over, not in, a pot of simmering water. Continue whisking until the mixture becomes thick and triples in volume. Set the bowl into a larger bowl filled with iced water, whisking constantly until cool.

Beat the goat's cheese until smooth. Gradually beat in the water and lemon juice. Fold the chilled egg yolk mixture into the cheese. Beat the whipping cream until soft peaks form. Fold into the yolk mixture. Stir in half the chives. Cover and refrigerate. Use the same day.

Start by bringing large pot of water to a boil. While waiting for the water, snap the woody ends from the asparagus. Gently tie the asparagus into two bundles, in two places with string. When the water boils, add the asparagus bundles and half a handful of salt.

Cook until the asparagus is just tender and bright green, about 4 minutes. Remove the asparagus bundles from the pot and immediately plunge into a bowl of cold water.

Continue running cold water over the asparagus until completely cool. Drain well.

Remove the string and lay the asparagus out on a towel. You can do this several hours in advance. Just roll up the towel and place on a plate in the fridge.

If you wish to serve the asparagus hot, drain it, remove the string, and arrange on a platter or individual plates. Top with the sauce and sprinkle with the remaining chives. Serve immediately.

To serve cold, cool it under cold running water and drain well. Remove the string and arrange on a platter or individual plates. Top with the sauce and sprinkle with the remaining chives. Serve immediately.

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## Open-Faced Asparagus Omelet (fritto)

*Note:* Serves 4 . Total Carbohydrates:20 ,Carbohydrates per Serving: 5

Can be good as an easy dinner with a salad or a hand held snack. They are adaptable too-you can add a spoonful of pesto or a few chopped sun-dried tomatoes to the egg mixture.

Ingredients:

2 Tbsp. olive oil

1/2 cup thinly sliced onion

1 clove garlic, minced

1 tsp. chopped fresh thyme  
1/2 medium tomato, seeded and diced  
12 cooked asparagus stalks, cut into 2-inch pieces  
8 large eggs  
½ tsp. salt  
½ tsp. pepper  
½ cup freshly grated Parmesan cheese

Heat 1 Tbsp. (15 ml) of the olive oil over medium heat in a 9 to 10-inch, preferably nonstick, ovenproof frying pan. Add the onion, garlic and thyme. Sauté until the onion is caramelized. Add the asparagus and cook for a minute longer. Add half of the tomato and give a few stirs. Remove the vegetables and wipe out the pan.

Turn on the broiler. While it is heating, beat the eggs, salt, pepper and cheese together. In the same frying pan, heat the remaining oil over medium heat. Pour in the eggs and scatter the vegetables on top of the eggs. Turn the heat to low and cook until the frittata is golden brown on the bottom, 5-8 minutes. Place the frittata under the broiler and cook until firm. Slide onto a plate and garnish with the remaining chopped tomato.

---

## Roasted Asparagus

*Note:* Serves 4-6 . Total Carbohydrates: 41, Carbohydrates per Serving: 10.30 Don't expect this asparagus to be green and crunchy. It will be browned, soft and sweetly delicious. It needs nothing more than a sprinkling of coarse-grained salt.

Ingredients:  
2 lbs. thick asparagus  
1 Tbsp. olive oil  
coarse salt  
lemon wedges

Preheat the oven to 450°F (227°C). Snap or cut off the fibrous ends of the asparagus and discard. Place the asparagus in a bowl and toss with the olive oil. Spread it out in a single layer onto a thick, rimmed baking sheet. Roast the asparagus, shaking the pan occasionally, until tender and browned, about 10-15 minutes. Sprinkle with the salt. Transfer to a heated platter and garnish with the lemon wedges.

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## **SPINACH 'N' THINGS**

### **Fabulous Cheese Spinach**

*Note:* Makes 4 servings. Total Carbohydrates: 24, Carbohydrates per Serving: 6

Ingredients:

1/2 cup grated gruyere cheese  
1/2 cup ricotta cheese  
1/4 cup crumbled gorgonzola or blue cheese  
2 Tbsp. freshly grated Parmesan cheese  
2 Tbsp. chopped fresh dill  
1 large egg yolk  
2 Tbsp. extra-virgin olive oil  
2 10 oz. packages of fresh spinach, coarsely chopped.

Preheat the broiler to medium. Lightly butter 11-by 7-by 2-inch baking dish. Mix the cheeses, dill and egg yolk in a large bowl. Heat oil in a large pot over medium-high heat, and then add the garlic. Stir for a minute until fragrant. Pour into the prepared baking dish. Add the spinach to the pot and sauté until wilted. Transfer spinach to strainer; drain well. Pour over the garlic in the baking dish. Toss to coat with the oil and spread out evenly. Sprinkle with cheese mixture. Broil until cheese is golden on top, and the spinach is heated through.

---

## **Creamed Spinach with Garam Masala**

*Note:* Serves 8. Total Carbohydrates: 85

This is excellent served with lamb as well as turkey. Garam masala is an East Indian blend of sweet spices, such as cinnamon, nutmeg and allspice. It is usually added at the last minute to cooked foods for an extra boost of flavor.

Ingredients:

4 lbs. fresh spinach, stemmed, washed and dried  
1 Tbsp. unsalted butter  
4 cloves garlic, minced  
4 Tbsp. finely chopped shallots  
2 cups whipping cream  
1/2 tsp. salt  
1 tsp. fennel seeds  
1/2 tsp. garam masala  
pinch of cayenne pepper

Coarsely chop the spinach and set aside. Melt the butter over medium heat in a large, heavy, preferably nonstick pot. Add the garlic and shallots and sauté until the shallots are translucent. Add the whipping cream and salt and bring to a simmer. Stir in the spinach by handfuls, adding more as it cooks down. Turn to low and cook, stirring frequently, until the spinach is extremely soft and the cream is almost absorbed, about 20 minutes. Heat a small frying pan over high heat. Add the fennel seeds and roast, shaking the pan, until the seeds turn one shade darker. Add to the spinach along with the garam masala and cayenne. Mix well.

---

## Garam Masala (seasoning)

*Note:* Makes 1/4 cup. Garam Masala is a seasoning made by blending dry-roasted, ground spices, such as black pepper, cumin, cloves, and cardamom, used in the cooking of northern India.

Total Carbohydrates: 32, Carbohydrates per tsp.: 2

Make your own fresh garam masala and you will be amazed.

Ingredients:

2 Tbsp. whole cumin seeds

2 Tbsp. whole coriander seeds

2 tsp. cardamom seeds (seeds removed from the pods)

1 piece cinnamon stick, 3 inches (7.5-cm) long

3/4 tsp. whole cloves

1 Tbsp. black peppercorns

4 bay leaves

Heat a heavy frying pan over medium heat. Add the spices and roast, stirring constantly, until the spices are a few shades darker and are fragrant. Transfer to a plate and cool. Grind the spices to a powder in a spice mill, mortar and pestle or coffee grinder. Store in a covered jar.

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## SOUPS

### Stock and Broth

Throw leftover bones and skins from chicken carcasses into a large saucepan or stockpot, add 5 to 6 cups of water, and add some veggies along with some salt and pepper. Set the pot to a low simmer. Once simmered, remove possible scum accumulated on the top, cover, and cook for several hours. Cool the stock and strain it. Place in the fridge. Remove fat from the cooled stock, unless it was made with a natural, free-range chicken that is free from antibiotics, pesticides, and hormones. Freeze stock if you don't plan on using it for a few days.

---

### Heavenly Chicken Soup

*Note:* Make it with stock on hand or use a combination of canned soups and extracts. Simmer a few veggies in the stock and add chicken last. (The soup tastes good even

without chicken.) In a rush, throw in a package of frozen vegetables. Serve with Superb Rolls or Intense Garlic Bread Surprise.

Serving size, 1 ½ cups. Carbs per serving 5.5 grams of carb. NUMBER OF SERVINGS: 2.

**Ingredients:**

2 cups chicken stock  
1 Tablesp butter (optional)  
2 Tablesp olive oil (optional)  
1 cup raw, chopped broccoli  
½ cup raw, chopped cauliflower (about 1-inch pieces)  
½ cup chopped sweet green pepper  
½ cup chopped zucchini  
salt to taste  
freshly ground black pepper to taste  
1 cup diced, skinless chicken

Put stock in a medium saucepan. Add optional butter and/or olive oil. Add vegetables. Add salt and freshly ground pepper. Simmer until vegetables are tender. This is a clear soup. If you want the soup to be slightly thicker, you can mash some veggies (right in the pot) with a potato masher or put half of the veggies (or as many as you like) in a blender or food processor and puree briefly, then return to soup. Add the diced chicken last. Reheat if needed. Adjust seasonings and serve.

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## Heavenly Creamy Chicken Soup

**Ingredients:**

2 cups chicken stock  
1 Tablesp butter (optional)  
2 Tablesp olive oil (optional)  
1 cup raw, chopped broccoli  
½ cup raw, chopped cauliflower (about 1-inch pieces)  
½ cup chopped sweet green pepper  
½ cup chopped zucchini  
salt to taste  
freshly ground black pepper to taste  
1 cup diced, skinless chicken  
½ cup heavy cream

Put stock in a medium saucepan. Add optional butter and/or olive oil. Add vegetables. Add salt and freshly ground pepper. Simmer until vegetables are tender. This is a clear soup. If you want the soup to be slightly thicker, you can mash some veggies (right in the pot) with a potato masher or put half of the veggies (or as many as

you like) in a blender or food processor and puree briefly, then return to soup. Add the diced chicken and heavy cream last. Reheat if needed. Adjust seasonings and serve.

Based on a ¼ cup serving, heavy cream adds 1.6 grams of carb per serving.

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## Heavenly Chicken Noodle Soup

Ingredients:

2 cups chicken stock  
1 Tablesp butter (optional)  
2 Tablesp olive oil (optional)  
1 cup raw, chopped broccoli  
½ cup raw, chopped cauliflower (about 1-inch pieces)  
½ cup chopped sweet green pepper  
½ cup chopped zucchini  
salt to taste  
freshly ground black pepper to taste  
1 cup diced, skinless chicken  
1/3 cup pasta

Put stock in a medium saucepan. Add optional butter and/or olive oil. Add vegetables. Add salt and freshly ground pepper. Simmer until vegetables are tender. This is a clear soup. If you want the soup to be slightly thicker, you can mash some veggies (right in the pot) with a potato masher or put half of the veggies (or as many as you like) in a blender or food processor and puree briefly, then return to soup. Add the diced chicken and pasta last. Reheat if needed. Adjust carb counts accordingly.

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## Blissful French Onion Soup

**Note:** Serving size, 1 cup. Carbs per serving, : 7.6 grams of carb.

Ingredients:

1 ½ cups thinly sliced onion (sweet)  
2 Tablesp butter (1/4 stick)  
1 Tablesp Wondra flour  
3 ½ cups stock or canned, low-carb chicken beef, or mushroom broth  
salt to taste  
freshly ground black pepper to taste  
3 Superb Rolls  
1 ounce butter  
4 ounces grated Swiss cheese

After this soup has finished simmering, preheat oven to 375°F. Have ready a lightly buttered, ovenproof earthenware soup bowl or deep casserole dish.

Heat 4 Tablesp. butter in a heavy, medium saucepan. Add onions and cook until translucent. Add the flour and stir. Add the broth and stir. Simmer for about 30 minutes. Season with salt and freshly ground pepper. Put the soup in the ovenproof bowls.

Thinly slice the Superb Rolls, discarding the ends. Toast the slices in a toaster oven (they will brown quickly, so take care not to burn). Butter the slices and put them on top of the soup. Sprinkle cheese on top. Do not cover. Put the bowls in the oven for about 15 minutes until the cheese and Superb Roll slices look crusted over and slightly browned. Serve at once.

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## Italian Egg Drop and Parmesan Cheese Soup

*Note:* Serves 4, Total Carbohydrates: 2

You can add cooked chicken cut into bite-sized pieces to this soup if you want something a bit heartier. This is very good with a thin slice of lemon floating on top.

Ingredients:

4 cups chicken stock or broth  
salt and pepper  
2 eggs  
4 Tbsp. freshly grated Parmesan cheese  
2 tsp. chopped fresh parsley

Heat the stock or broth to a boil over high heat. Season to taste with salt and pepper. Beat the eggs with the Parmesan and parsley and season with a bit of salt and pepper. Slow stir the egg mixture into the soup and stir constantly for 2-3 minutes until the eggs float to the top and form tiny “flakes”. Serve immediately.

---

## Vegetable Cream Soup

*Note:* The dairy is optional .Makes approximately 12 cups, total Carbs 61

Ingredients:

1 lb. cauliflower  
1 1/2 lbs. broccoli, or one of the suggestions above  
2 Tbsp. extra-virgin olive oil  
2 cloves garlic, minced  
10 cups chicken stock  
1 tsp. salt  
1 Tbsp. Dijon mustard  
1 tsp. dried tarragon leaves, or herb of your choice  
sea salt and freshly ground black pepper  
heavy cream, optional

Trim the broccoli and cauliflower and chop coarsely. The core of the cauliflower and the broccoli should be used too. Save a few tiny florets of broccoli to add later. In a large pot, heat the oil over medium heat. Add the garlic and sizzle until it smells fragrant. Add the broccoli, cauliflower, stock and salt. Bring to a boil, turn down and cook at a lively simmer until the vegetables are tender, about 20 minutes.

Puree in batches in a food processor or blender - a blender works best for this - with the mustard and tarragon add the broccoli florets and season to taste. Thin with stock or water if the soup is too thick. Add the cream if desired.

---

## **Cabbage and Tofu Soup**

*Note:* Makes 4 servings. Total Carbohydrates: 30. Delicious If you like a Chinese flavor, add the sesame oil. For a Southeast Asian flair, and my favorite, garnish with the cilantro, green onions, chilies and a squeeze of lime. Taking a trick from Vietnamese beef noodle soup, the boiling soup can be poured over extremely thinly sliced raw beef. The heat of the soup will cook it through.

Ingredients:

7 cups chicken stock  
3/4 lb. daikon radish, peeled and cut into 1/2 inch cubes  
4 1/4-inch slices fresh ginger  
sea salt  
1/2 lb. Chinese cabbage, cored and coarsely chopped  
1/2 lb. soft tofu, sliced  
chopped cilantro, green onions, chilies and fresh lime wedges if desired  
a few drops of sesame oil, if desired

In a large pot, bring the chicken stock, daikon and ginger to a boil. Season lightly with salt. Turn down to a simmer and cook for 20-30 minutes until the daikon is tender. Add the cabbage, return to a boil and cook for 5 minutes. Add the tofu and heat through. Adjust the seasoning and serve.

---

## **Pisano Egg Drop and Parmesan Cheese Soup**

*Note:* Serves 4 Total Carbohydrates: 2 . So each serving is less than a gram of carbs. You can add cooked chicken cut into bite-sized pieces to this soup if you want something a bit more hearty. This is very good with a thin slice of lemon floating on top.

Ingredients:

4 cups chicken stock or broth  
Salt and pepper  
2 eggs  
4 Tbsp. freshly grated Parmesan cheese

2 tsp. chopped fresh parsley

Heat the stock or broth to a boil over high heat. Season to taste with salt and pepper. Beat the eggs with the Parmesan and parsley and season with a bit of salt and pepper. Slow stir the egg mixture into the soup and stir constantly for 2-3 minutes until the eggs float to the top and form tiny "flakes". Serve Immediately, or let it cool a bit. Either way its tasty

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## Sausage and Cabbage Soup

*Note:* serves 6, Total Carbohydrates: 64 (instead of daikon radish. You can use zucchini if you prefer.)

To make this soup you can use potatoes or zucchini.

Ingredients:

1 small cabbage, ( or  $\frac{3}{4}$  of a large one), cored and shredded

4 Tbsp. unsalted butter

1/2 lb. pork sausages, your choice, though spicy Italian or chorizo are great

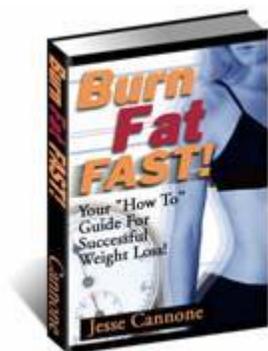
6 cups chicken or beef stock, or water

salt and pepper

1 lb. daikon radish, peeled and cut into 1/2-inch dice

1 cup sour cream

Bring a large pot of water to the boil. Add the cabbage. When the water returns to a boil, cook the cabbage for 1 minute and drain. Return the cabbage to the pot along with the butter, stock or water and sausages. Bring to a boil then reduce the heat to a low simmer. Cover and cook for 1 hour. Add the daikon and cook for 30 minutes longer. Remove the sausages and cut into bite sized pieces. Return to the soup, which by this point will be very thick. Pass the sour cream separately.



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# **SALADS**

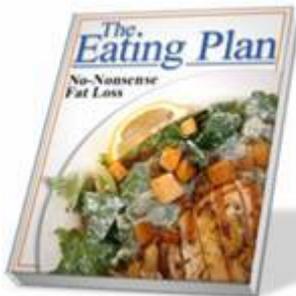
## **Portabello Mushroom Salad**

*Note:* Serves 4, Total Carbohydrates: 56

Ingredients:

4 oz. Gorgonzola or other blue cheese, crumbled  
1 cup sour cream  
1/4 cup mayonnaise  
1 Tbsp. red wine vinegar  
1 tsp. minced garlic  
1 salt and pepper  
4 portabella mushrooms, 3-4 oz. each extra-virgin olive oil  
Salt and pepper  
2 romaine hearts  
1 roasted red pepper, peeled, seeded and cut into 4 pieces

Mash the cheese to a paste. Stir in the sour cream, mayonnaise, vinegar and garlic. Season to taste. Remove the stem from the mushroom and scrape out the gills with a small spoon. Score the tops in a cross-hatch pattern. Season the mushrooms with the olive oil, salt and pepper. Grill or broil, 2-3 minutes on each side until cooked through. Cut the romaine hearts in half and place on 4 plates. Drizzle with the dressing. Top with a mushroom and a piece of red pepper.



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## **Hot or Cold Chicken Salad**

Ingredients:

8 oz chicken  
3-4 T mayonnaise  
1 c shredded Cheddar cheese  
1 T Dijon mustard  
1 T ea chopped: onion, red pepper, parsley

4 slices bacon, cooked crisp, crumbled

Mix all ingredients together. Place in refrigerator to cool or bake at 350 for 20 minutes until hot and bubbly.

(Serves 2 @ 3 carbs)

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## Taco Salad

Ingredients:

12 oz ground beef

4 cups lettuce

2 tsp. taco seasoning mix

4 oz cheddar, shredded

4 tbsp salsa

2 tbsp sour cream

Brown beef and stir in spices. Divide lettuce onto two plates. Top with half ground beef mixture, sprinkle with cheese, top with salsa and sour cream. Serves 2 @ 8 carb.

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## Oriental Salad

*Note:* Makes 6 servings . Total Carbohydrates: 38

Fish sauce is the salty liquid condiment used extensively in Southeast Asian cooking.

Well stocked grocery stores and Oriental supermarkets carry it, but you can use salt in its place.

Ingredients:

1/2 cup thinly sliced celery hearts

2 green onions, cut in half lengthwise, then cut into 1-inch pieces

16 sprigs cilantro, leaves only

1/2 cup fresh mint leaves

1 medium tomato, cut in half and cut into very thin slices

1/2 cup thinly sliced English cucumber

1 head Romaine lettuce, inner leaves only

1 head butter lettuce, inner leaves only

1 bunch watercress, large stems removed

2 hard cooked eggs, whites and yolks separated

6 Tbsp. vegetable oil

1 Tbsp. minced garlic

1 tsp. Splenda

5 Tbsp. lemon Juice

1 Tbsp. fish sauce

Combine the celery, green onion, cilantro, mint, tomato, cucumber, lettuce and watercress. Thinly slice the egg whites and add to the mix.

Heat the oil in a small frying pan over medium heat. Add the garlic and cook until the garlic turns pale gold. Remove from the heat and let cool. Mash the egg yolks. Add the Splenda, lemon juice and fish sauce. Beat in the garlic and oil. Toss with the salad, lightly pressing the ingredients together.

---

## **Delightful Parmesan Escarole**

*Note:* Serves 8 , Total Carbohydrates: 90. You can use chicory in place of escarole. The braising mellows the flavor and gives the greens a silky, rich texture.

Ingredients:

4 Tbsp. olive oil  
1 cup thinly sliced onion  
2 large heads escarole, washed, dried and cut into 2-inch (5-cm) strips  
4 cloves garlic, minced  
1 Tbsp. chopped fresh rosemary  
1 tsp. grated lemon zest  
1/2 cup dry white wine  
1/2 cup chicken stock  
salt and pepper to taste  
1/2 cup freshly grated Parmesan cheese

Preheat the oven to 325°F (165°C). In a large frying pan, heat the olive oil over medium heat. Add the onion and sauté until lightly browned. Add the escarole and garlic and cook until the escarole wilts. Add the rosemary, lemon zest, white wine and chicken stock. Bring to a boil, season lightly with salt and pepper and transfer to a wide, shallow baking dish. Cover and place in the oven. Bake for 40-50 minutes, until most of the liquid is absorbed. Remove the dish from the oven and increase the temperature to 400°F (200°C). Sprinkle the Parmesan cheese evenly over the top of the escarole. Bake until the top is golden brown and crisp.

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## **MISCELLANEOUS**

### **Spicy Corn Chips**

*Crunchy, delicious, low-carb – and not drenched in fat. The dough needs to be rolled out and cut into chips. It is fairly easy to do but takes a little time. The results are highly rewarding. This recipe makes relatively mild chips; increase the spices to suit your taste.*

PREPARATION TIME: 30 to 40 minutes to mix and roll out dough. BAKING TIME: 10 to 12 minutes per batch.

SERVING SIZE, 1 ounce of tortilla chips (about 12 to 14 pieces 1 by 1 ½ inches).

CARBS PER SERVING,: 9.6 grams of carb. NUMBER OF SERVINGS: 7 or 8.

Ingredients:

- ¼ cup hot water
- 3 Tablespoons butter, soft
- 2 Tablespoons cold water
- 3 Tablespoons olive oil
- ½ cup masa harina (enriched corn flour)
- ¼ cup vital wheat gluten flour
- 1/3 cup soy protein powder
- 3 Tablespoons unprocessed wheat bran
- ¼ cup whole almond meal
- 1 Tablespoon ground chili powder (or as desired)
- 1 Teaspoon garlic powder
- ½ Teaspoon cumin (optional)
- cayenne pepper (dash or as desired)
- salt to taste (a few shakes or as desired)
- freshly ground black pepper (as desired)
- 2 Tablespoons soy protein powder (for rolling dough)

In a small or medium-size mixing bowl, mix the hot water with the butter, stir to dissolve. Add the cold water and olive oil.

In another mixing bowl, combine all of the dry ingredients except for the soy protein powder needed for rolling. Mix well. Add the dry mixture to the liquid mixture and stir with a fork until the liquid is absorbed. Use your hands to shape the dough into a smooth ball. Cover. Chill for about 1 hour or longer.

When you are ready to proceed, preheat oven to 350°F.

Sprinkle a tiny bit of soy protein powder on a large cutting board. Pinch off a chunk of dough about the size of a large walnut. Roll it in the soy protein powder and flatter it lightly with your hand, shaping it into a rectangle. Roll the piece as thin as you can make it. Divide the dough into three or four equal pieces and stack them. Cut strips of about 1 inch by 1 ½ inches or make the chips any size you want them. They will shrink by about one-third when they bake. Put chips on two large, nonstick, heavy-gauge metal cookie sheets (remember, they will shrink, not expand). Bake them for 10 to 12 minutes or until lightly browned. Slide onto a rack to cool and to dry them completely.

---

## ***Muy Bueno Refried Black Soybeans***

Serving size ,½ cup. Carbs per serving: 3.1 grams of carb.

Ingredients:

2 cans (15 ounces each) organic black soybeans rinsed, drained, and mashed  
5 ounces chicken broth  
2 Tablespoons coconut oil  
2 Tablespoons chopped red onion  
½ Teaspoon salt (or to taste)  
½ Teaspoon black pepper

In a blender or food processor, puree the black soybeans and chicken broth until the consistency is relatively smooth.

In a medium-size saucepan, heat the coconut oil on medium or medium-low heat and sauté the onion in the oil until just beginning to turn golden – do not brown or burn.

Carefully add the bean puree to the saucepan – it may pop a bit, so watch out! Heat the beans. Stir in the salt and pepper. Keep warm until serving time (or reheat on stovetop). You may wish to stir in a bit more chicken broth if the beans become too stiff.

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## Yellow Squash Tea Sandwiches

Serving size, 1/12 total yield. Carbs per serving, 1.6 grams of carb.

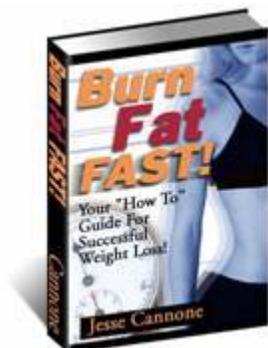
Ingredients:

1 ¼ cups mayonnaise  
1 pound bacon, cooked crisp, drained thoroughly, and crumbled  
1 green bell pepper, seeded and diced  
72 slices of yellow crookneck squash (about 6 squash)

In a large bowl, combine the mayonnaise, bacon, and bell pepper, mixing by hand until completely blended.

On a large sheet of waxed paper, line up the squash rounds in three rows of 12 slices. Spread the mixture, like frosting, on all slices in two of the long rows. Stack a “frosted” slice onto another “frosted” slice and top with an “unfrosted” one. Repeat this process for an additional three rows of 12 slices. You should have 24 three-tiered sandwiches when you’re finished.

Arrange the tea sandwiches on a serving platter, loosely cover with plastic wrap, and refrigerate until ready to serve.



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## Awesome Olive Paste

Serving size, 1 Tablesp. Carbs per serving,: 0.7 gram of carb.

Ingredients;

2 cans black, pitted olives (11.5 ounces total dry weight)

2 Tablesp drained capers (or more, as desired)

½ cup pine nuts

1 Teasp crushed garlic in olive oil

2 Tablesp freshly chopped parsley

salt to taste

freshly ground black pepper to taste

1 Tablesp extra-virgin olive oil

Thoroughly drain olives and capers. Put all ingredients in food processor or blender. Puree to desired consistency.

---

## Blue Cheese Dressing

*Note:* Total Carbs: 14.75 -Carbs per Tablesp: .615

Ingredients:

4 oz. blue cheese, crumbled

1 cup sour cream

1/4 cup mayonnaise

2 tsp. minced garlic

1 Tbsp. red wine vinegar

salt and pepper to taste

Mix all the ingredients. Cover and refrigerate overnight or for up to one week. Taste and adjust the seasoning if necessary.

---

## Roasted Vegetables with Tuna

*Note:* serves 4 . Total carbs 40

Ingredients:

4 bell peppers

1 medium onion

1 small green Chile, - jalapeno or Serrano ( seeded and minced)

3 Tbs of olive oil

1 ½ Tbs of fresh lemon juice.

2 hard cooked eggs, cut into wedges  
2 and( 3 ¼) cans of light tuna packed in oil, drained.  
6 anchovy fillets, page 40, optional

Preheat oven to 475 F. put the peppers and onion on a baking sheet on the top shelf of the oven for 30 minutes. Add the tomatoes for at least 5 minutes. The vegetables should be soft and very well browned.

Peel and seed the peppers, then dice them. Peel and dice the onion. Peel the tomatoes and take out as many seeds as you can and dice the flesh. Save any juice for the salad. Put the vegetables in a serving bowl and stir in the Chile. Whisk the oil and lemon juice together in a small bowl and add salt and pepper to taste. Pour the dressing over the vegetables and toss gently. Crumble the tuna on top of the egg salad and arrange the egg slices over the tuna. Sprinkle the top anchovies over the salad and serve.

---

## Buttery Tuna with Eggplant

*Note:* Makes approximately 1 1/2 cups

Ingredients:

2 Japanese eggplants, approximately 1 lb.  
Olive oil  
2 6 1/2 oz. cans Italian tuna, packed in olive oil  
3 Tbsp. drained capers  
1/2 cup unsalted butter, softened  
2 Tbsp. coarsely chopped basil  
capers  
Small basil leaves

Slice the eggplant in 12 1-inch slices on a slight diagonal. Brush with olive oil and grill or broil until tender and browned. Let cool.

Drain the tuna. Place in a food processor with the capers and butter. Process until smooth. Transfer to a bowl and stir in the basil

Spread 1 Tbsp. of the mousse on each piece of eggplant. Garnish with a caper and basil leaf.

Tuna Mousse

Total Carbohydrates: 1

Total Carbohydrates minus Fiber: .5

Total Carbohydrates per Tablesp: .056

Eggplant

Total Carbohydrates: 26.

Total Carbohydrates Minus Fiber: 10.

Carbohydrates per Serving: 2.

Per Serving  
Total Carbohydrates: 2.

---

## Tabil Spice Mixture

Ingredients:

1 1/2 Tbsp. caraway seeds  
1/4 cup coriander seeds  
2 dried red chilies

Roast the spices in a dry frying pan over medium heat until fragrant. Cool and finely grind in a coffee grinder.

---

## Liptauer Cheese

**Note:** This can be spread on a plate or packed into crocks and served with cucumber slices, celery sticks and radishes. If you can find the Hungarian Lipto cheese, use it in place of the feta and cream cheese.

Ingredients:

4 oz. feta cheese, crumbled  
4 oz. cream cheese, at room temperature  
1/2 cup unsalted butter, at room temperature  
3 Tbsp. sour cream  
2 anchovy fillets, mashed to a paste  
1 Tbsp. finely minced green onion  
1 Tbsp. Dijon mustard  
1 1/2 tsp. paprika  
1/2 tsp. caraway seeds smashed or bruised to release flavor  
sea salt and freshly ground black pepper to taste

With a wooden spoon or handheld mixer, cream the feta, cream cheese and butter until smooth. Add the remaining ingredients and mix well.  
Keeps for 2 weeks, refrigerated.

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## Roasted Cabbage with Bacon

Ingredients:

2 lb. head of green cabbage  
1 Tbsp. extra-virgin olive oil  
4 oz. good quality slab bacon, diced into 1/4-inch cubes  
coarse sea salt  
red wine vinegar or lemon wedges

Preheat the oven to 350°F.

Trim the stem of the cabbage and remove one layer of the outer leaves. Cut the cabbage in half, and cut each half into three even wedges. Coat a rimmed baking sheet with the oil and place the cabbage wedges 1-inch apart on the sheet. Scatter the bacon over the cabbage.

Roast the cabbage for 20-30 minutes until richly browned on the bottom. Turn the wedges over and roast for 20-30 minutes longer until the bottom is richly browned again. Remove any dried outer leaves. Sprinkle with the coarse salt and serve with vinegar or lemon wedges.

2 Carbs per serving

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## **Brussels Sprouts with Cream Cheese, Toasted Almonds and Nutmeg**

Ingredients:

1 lb. Brussels sprouts, trimmed and cut in half  
1/4 cup cream cheese, cut into small pieces  
1/4 cup toasted, slivered almonds  
sea salt and freshly ground black pepper  
freshly grated nutmeg

Cook the sprouts in rapidly boiling, salted water until tender. Drain, return to the pot and stir in the cream cheese, salt, pepper and nutmeg to taste. Transfer to a warmed serving dish and sprinkle with the almonds. 3 Carbs per serving

---

## **Chicken and Coconut Milk Curry**

Serves 4 @ 3 carbs per serving

Ingredients:

2 Tbsp. vegetable oil  
1 1/2 tsp. whole black peppercorns  
3 1-1/2-inch pieces of cinnamon stick  
10 whole cloves  
8 whole cardamom pods  
3 dried red chilies  
1 Tbsp. fresh, grated ginger  
8 chicken thighs, skinned  
1 14-oz. can coconut milk  
salt to taste

Over high heat in a medium-sized heavy pot, heat the oil. Add the peppercorns, cinnamon, cloves, cardamom and red chilies. Stir until the cardamom darkens slightly. Add the ginger, give a few stirs and add the chicken and coconut milk. Salt very lightly.

Add enough water to just cover the chicken pieces. Bring to a boil, turn down to a simmer and cook uncovered for 40 minutes. The sauce will have thickened slightly. Season to taste. Try it with a squeeze of lime.

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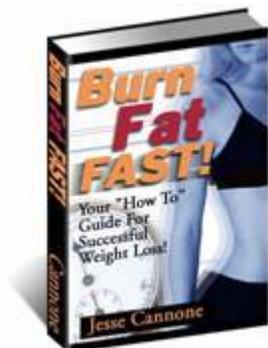
## Mushroom and Pepper Topping

Ingredients:

2 Tbsp. extra-virgin olive oil  
3/4 lb. sliced mushrooms  
sea salt and freshly ground black pepper  
1 cup thinly sliced bell pepper - red is nice  
1 cup tomato sauce  
12 oz. full-fat mozzarella cheese, grated  
1 tsp. dried oregano, optional

In a large frying pan over high heat, heat the olive oil. Add the mushrooms, season with mushrooms out of the pan into a sieve to drain and add the peppers to the pan. Fry until the peppers are slightly limp. Add to the mushrooms salt and pepper and fry until they are browned and the liquid has evaporated. Scoop the

Preheat the broiler to high. Spread the tomato sauce evenly over the base and scatter with the mushrooms and peppers. Cover evenly with the cheese and sprinkle with the oregano. Broil until bubbly and lightly browned. Cool on a rack for a few minutes before slicing and serving.



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## Curried Tofu, Mushroom and Pepper Delight

*Note:* Serves 4 Total carbs 4

Ingredients:

2 Tbsp. vegetable oil  
1 large red pepper, cut into short, narrow strips  
¼ lb. sliced mushrooms  
2 blocks firm tofu, 350 grams each well drained and crumbled

3 Tbsp. green onions, thinly sliced  
1 tsp. curry powder  
salt and black pepper to taste  
1/2 cup ripe tomato, finely diced  
1 Tbsp. coarsely chopped parsley or cilantro

In a large frying pan, heat the vegetable oil over medium heat. Add the pepper and mushrooms and cook, stirring occasionally until tender. Increase the heat and cook, stirring until any liquid in the pan evaporates. Add the tofu, green onions, curry powder, salt and pepper. Reduce the heat and cook until heated through. Stir in the tomato and parsley or cilantro.

---

## Crepes

Ingredients:  
4 eggs  
4 T heavy cream  
dash salt & pepper

Whisk ingredients together. Heat little oil in 8" non-stick frying pan. Pour about a 1/4 cup egg mixture in at a time, swirling pan quickly to cover bottom in thin layer. Let cook few minutes until bottom is brown and carefully flip. Lightly brown other side and remove from pan. Repeat with balance of batter.

Total: 4 carb

Makes 6 crepes @ .7 carbs

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## Beef and Mushroom Crepe Filling

Serving size, 1/2 total yield. Carbs per serving ,: 3.2 grams of carb.

Ingredients:  
1 Tablesp olive oil or coconut oil  
3 ounces lean ground beef  
1/2 cup chopped scallions  
4 ounces sliced mushrooms  
salt to taste  
freshly ground black pepper to taste

Heat a small or medium skillet over medium heat. Add olive oil or coconut oil. Cook ground beef in hot oil until done. Set aside and keep warm. Add scallions to the skillet and cook for 1 minute. Add mushrooms and cook until just tender, about 4 to 5 minutes. Return meat to pan. Mix with onions and mushrooms; season to taste.

Put filling in the center of four crepes, roll up crepes and serve.

---

## Yummy Daikon Cakes

*Note:* Makes 6 cakes. Total carbs per cake only 6

Daikon contains a lot of water and 1 1/2 pounds only makes 6 cakes. Because of its water content, it is important to get the grated daikon as dry as you can or the cakes will fall apart when you fry them. These are tasty with a dab of sour cream or mayonnaise. They are also good cold

Ingredients:

1 1/2 lbs. daikon radish  
1 tsp. sea salt  
1 egg  
5 Tbsp. finely ground pork rinds  
2 Tbsp. finely minced green onion  
sea salt and freshly ground black pepper  
2 Tbsp. olive or vegetable oil

Peel, and grate the daikon into a bowl. Combine with the salt and let sit for 1/2 hour. Squeeze the water out of the daikon with your hands. The more water you squeeze, the better the cakes will be. Mix the daikon with the egg, pork rinds, green onion and sea salt and freshly ground black pepper to taste. Let sit for 10 minutes.

Preheat the oven to 350° F. Heat a heavy frying pan - a cast iron pan is ideal - that can go into the oven over medium-low heat. Swirl the oil around the pan. Fill a 1/4-cup dry measuring cup with some of the mixture, packing it slightly. Turn out into the frying pan. You should have a nicely shaped cake that stands a bit more than an inch high. Continue with the remaining mixture. Fry the cakes on one side without disturbing them too much until browned on the bottom, 5-6 minutes. Very carefully turn the cakes over and fry for 2-3 minutes longer. Place the whole pan in the oven and bake for 10 minutes.

---

## Floating Eggs

*Note:* The cracking technique leaves these eggs beautifully marbled. They're great for entertaining or just for yourself. You can dress them up even further with a bit of mayonnaise, mixed with hot prepared mustard or wasabi. Only 7 Carbohydrates per egg.

Ingredients:

8 large eggs  
1 tsp. salt  
1 Tbsp. soy sauce  
1 Tbsp. dark soy sauce  
1/4 tsp. salt  
2 star anise, broken into individual points

4 tsp. Constant Comment tea leaves, or a fragrant orange spiced tea

Place the eggs and 1 tsp. salt in a pot and cover with ample cold water. Bring to a boil, turn down to a low simmer. Cook for 20 minutes. Remove the pot from the heat and drain off the water. Let the eggs sit under a stream of cold water until cool.

With the back of a large spoon, tap each egg gently to create a network of fine cracks. Place the eggs in a pot that fits them snugly and add the soy sauce, salt, star anise, tea and 3 cups cold water. Bring to a boil then turn to a bare simmer and cover with a lid. Simmer for 3 hours, checking the level of water occasionally and adding more water if needed. You only need enough to cover the eggs.

Remove from the heat and let cool in the sauce. Place in the fridge, sauce and all and let sit for at least 8 hours or up to 1 1/2 days. Remove the eggs from the sauce and dry them. Keep covered and refrigerated without peeling until ready to use.

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## Oriental Sesame Celery

**Notes:** Serves 4. Goes well with any Japanese food, it's also good when cold. Also makes a great topping for tofu. Total Carbohydrates: 14

To crush the sesame seeds, place them in a Ziploc bag and roll with a rolling pin until they are crushed.

Ingredients:

4 stalks celery

1 Tbsp. vegetable oil

2 tsp. sake

Pinch of Splenda

4 tsp. soy sauce

2 Tbsp. sesame seeds, lightly toasted and crushed  
ground dried chili peppers

String the celery (no you don't have to but it makes a better dish!) and cut each piece into 2-inch segments. Cut each segment into lengthwise 1/4-inch strips.

Heat the oil in a frying pan over high heat and add the celery. Stir fry until just tender, about 1 minute. Add the sake and Splenda and stir until the liquid has evaporated. Add the soy sauce and stir until the liquid is almost gone. Stir in chili pepper to taste.

Transfer to a dish and sprinkle with the sesame seeds.

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## Chard with Bacon Veggie Delight

**Note:** Serves 4. Total Carbohydrates: 18. This simple veggie dish can also be made with mustard greens or rapini. It will compliment almost any simple meat or fish dish.

Ingredients:

1 lb. red (or green) Swiss chard, coarse stems removed, washed and drained  
1 Tbsp. extra-virgin olive oil  
2 slices bacon finely chopped  
2 cloves garlic thinly sliced  
1/3 cup white wine  
1/8 tsp. salt  
Pepper to taste

Coarsely chop the Swiss chard and put aside.

In a large pot, heat the vegetable oil over medium heat. Add the bacon and garlic and sauté until the bacon is crisp and the garlic is lightly browned. Add the Swiss chard, salt and white wine. Turn the heat to low, cover and cook until tender, approximately 10-12 minutes. Season with the pepper and serve.

---

## **Oriental-Style Tofu**

*Note:* Serves 4. Total Carbohydrates: 25

Ingredients:

2 blocks firm tofu, drained, 350 grams each`  
vegetable oil  
1/4 cup soy sauce  
1 1/2 tsp. sesame oil  
1 Tbsp. Splenda  
1 clove garlic, minced  
1 Tbsp. toasted sesame seeds  
1 Tbsp. hot red bean paste, or to taste  
2 green onions, thinly sliced

Preheat the broiler. Cut the tofu into 1/2-inch slices. Lightly brushed a rimmed baking sheet(s) with vegetable oil, place the tofu in a single layer on the sheet(s) and lightly brush the top with oil. Broil, as close to the heat as possible until the tofu is lightly browned. Turn over and brown on the other side.

Combine the soy sauce, sesame oil, Splenda, garlic, sesame seeds and hot bean paste. Heat the soy mixture to a boil in a large pan over medium heat. Gently add the tofu in a single layer. Turn down to a simmer and cook for 2-3 minutes, spooning the mixture over the top of the tofu. Sprinkle with the green onions and serve.

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## **Mushroom and Pepper**

*Note:* Serves 4 . Total Carbohydrates: 34

Ingredients:

2 Tbsp. olive oil

1 large red pepper, cut into short, narrow strips  
¼ lb. sliced mushrooms  
2 blocks firm tofu, 350 grams each well drained and crumbled  
3 Tbsp. green onions, thinly sliced  
1 tsp. curry powder  
Salt and black pepper to taste  
½ cup ripe tomato, finely diced  
1 Tbsp. coarsely chopped parsley or cilantro

In a large frying pan, heat the olive oil over medium heat. Add the pepper and mushrooms and cook, stirring occasionally until tender. Increase the heat and cook, stirring until any liquid in the pan evaporates. Add the tofu, green onions, curry powder, salt and pepper. Reduce the heat and cook until heated through. Stir in the tomato and parsley or cilantro.

---

## Ultimate Deviled Eggs

SERVING SIZE, 1 egg. CARBS PER SERVING, : 0.6 gram of carb.  
NUMBER OF SERVINGS: 6.

### Ingredients:

3 Tablespoons butter, soft  
6 hard-boiled eggs  
2 Tablespoons mayonnaise  
½ Teaspoon Dijon-style mustard  
¼ Teaspoon prepared horseradish  
salt to taste  
freshly ground black pepper to taste

Peel and cut eggs lengthwise once they have cooled. Scoop out yolks. Set whites on a plate and prepare the yolk mix. Put the yolks in a mixing bowl and combine the other ingredients. Mix well. For the smoothest filling, press the mixture through a sieve. For the most elegant presentation, you can put yolk mixture in a pastry tube and select an interesting, large nozzle before you fill the whites with the mixture. Otherwise, fill the eggs with a Teaspoon, creating a smooth mound. For a touch of color, dust the eggs with paprika. Refrigerate until ready to use.

---

## Ultimate Deviled Eggs with Ham

### Ingredients:

3 Tablespoons butter, soft

6 hard-boiled eggs  
2 Tablespoons mayonnaise  
1 Teaspoon Dijon-style mustard  
2 ounces finely minced ham  
¼ Teaspoon prepared horseradish  
salt to taste  
freshly ground black pepper to taste

Peel and cut eggs lengthwise once they have cooled. Scoop out yolks. Set whites on a plate and prepare the yolk mix. Put the yolks in a mixing bowl and combine the other ingredients. Mix well. For the smoothest filling, press the mixture through a sieve. For the most elegant presentation, you can put yolk mixture in a pastry tube and select an interesting, large nozzle before you fill the whites with the mixture. Otherwise, fill the eggs with a Teaspoon, creating a smooth mound. For a touch of color, dust the eggs with paprika. Refrigerate until ready to use.

This adds 2.0 grams of carb to the total. A serving has 1.0 gram of carb.

---

## Ultimate Deviled Eggs with Smoked Salmon

Ingredients:

3 Tablespoons butter, soft  
6 hard-boiled eggs  
2 Tablespoons mayonnaise  
2 ounces finely chopped smoked salmon, lox, or nova  
½ Teaspoon Dijon-style mustard  
¼ Teaspoon prepared horseradish  
salt to taste  
freshly ground black pepper to taste

Peel and cut eggs lengthwise once they have cooled. Scoop out yolks. Set whites on a plate and prepare the yolk mix. Put the yolks in a mixing bowl and combine the other ingredients. Mix well. For the smoothest filling, press the mixture through a sieve. For the most elegant presentation, you can put yolk mixture in a pastry tube and select an interesting, large nozzle before you fill the whites with the mixture. Otherwise, fill the eggs with a Teaspoon, creating a smooth mound. For a touch of color, dust the eggs with paprika. Refrigerate until ready to use.

This adds less than 1.0 gram of carb to the total. A serving has 0.8 gram of carb.

---

## Ultimate Deviled Eggs with Crabmeat

### Ingredients:

3 Tablespoons butter, soft  
6 hard-boiled eggs  
2 Tablespoons mayonnaise  
1 Tablespoon low-carb ketchup  
1 Teaspoon lemon juice  
2 ounces cleaned and finely flaked crabmeat  
salt to taste  
freshly ground black pepper to taste

Peel and cut eggs lengthwise once they have cooled. Scoop out yolks. Set whites on a plate and prepare the yolk mix. Put the yolks in a mixing bowl and combine the other ingredients. Mix well. For the smoothest filling, press the mixture through a sieve. For the most elegant presentation, you can put yolk mixture in a pastry tube and select an interesting, large nozzle before you fill the whites with the mixture. Otherwise, fill the eggs with a Teaspoon, creating a smooth mound. For a touch of color, dust the eggs with paprika. Refrigerate until ready to use. Refrigerate. One serving has 0.9 gram of carb.

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## MEATS

### Beef Stew

*Note:* Serves 4 , 8 carb, 1 fiber (7 NET carbs)

### Ingredients:

2 lb chuck stew meat  
3 Tbsp olive oil  
1/2 cup chopped onion  
2 Tbsp soy flour or thickener  
2 c beef broth  
2 Tbsp Dijon  
1/2 lb mushrooms  
1 Tbsp butter  
1/4 c dry red wine

Dredge beef with flour. Sauté in hot oil in Dutch oven. Add onions and cook until onions done and beef browned. Add broth and mustard. Simmer, partially covered for 2-3 hours until meat

---

## Indian Red Curry

Ingredients:

1 lb chuck beef stew  
1 T butter  
1/2 t curry  
dash cinnamon, cardamom & pepper  
1 c canned coconut milk (8)  
1/2 c red pepper  
1 t paprika  
1 garlic clove

Brown meat and garlic in butter, then add spices and stir fry few minutes. Add red pepper and coconut milk. Reduce heat and simmer until done (2-3 hours, add water if necessary.)

Serves 3 @ 5 carb (4 NET carbs),

---

## Savory Swiss Steak

Ingredients:

3 T oil  
2 lbs round steak, 1" thick  
1/4 cup Atkin's bake mix  
1 env. Dry Lipton's Onion Soup Mix  
1/2 t garlic powder  
8 oz can Hunt's tomato sauce  
water

Preheat oven to 350F. Heat oil in heavy fry pan. Pound steak on both sides with heavy meat mallet, and cut into serving size pieces. Combine bake mix and garlic and pound into meat pieces. Fry in hot oil until browned on all sides. Layer in 13x9x2 baking dish and sprinkle soup mix over meat. Mix tomato sauce and 1/4 cup water and pour over all. Cover tightly with foil. Bake 2-3 hours until tender. Check each hour, will need to add water.

Serves 4 @ 12 carbs (11 NET carbs)

You could probably cut the carbs by using powdered beef broth, minced onions and spices instead of the Lipton's Onion Soup Mix. One envelope has 34 carbs.

---

## Barbecue Pork Tenderloin

Ingredients:

3/4 lb pork tenderloin

SWEET BARBECUE SAUCE:

1 cup tomato sauce

3 T Worcestershire sauce

1 T vinegar

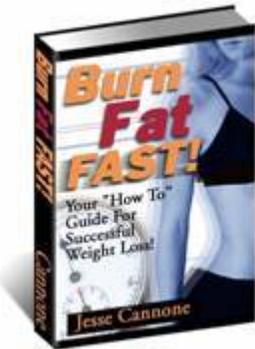
1 t liquid smoke

3 pkts Splenda

Cut the pork into 3/4" slices and pound until thin. Heat oil in pan, sprinkle with salt, pepper, and Old Bay seasoning. Sauté pork in oil few minutes until done. Remove from pan. Top with BARBECUE sauce and serve. SAUCE: Combine all ingredients and cook over low heat for 10 min.

Serves 2 (1/2 the pork and 1/4 cup BARBECUE sauce each) @ 4.8 NET carbs

Total BARBECUE Sauce (1 cup): 23 carbs (20 NET carbs)



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## Pot Roast

Ingredients:

2 lb chuck pot roast

1/2 cup Onion, chopped

2 cans beef broth

3 T minced garlic

1 cup red wine

2 Tbsp Worcestershire sauce

2 tsp oregano

2 tsp basil

black pepper to taste  
1 tsp liquid smoke

Brown pot roast in Dutch oven on stovetop, using some oil if needed. Remove from pan and sauté onions in oil until brown. Return beef to pot and add all ingredients. Bring to boil, cover, and simmer 2 1/2 - 4 hours. Check occasionally - may need to add water. Can thicken gravy with xanthan gum.

This tasted really great. Hard to figure carbs, since there was a lot of gravy left that wasn't consumed.

TOTAL GRAVY COUNTS: 33 carbs (29 NET carbs)

TOTAL MEAT COUNTS: 0 carbs

---

## **Filet with Mustard Sauce**

Ingredients:

1 lb filet (or enough for two)  
olive oil  
1/4 cup white wine  
1/4 cup beef broth  
1/4 cup water  
1 T coarse-grained mustard  
1 t butter

Heat oil in heavy skillet until hot. Season filet with salt & pepper and garlic powder. Cook filets 4 min each side for rare. Remove from pan and let stand on cutting board, tented loosely with foil. Deglaze skillet with white wine over moderate heat. Add broth and water and boil until reduced. Remove from heat and whisk in mustard, butter, and juices from cutting board. Thinly slice filets and arrange on plates. Pour sauce over.

Serves 2 @ 1.1 carb

This was wonderful! Filets are expensive so this is an occasional treat for us. Take the meat out of the pan BEFORE it's done the way you like, as it continues to cook while sitting on the cutting board.

---

## **Pork & Pepper Stir Fry**

Ingredients:

1 lb pork tenderloin  
1/4 c soy sauce  
2 T lime (or lemon) juice  
2 crushed garlic cloves  
1 t EA. oregano and thyme  
1 t Brown Sugar Twin (or splenda)  
2 T olive oil

1 cup red pepper, cut in thin strips  
2 oz. mushrooms  
dash hot red pepper

Cut tenderloin into 3" lengths. Cut each piece into 3/8" "sticks". Combine soy, lime, garlic, oregano, thyme and red pepper and marinate pork. Remove pork and drain WELL. Stir sweetener and not/Starch into marinade and reserve. Heat oil in pan and stir fry pork 2-3 min until browned. Remove pork from skillet. Stir fry peppers 3 min. Add mushrooms, then reserved marinade. Stir few seconds until thickens, then return pork to skillet to heat. Good with Faux Rice.

Serves 3 @ 8 carbs (6 NET carbs)

---

## **Ethiopian Beef & Peppers**

Ingredients:

1/2 sm can green chiles  
2 cloves garlic, chopped  
1/2 tsp EA: cardamon, turmeric, cinnamon, cloves, Old Bay  
3/4 cup red wine  
1 lb beef, cut into 1/2" strips (sirloin, chuck, etc.)  
1/2 cup onion, chopped  
1 red or green pepper, cut in strips

Puree chiles with garlic, spices and wine. Brown beef in hot oil. Remove from pan. Sauté onion in a little oil, then add peppers, and sauté few minutes. Add chili puree and bring to boil. Return meat to pan and mix with sauce. Reduce heat, cover pan, and simmer 1 1/2 hours. Check frequently, and add water as needed.

Serves 2 @ 12 carb (9 NET carbs)

---

## **Asian Crockpot Steak**

Ingredients:

1/2 tbsp olive oil  
1 lb beef round, cut into stir fry strips  
1/4 cup onion, chopped  
1 garlic clove, minced  
1 cup of bok choy, sliced or shredded  
1 1/2 cups beef broth  
1/4 cup soy sauce  
1/2 t ground ginger  
1 1/2 tbsp not/Starch (or guar gum - thickener)  
2 cups broccoli, cooked

Sauté meat in oil. Put in crock pot. Add other ingredients (except thickener and broccoli). Cover and cook on low for 10 hours. Pour meat and sauce into pot, bring to a boil and add thickener. Stir in cooked broccoli and serve.

Serves 3 @ 8 carb (NET 5 carbs)

---

## Cauliflower Ham Casserole

1/2 lb ham  
1/2 bag frozen cauliflower (or mix with broccoli)  
1 1/2 cups taco cheese, shredded  
1 egg  
3/4 cup heavy cream  
1 Tbsp minced onion  
1 tsp garlic powder

Preheat oven 325F. Microwave cauliflower 4 minutes. Mix with all other ingredients. Spoon into casserole dish and bake 40 min.

Serves 2 @ 7 carb, (NET 6 carbs)

---

## Pineapple Beef Stir Fry

Ingredients:

1 lb beef sirloin, cut in strips  
1/2 tsp NotStarch  
1 tbsp soy sauce  
1 red pepper, cut in slices  
1 clove garlic, crushed  
1 cup pea pods  
1 cup broccoli  
oil

Sauce: 1/4 cup tomato sauce  
2 tbsp splenda  
1 tbsp soy sauce  
1 tsp Worcestershire sauce  
1/2 tsp pineapple extract

Dissolve NotStarch in 1 Tbsp soy sauce. Add beef and toss to coat. In bowl, combine sauce ingredients. In frying pan, heat 2 T water and sauté peppers, broccoli, pea pods and garlic 3-4 min until crisp-tender. Remove from skillet. Heat oil in skillet and add beef, 1/2 at a time, and stir fry 2-3 min until outside no longer pink. Return veggies and all beef to skillet and add sauce. Cook minute or two until all heated.

Serves 3 @ 9 carb (NET 7 carbs)

---

## Country Pork Ribs

Two packages Country style Pork Ribs

Ingredients:

8 oz can tomato sauce

1/4 cup vinegar

2 tbsp Worcestershire

1 tbsp dry mustard

1/2 tsp chili powder

2 tbsp splenda

Brown ribs in frying pan, then put in crockpot. Mix barbecue sauce ingredients and pour over ribs. Cook on low 10 hours.

I added a little guar gum to the sauce to thicken a little, but it was pretty loose (but tasty). We got four servings of meat, with lots of sauce left over. Carbs are hard to determine since you don't actually consume a lot of the sauce. You can substitute any other barbecue sauce. The meat just fell off the bones and was great!

---

## Spinach & Ham Crepes

Dottie's Crepes (use 4)

Filling:

1 Tbsp butter

1/4 cup onion, chopped

1/2 pkg fresh spinach

1/2 cup cheddar, shredded

1/2 tbsp Dijon mustard

dash salt & nutmeg

Sauté onion in butter until soft. Add spinach and cook until moisture evaporated. Stir in remaining and heat. Fill crepes and roll up.

---

## Zucchini Pasta with Sausage

Ingredients:

2 small zucchini

2 T oil

1 garlic clove

1 c diced tomatoes  
1 t oregano  
1/2 lb. cooked Italian sausage  
s&p  
1/4 c grated Parmesan

Slice zucchini into ribbons, using vegetable peeler and turning as you go. Sauté zucchini in oil until soft and edges are clear. Add s&p. Meanwhile, heat 1 T oil in pan, add garlic. Sauté, then add tomatoes and oregano. Simmer few minutes, stir in sausage. Serve sauce over zucchini; sprinkle with Parmesan.  
Serves 2 @ 12 carb (8 NET carbs)

---

## Shredded Barbecue Pork

Ingredients:

1 lb. pork tenderloin  
1 onion  
"Sweet BARBECUE Sauce" recipe

Heat oil in Dutch oven, add salt & pepper. Cut pork loin in half to fit in pot, and sear pork on all sides. Add a sliced onion and 2 cups water. Simmer, covered, about 2 hours, turning occasionally. When tender, remove meat and shred with two forks, pulling in opposite directions. Discard cooking water. Add as much barbecue sauce as you need and serve.

Difficult to figure carb counts. For 1 lb pork and 1/4 cup onion (most of the onion is discarded with the water), TOTALS are: 3 carb (2 NET carbs)

Divide by the number of servings you get and add the nutritional counts for whatever BARBECUE sauce you use.

---

## Pork with Lemon Dijon Cream Sauce

3/4 lb pork tenderloin  
LEMON DIJON CREAM SAUCE:  
2 t butter  
1 T lemon juice  
1 T Dijon  
1/2 c heavy cream (may need more)

Cut the pork into 3/4" slices and pound until thin. Heat oil in pan, sprinkle with salt, pepper, and Old Bay seasoning. Sauté pork in oil few minutes until done. Remove from pan, make sauce in same pan. Return pork slices to pan to reheat and cover with sauce.

SAUCE: Melt butter. Add lemon juice and Dijon and mix. Stir in heavy cream, 1/4 cup at a time, until right consistency.

Serves 2 @ 3 carb

---

## Pork in Sweet & Sour Sauce

Ingredients:

1 lb pork tenderloin

SWEET & SOUR SAUCE

3/4 cup water

1/3 cup ketchup (unsweetened)

1/3 cup vinegar

1 T soy sauce

3/4 cup Splenda

xanthan gum (about 1 t)

Cut the pork into 3/4" slices and pound until thin. Heat oil in pan, sprinkle with salt, pepper, and Old Bay seasoning. Sauté pork in oil few minutes until done. Remove from pan. Top with Sweet & Sour sauce and serve (over Faux Rice).

SAUCE: Combine water, ketchup, vinegar and soy. Heat until boiling. Add guar gum to thicken. Take off heat and stir in Equal. Pour over meat.

Serves 2 (1/2 the pork and 1/4 cup S&S Sauce each) @ 7.5 carbs

TOTAL S&S SAUCE(1 cup): 30 carb

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## Sausage / Chicken Crepes

Ingredients:

2 T butter

1/4 lb. sausage, cooked & finely chopped

1 cooked chicken breast, shredded

1/4 cup chopped onion (3.7)

1 stalk chopped celery (1.6)

1 T Dijon mustard (2.7)

2 t mixed herbs (your choice) (2)

3 Dottie's crepes (2.1)

double portion of Creamy Cheese Sauce

Melt butter in pan. Sauté onion and celery until soft, but still crunchy. Mix in other ingredients up to crepes and heat through. Stir in one portion of cheese sauce. Divide mixture among the three crepes and roll up. Place seam side down on plate, top with remaining portion of cheese sauce. (Can heat in microwave if necessary).

Serves 3 @ 8 carb (7 NET carbs) (counts include the crepes and cheese sauce)

---

## Shredded Beef

Ingredients:

2 lbs stew meat (chuck)  
1 1/2 cups water  
2 cloves garlic  
2 t chili powder  
1 t vinegar  
2 t oregano  
1 t cumin  
salt & pepper

Brown beef in oil. Add all other ingredients, bring to boil, cover and simmer 1 1/2 hours or longer until very tender. Uncover and boil until liquid almost evaporated. With 2 forks, shred meat.

Serves 4 @ 2.2 carbs (1.2 NET carbs)

Can mix with barbecue sauce and serve over Atkins Rolls, or top with grated onion, shredded jack cheese and salsa. (Carbs for these items NOT included above)

I use chuck because it is the most tender and moist stew. Also, I couldn't manage the 2 forks, so I just "squished" the beef between my fingers until it shredded!

---

## Crockpot Teriyaki Steak

Ingredients:

1 lb boneless chuck steak  
1/2 c soy sauce  
1 t ground ginger (1.3)  
2 T oil  
1 T Splenda (1.5)  
1 clove crushed garlic (.9)

Cut steak into 1/8" thick slices. Combine remaining ingredients in bowl. Place meat in crockpot, pour over sauce and stir. Cover and cook low heat 8 hours. Serve with Faux Rice.

Difficult to produce nutritional counts as most of sauce is not used.

Total Sauce: 12 carb

Total Meat: 0 carbs

Someone tried this and found it way too salty - you might want to cut the soy sauce if you don't tolerate salt.

---

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## Pineapple Pork Stir Fry

Ingredients:

1 lb pork tenderloin  
1 T olive oil  
1 red pepper, cut in strips  
1/2 cup white wine  
1 tsp ginger  
1 tbsp green chiles  
1/8 tsp cinnamon  
1 tbsp chopped fresh cilantro (used dried)  
8 oz bamboo shoots  
1/2 cup pineapple syrup\*

Slice tenderloin and pound each slice flat. Sauté in oil few minutes until done and remove from pan. Sauté red pepper in little oil until crisp-tender. Reduce heat; add in rest of ingredients. Simmer until warm and serve sauce over pork.

Serves 3 @ carb 5, (NET carbs 3)

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## Pork with Orange Mustard Sauce

Ingredients:

1 lb pork tenderloin  
1/2 cup green onions, sliced  
1/3 cup sugar free orange syrup  
1 1/2 tbsp soy sauce  
1 1/2 tbsp Dijon  
1/2 tsp garlic powder  
1/4 tsp guar gum

Slice tenderloin into 3/4" slices and pound until thin. Sauté pork slices in pan in oil for few minutes on each side until done. Remove from pan. Stir sauce ingredients together and pour into pan to heat. Return pork to pan and spoon sauce over.

Serves 3 @ 2 carb (NET 1 carb)

---

## Cauliflower and Ham Gratin

Ingredients:

1 lb frozen cauliflower, thawed  
2 cups cooked ham, cubed  
1/2 tsp ground nutmeg  
1 cup crushed pork rinds  
2 tbsp butter

2 tbsp shredded cheddar  
1 recipe Creamy Cheese Sauce

Preheat oven 400. Spray 11x7" baking dish and spread cauliflower. Sprinkle with ham. Make cheese sauce and pour over. Cut butter and cheese into pork rinds until crumbly (I used food processor) and sprinkle on top. Bake 25 minutes until bubbly. Serves 4 @ 8 carb, 3 fiber (5 NET carbs), 472 Calories, 35 fat, 28 protein (includes cheese sauce) This is very similar to, but even better than, the one on the left.

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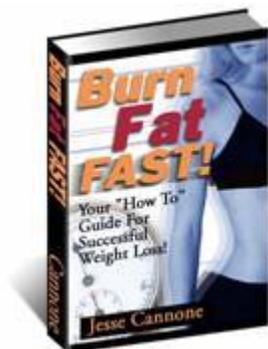
## Osso Buco (Veal Shanks)

Ingredients:

4- 2 1/2" thick veal shanks (12 oz ea)  
1/8 cup protein powder  
2 T butter  
2 T olive oil  
1 cup finely chopped onion  
2 minced garlic cloves  
1 cup white wine  
1/2 cup chicken broth  
1/4 tsp rosemary

Heat oven 325. Coat shanks with flour. Heat butter and oil in pan over med. heat. Add shanks and brown 3-4 min per side. Remove from pan. Add onion and garlic and sauté 4-5 min until onion translucent. Add wine, bring to gentle boil, scraping up browned bits. Boil 5 min. until liquid reduced by half. Add broth, rosemary, salt and pepper. Arrange shanks in casserole with tight fitting lid and pour onion/wine mixture over. Cover, bake 2 hours until meat tender.

Serves 4 @ 5 carb, (NET 4 carbs)



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## Beef Rollups

### Ingredients:

2 lbs beef round, 1/4" thick  
1/2 cup fresh basil, minced  
2 oz roasted red peppers (jar)  
1/4 cup Parmesan cheese  
6 slices prosciutto-very thin  
2 cloves garlic  
1/4 cup onion, sliced  
2 cups tomato sauce

Pound beef until very thin. Sprinkle with salt and pepper. Distribute cut up red peppers on each slice. Put slice of prosciutto on top, then top with basil and Parmesan. Roll tightly. Heat little oil in pan and sauté garlic and onion. Add steak rolls and brown on all sides. Remove steak rolls and place in baking dish with garlic and onion. Cover with tomato sauce. Cover pan tightly with aluminum foil and bake at 300 for 1 1/2 hours.

Serves 4 @ 9 carbs (7 NET carbs)  
These were so tender and very elegant.

---

## Grilled Orange Glazed Steak

### Ingredients

1 lb filets  
1/2 cup SF orange syrup  
2 T Worcestershire sauce  
2 cloves garlic, minced  
1/2 tsp oregano flakes  
1/4 tsp salt

Pierce steak on all sides with a fork. Combine all ingredients in zip lock bag or shallow dish. marinate steak at least 6 hours or overnight, turning steak occasionally. Grill, broil, or pan sauté.

Serves 4. Only carbs come from Worcestershire and most of that is discarded with marinade.

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## Sumptuous Braised Pork Belly

**Note:** This recipe makes 6 servings of very tender, sumptuous pork. Good with very hot mustard and cooked chunks of daikon radish or cabbage. It is great cold with salad and a few cucumber slices. Total carbs 14.

The final simmering process of sake, sweetener, then soy is very unique to Japanese cooking, creating flavor-permeated meat. While the recipe has a couple of steps, it can be completed while your doing other things. It keeps well and is even better the next day. The ginger has a high carb count of 12.95 EC's. It is not include it in the final total because it is not eaten. The count will also be lower if the sauce is not eaten.

Ingredients:

3 lbs. boneless pork belly  
2 Tbsp. vegetable oil  
1 cup milk  
3 1/2 oz fresh ginger, peeled and thinly sliced  
2 1/2 cups dashi or chicken stock  
3/4 cup sake  
3 Tbsp. Splenda  
4 Tbsp. dark soy sauce  
4 green onions

Cut the pork into 1 1/2-inch cubes. Heat the oil in a large frying pan or wok and stir-fry the pork in batches until lightly browned. Transfer the pork to a colander and pour boiling water over the pork to remove the oil.

Transfer the pork to a large pot. Add the milk, half of the sliced ginger and enough water to comfortably cover the pork. Bring to a boil, reduce to a simmer and cook, partially covered for 40 minutes. Remove from the heat and until partially covered with a lid, let a very thin stream of cold tap water pour into the pot to cool the pork. Let the water trickle into the pork for 20 minutes. Drain the pork and remove the ginger.

Return the pork to the pot and add the remaining ginger, chicken stock and sake. Bring to a boil and turn down to a simmer, partially covered with a lid. Simmer for 15 minutes. Add the Splenda and cook for 15 minutes longer. Add the soy and cook for 5 minutes. Cut the green onions into 1-inch pieces, add to the pot and simmer for 2 minutes longer.

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## **POULTRY**

### **Succulent Cream Chicken**

*Note:* Serves 4. Total Carbohydrates: 8 , Carbohydrates per Serving: 2  
Carbohydrates per Serving minus Fiber: 1.88

Ingredients:

4 boneless 6 oz. chicken breasts, with skin  
1 Tbsp. vegetable oil  
1 clove garlic, minced

8 slices bacon  
8 small sprigs fresh thyme  
1/2 cup chicken stock or water  
1 cup whipping cream  
salt and pepper to taste

Preheat the oven to 350° F. Lightly salt and pepper the chicken breasts. Wrap two pieces of bacon around each chicken breast, forming an X in the middle of the skin side of each breast. Tuck two sprigs of thyme behind the bacon.

Heat the vegetable oil in a frying pan that can go into the oven over medium high heat. Place the chicken breasts, bacon side down in the pan and cook until the bacon and chicken skin is browned. Turn over and cook until the other side is browned. Drain off the fat and add the stock or water, cream and garlic. Bring to a boil and place in the oven. Bake uncovered for 15-20 minutes until the cream has thickened. Remove from the oven and season with salt and pepper.

---

## Chicken Dijon Ranch

Ingredients:

12 oz chicken breasts  
1/4 c ranch dressing  
1 T Dijon  
2 t butter  
splash white wine

Sauté chicken in butter until done and remove from pan. Pour wine into skillet; cook over med high heat, scraping up browned bits. Mix dressing and Dijon and whisk into wine in pan. Serve over chicken. (2 servings, 3 carbs).

---

## Mustard Chicken

Ingredients:

12 oz boneless, skinless chicken breasts  
3 T butter, melted  
2 t Dijon mustard (1.8)  
shake or two of: garlic powder, thyme  
sage, cinnamon, paprika, pepper (2?)  
2/3 cup crushed pork rinds  
2 T grated Parmesan (.4)  
1 1/2 t soy flour (1)  
2 T butter

Preheat oven 350F. Melt 3 T butter and mix with mustard, garlic and all spices. Mix crushed pork rinds, Parmesan and soy flour and place in shallow dish. Cut each breasts in half lengthwise. Coat chicken well with mustard mixture, then roll in rind mixture.

Place in shallow baking dish, dot with butter, and bake covered about 30 minutes, then uncover and bake additional 15 minutes. (Serves 2 @ 1 carb)

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## **Cheesy Chicken**

Ingredients:

12 oz chicken breasts  
1 T butter  
3 thin ham slices  
1/2 c cheddar  
1/2 c cream  
salt, pepper, garlic powder  
1/4 t liquid smoke

Pound chicken, then sauté in butter until done. Add ham slices to pan and warm. Remove chicken and ham. Melt little butter in pan, add cream, seasonings and liquid smoke. Add cheese and stir until melted. Put ham slice on each chicken breast and pour sauce over top. (Serves 2 @ 3 carbs)

---

## **Chicken Dijon Quiche**

Ingredients:

1 c sliced mushrooms  
1/4 cup chpd onion  
1 minced garlic clove  
2 T butter  
6 oz cubed, cooked chicken breast  
1 t Italian seasoning  
1/4 cup white wine  
1 oz grated Parmesan  
2 oz cheddar and/or Monterey Jack cheese  
3 eggs  
3/4 cup light cream + 1/4 cup water  
1 T Dijon mustard

Preheat oven to 350F. Grease 9" pie pan. Sauté mushrooms and onion in butter until tender. Add garlic, then stir in chicken and seasoning and wine. Cook over med heat until liquid evaporates (few minutes). Spread mixture in bottom of pie pan. Sprinkle with cheeses. Beat together cream, water, eggs and Dijon, and pour over the chicken and cheese. Bake 40-45 minutes, until mixture

---

## **Spicy Chicken Hash**

Ingredients:

#### SAUCE:

3 T butter  
1 cup cream (16)  
1 cup chicken broth  
salt, pepper, Old Bay seasoning  
thickener (guar gum or notStarch)

#### HASH

2 T butter  
1 med onion, chopped (14)  
1 red pepper, chopped (10)  
8 oz mushrooms, sliced (3)  
1-2 cups diced cooked chicken

Mix all sauce ingredients except thickener and heat in pot. Mix thickener with little water and stir in. Cook until thickened. Sauce onion and pepper in butter. Add mushrooms and salt, pepper and parsley and sauté until done. Mix in chicken and sauce, and serve. (Serves 4 @ 9 carbs (7 NET carbs))

Original called for all ingredients to be transferred to baking dish, and baked at 400 for 30-40 min. This was quicker and tasted great.

---

## Ranch Chicken

#### Ingredients:

3 boneless chicken breasts  
1/2 pkg Hidden Valley dry Ranch Dressing\*  
3 slices bacon (.7)  
1 c shredded Cheddar (4.8)

Lay chicken breasts in bottom of casserole dish. Sprinkle dry dressing mix on top. Lay bacon across, and top with cheese. Cover with foil. Bake at 350 for 45 minutes.

Remove foil and bake open additional 15 min. (Total 7.5 carbs - serves 2 @ 3.8 ea)

\*It was difficult to figure the carbs because the pkg. has listing for 2 T prepared mix, not dry mix. I used 2 carbs as a conservative estimate, which is included in the count above.)

---

## Chicken Monterrey

#### Ingredients:

3 boneless chicken breasts  
3/4 cup barbecue sauce  
6 slices bacon  
6 oz shredded Cheddar

Pound chicken breasts until thin. Sauté in pan until just about done. In the meantime, cook the bacon (I use the microwave). Pour about 1/4 cup barbecue sauce over each breast, top with 2 pieces of bacon, and sprinkle with cheese. Cover just until cheese melts and serve. (Serves 2 @ 7 carbs)

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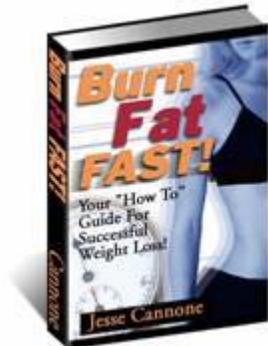
## Rolled Mozzarella Chicken

Ingredients:

12 oz boneless chicken breasts  
2 slices ham lunchmeat  
2 oz. mozzarella  
crushed pork rinds  
3 T grated Parmesan

Preheat oven to 350F. Mix rinds and Parmesan. Pound chicken breasts flat. Sprinkle with salt, pepper, garlic & onion powder. Place 1/2 slice ham and some mozzarella on each breast. Roll up and dip in rind-Parmesan mixture. Place in baking dish seam down, and bake 20-25 minutes. (Serves 2 @ 1 carb).

My husband loved this, but he likes his chicken a little drier than I do. Next time, I would pour some chicken gravy over.



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## Chicken Divine

Ingredients:

1 1/2 c broccoli, cooked  
1/2 c mayo  
1/2 c sour cream  
2 T white wine  
1 t chicken bouillon  
1/2 t paprika  
1/2 t dry mustard

1/4 t curry powder  
12 oz chicken breasts, raw, cut in cubes

Parmesan

Preheat oven 350F. Mix all ingredients except broccoli and chicken. Stir in chicken, then broccoli. Spoon into 13x9" pan and bake 25 min. Top with Parmesan and bake additional 5 min. (Serves 2 @ 6 carb, 2 fiber (4 NET carbs))

This was very tasty and the chicken was really moist and tender. I would have liked more sauce, though, and will increase that next time.

---

## Orange Chicken Stir Fry

Ingredients:

3 chicken breasts, cut into strips  
1 tbsp olive oil  
1/2 cup water  
1/4 cup DaVinci orange syrup\*  
1 tsp guar gum  
salt and pepper  
1/4 tsp ground ginger  
1/4 cup soy sauce  
3/4 cup red pepper, chopped  
1/4 cup onion, chopped  
1 cup bok choy, shredded

Heat oil in pan. Sprinkle chicken with salt, pepper, garlic powder and ginger and sauté until almost done. Remove from pan. Sauté vegetables in little more oil for few minutes. Mix all other ingredients well, making sure guar gum is well dissolved. Return chicken to pan, then add sauce. Stir for a few minutes until everything is coated and hot. (Serves 2 @ 9 carb, 2 fiber (7 NET carbs)).

\*I didn't have the orange syrup, so I made my own, mixing 1/4 cup water, 1/2 tsp orange extract, and 3/4 t liquid splenda. (If you don't have the liquid, use 6 pkts Splenda, but add 3 carbs to the total).

This was excellent! The sauce was very different and flavorful. You could use any veggies you want.

---

## Sausage, Mushroom and Cream Cheese Casserole

□ Ingredients:

3-4 chicken breasts, pounded even but not too thin  
salt, pepper, garlic powder  
2 tbsp olive oil  
1/4 lb. sausage

4 oz cream cheese, soft  
1 cup shredded cheddar, divided  
8 oz fresh mushrooms, sliced

Season chicken, brown 3 minutes each side in oil. Set aside. Crumble and cook sausage until brown. Drain well. Preheat oven to 350. Spray casserole dish and place mushrooms in bottom. Place chicken on top. Mix sausage, cream cheese, 1/2 cheddar and spoon (and smooth) over chicken. Cover and bake 30 min. Remove cover, sprinkle with remaining cheese and bake 15 min until chicken completely cooked. Serves 3 @ 5 carb

---

## Chicken with Basil Cream Sauce

Ingredients:

1/2 cup chicken broth  
1/2 tsp ea. garlic powder, Italian seasoning  
salt & pepper  
1/2 cup heavy cream  
4 tbsp prepared pesto sauce  
2 tbsp Parmesan  
3 chicken breasts

Cook the chicken any way you like. (I sautéed the breasts in frying pan, then lowered the heat, covered and cooked about 10 minutes until no longer pink inside). Sauce: in large skillet bring broth and seasonings to boil. Let cook until about 1/2 volume. Stir in cream, and again cook down until about 1/2. Whisk in prepared pesto and Parmesan. Serve over chicken. (Sauce makes enough for 5 chicken breasts @ 2 carbs)

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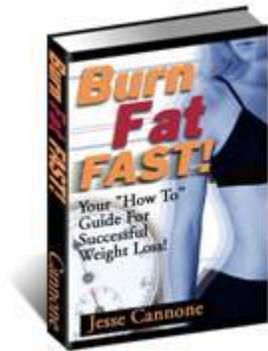
## Southwestern Chicken

Ingredients:

1 Tbsp oil  
1 tbsp butter  
2 garlic cloves, minced  
4 chicken breasts, chunked  
taco seasoning  
1 cup chicken broth  
4 oz canned green chiles  
1 tsp prepared mustard  
1 cup sour cream  
8 oz Sargento 4-cheese Mexican blend

Melt oil and butter in frying pan. Add chicken, sprinkle with taco seasoning, and brown. Add garlic and sauté. Add chicken broth, undrained chiles and mustard. Simmer,

uncovered, until liquid cooks down and is syrupy. Add sour cream and heat. Sprinkle with cheese. Cover and simmer few minutes until cheese melted. Serves 4 @ 6 carb  
FABULOUS!



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## Chicken Francaise

Ingredients:

1 egg  
1/4 c grated Parmesan  
2 T butter  
1 T lemon juice  
12 oz chicken breasts, pounded thin  
cream (optional)

Melt butter in pan. Beat egg in bowl and add cheese until consistency of thick batter like cornmeal muffin mix. Add splash lemon juice. Thickly coat chicken breasts with batter and drop into sizzling hot melted butter. May need to add more butter. When done, remove from skillet. Can add a little cream, or broth and/or lemon juice to deglaze the pan and make a little gravy. (serves 2@ 1 carb)

---

## Chicken with Balsamic Vinegar Sauce

Ingredients:

12 oz chicken breasts  
2 T butter  
1 T oil  
1 T chopped onions  
4 T balsamic vinegar  
1 1/2 c chicken broth  
1/2 pkg frozen spinach, WELL DRAINED  
5 sun dried tomatoes, sliced  
1 sm tomato, chopped

Sauté chicken in 1 T butter and 1 T oil; sprinkle with salt & pepper. Remove when done. Sauté onions few minutes. Add vinegar and bring to boil. Boil 3 minutes, or until reduced to a glaze, stirring. Add broth and boil until reduced to 1/2 cup. Add spinach and dried tomatoes. Remove pan from heat, whisk in 1 T butter. Serve over chicken, and top with chopped tomato. (Serves 3)

---

## **Chicken Alfredo**

Ingredients:

12 oz chicken breasts  
1/4 c soy flour  
1 T oil  
1 T butter  
1 c sliced mushrooms  
1/2 c 5 Brothers Alfredo Sauce

Mix spices with flour and drip chicken. Sauté in oil and butter until done and remove from pan. Add a little butter and sauté mushrooms. Stir in Alfredo sauce and stir until warm. Serve over chicken. (Serves 3 @ 5 carbs)

---

## **Crispy Chicken with “Honey Mustard”**

Ingredients:

16 oz boneless skinless chicken breasts  
1/3 c sour cream  
2 T heavy cream  
2 T brown mustard  
2 eggs  
crushed pork rinds

Cut each breast into 4 slices. Mix sour cream, cream, mustard and eggs with a little water (to pancake batter thickness) and dip chicken in batter. Roll in pork rinds until covered and place in glass baking dish sprayed with PAM. Spray tops of chicken breasts with PAM. Bake at 350F for 25 min. (Serves 3 @ 3 carbs)

---

## **“Honey Mustard” Sauce**

Ingredients:

1/2 c mayo  
1 T brown mustard  
1 pkt sweetener  
Mix and use as dipping sauce. Totals: 1 carb

---

## Chicken Low-Carbonara

### Ingredients:

12 oz boneless skinless chicken breasts  
3/4 c Ragu Cheese Creations Roasted Garlic Parmesan Sauce  
1 c shredded Mozzarella

Preheat oven 350. Sauté chicken in butter sprinkled with seasoned salt just until browned on both sides. Place small amount of sauce in bottom of baking dish. Put chicken on top of sauce. Top with shredded cheese and rest of sauce. Bake 40 min or until chicken done. (Serves 2 @ 6 carbs)

---

## Turkey "Rani" Cotti

### Ingredients:

16 oz ricotta cheese  
1 c shredded mozzarella  
2 eggs  
1/4 cup grated Parmesan  
1 t Italian herbs  
pinch nutmeg  
salt & pepper  
8 slices deli turkey breasts, sliced about the thickness of a tortilla  
1 cup tomato sauce

Mix ricotta, eggs, 3/4 cup mozzarella, Parmesan and spices. Spoon filling down center of each turkey slice, dividing evenly among 8 slices. Roll up. Spoon 1/2 cup sauce onto bottom of casserole dish. Lay rolled-up "manicotti" on sauce, top with rest of sauce. Sprinkle with remaining mozzarella. Bake at 350 until heated and cheese on top is bubbly. (Serves 4 @ 8 carbs, (7 NET carbs))

---

## Country Chicken

### Ingredients:

2 T olive oil  
16 oz chicken breasts  
soy protein isolate (for breading)  
2 chopped garlic cloves  
1 cup mixed red & green pepper, cubed (11)  
1/4 cup chopped onion  
1 cup diced canned tomatoes

Bread chicken and sauté in oil until done. Remove from pan and keep warm. Add little oil to pan, sauté peppers, garlic, onion and mushrooms. Season with basil, oregano,

thyme, parsley, Old Bay (or your choice). Add tomatoes and liquid, breaking up tomatoes with spoon. Pour sauce over chicken and serve. (Serves 4 @ 6 carbs (4 NET carbs))

---

## **Chicken Fajita Casserole**

Ingredients:

1 T oil  
1 lb chicken breast, cut in strips  
2 t taco seasoning mix  
salt, pepper, garlic powder  
1/2 cup onions, thinly sliced  
1 cup red & green pepper strips  
1/2 cup salsa  
8 oz jack cheese, shredded

Preheat broiler. Brown chicken in oil, and stir in seasonings. When chicken done, remove from pan. Add onions and peppers and cook few minutes until crisp-tender. Put chicken into casserole dish. Top with onions and peppers. Spread salsa on top and sprinkle with cheese. Put under broiler for few minutes until cheese bubbly and melted. (Serves 3 @ 9 carb (7 NET carbs))

---

## **Chicken Parmesan**

Ingredients:

3 chicken breasts  
1 egg 1/2 cup crushed pork rinds  
oregano, garlic powder, Parmesan  
3/4 cup tomato sauce (Ragu Pizza Sauce)  
1 1/2 cups shredded mozzarella

Preheat oven 350F. Mix rinds with spices and Parmesan in shallow bowl. Beat egg in another bowl. Dip each chicken piece in egg, then roll in crumb mixture. Lay in sprayed baking dish. Bake chicken 35 min. Add about 1/4 cup tomato sauce over each breast, and sprinkle each with 1/2 cup mozzarella. Return to oven and bake additional 10 min (or until chicken no longer pink). (Serves 2 @ 7 carb (6 NET carbs))  
This was quick and easy and the chicken was really tender and moist.

---

## **Chicken Cakes (like Crab Cakes)**

Ingredients:

2 chicken breasts, shredded  
1/4 cup pork rind crumbs  
1/3 cup mayonnaise

1/4 cup onions, chopped  
1 tbsp lemon juice

Mix ingredients and form into patties (I got 5). Heat oil in pan, then coat each pattie with crushed pork rinds. Cook until outside crisp, turn and cook until other side crisp. Serves 2 @ 2 carbs, 0 fiber, 417 cal, 34 fat, 29 protein) (Counts are without the oil for frying). These had a great crunchy outside, and since the chicken was cooked, you didn't need to worry about making sure they were done inside.

---

## Amaretto Chicken

Ingredients:

3 boneless chicken breasts  
1 tbsp soy flour (or protein powder)  
salt, pepper, paprika, garlic powder  
1/2 Tbsp olive oil  
1/2 Tbsp butter  
2 tsp Dijon mustard  
1/4 cup SF orange syrup  
1/4 cup SF amaretto syrup

Preheat oven to 350F. Combine flour and spices and coat chicken. Heat oil and butter in skillet and sauté chicken until brown, 3-4 minutes per side. Remove and put in casserole dish. To skillet, add mustard and SF syrups. Boil, stirring until slightly thick, about 3 min. Pour sauce over chicken and bake, covered for 20 min. Serves 3 @ 2 carbs (1 NET carb)

I browned the chicken in the pan, removed the chicken to make the sauce, and returned the chicken to the pan, covered and simmered for about 20 min until chicken was done.

---

## Cilantro Cream Chicken

Ingredients:

4 chicken breasts  
3 oz cream cheese  
3/4 cup heavy cream  
juice of 1 lime  
salt and pepper  
1/2 cup chopped (fresh) cilantro

Brown chicken in butter and season with s&p. Remove chicken from pan and add cream cheese in cubes with butter and drippings from chicken. Add whipping cream, lime juice and cilantro. On med. heat, stir all ingredients until melted. Put chicken back in sauce mixture. Cover and cook on low 15 min until chicken is done. Serves 4 @ 2 carb

The sauce kind of broke down and was oily, but it tasted so good. I might try cooking the chicken entirely, then making the sauce and just reheating the chicken, but I'm not sure if the taste would be as good.

---

## **SEAFOOD**

### **Crab Broccoli Casserole**

Ingredients:

2 T butter  
1/4 c chpd onion  
8 oz crab  
1/4 t curry  
1/4 c cream & 1/4 c water  
2 c cooked broccoli  
1 c cheddar  
xanthan gum (thickener)  
1/2 t salt  
1 T lemon juice

Preheat oven 350F. Grease 1 qt casserole and put cooked broccoli in bottom. Sprinkle with cheese. Melt butter and sauté onion. Add flour, curry powder and salt. Gradually stir in cream and water mixture. Cook until thickened (may have to add thickener). Add lemon juice and crab. Pour over broccoli. Bake 30 min.

Serves 2 @ 8 carb (5 NET carbs).

---

### **Broiled Fish with Cheese**

Ingredients:

12 oz flounder  
2 T melted butter  
1/2 c cheddar, shredded  
1 T mustard  
1 T ketchup or chili sauce

Brush fish with melted butter and broil 8-10 min until flaky. Combine remaining ingr and spoon onto fish. Broil 2-4 min until cheese bubbly and lightly browned.

Serves 2 @ 1 carb

---

### **Kona Inn Snapper**

Ingredients:

12 oz snapper fillet (or flounder)  
2 T Parmesan cheese  
1 T butter  
6 T salsa  
2 oz Monterey jack cheese, shredded  
1 oz cheddar cheese, shredded  
salt and pepper to taste  
chopped parsley (optional)

Preheat oven 350F. Lightly coat the fish with Parmesan and sauté in butter for about 1 min on each side to seal juices. Place fish in lightly greased casserole and top with salsa. Sprinkle cheddar on the center of the fish and jack cheese on the ends (or mix cheeses and sprinkle over all.) Bake 10-12 min until fish is cooked. Garnish with parsley.

Serves 2 @ 4 carb (3 NET carbs)

---

## Flounder Picatta

Ingredients:

1/2 t salt, 1/4 t pepper  
2 lbs flounder  
4 T butter  
2 T oil  
2 T lemon juice  
1/2 t grated lemon zest (optional)  
1 T dried parsley  
1 T capers chopped  
protein powder, soy isolate or baking mix

Combine protein powder, salt and pepper in bowl. Dredge fish to coat both sides. Melt 2 T butter with oil in skillet. Add fish and cook, turning once, until browned outside and cooked through (5-7 min.) Remove to platter and keep warm. Add remaining butter to skillet and cook over med high heat until browned, about 1 min. Stir in lemon juice, zest, parsley and capers and pour over fish.

Serves 4 @ 1 carb

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## Seafood Crepes with Creamy Cheese Sauce

Crepes: 4 eggs

4 T heavy cream  
dash salt and pepper

Filling:

1 6 oz can crab

1 can sm shrimp  
2 T butter  
1/4 c cream  
1 t Dijon  
1/4 c chicken broth

Sauce:

4 oz cheddar  
1/4 c heavy cream  
1 t Dijon  
dash nutmeg, salt, pepper

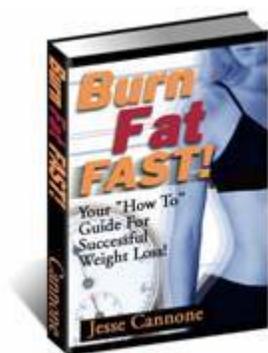
Crepes: Blend crepe ingredients. Heat a good small non-stick pan and melt some butter. Ladle about 1/4 cup of mixture and tip pan quickly to make thin, even coating. Allow to cook until starts to curl on ends and is set in center. Turn and cook about 30 sec. Remove to plate and repeat. Makes about 6.

Filling: Melt butter, add crab and shrimp. Stir in broth, Dijon and cream and simmer until sauce reduces.

Sauce: Heat cheese, cream, Dijon and seasonings until cheese melts.

Assemble: lay out crepes, spread filling down center, roll up and top with cheese sauce. Serves 3 @ 4 carbs, trace fiber, 636 Calories, 50 fat, 42 protein

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## **Baked Salmon Italianne**

12 oz salmon  
1/4 cup mayonnaise  
2 T unsw. ketchup (2)  
6 pieces sun-dried tomatoes (6.6)  
4 strips bacon, cooked, cut in 1" pieces  
1/4 cup chopped onion

Mix mayo and ketchup to make Russian Dressing. Heat tomatoes in water in microwave for few minutes to plump. Spray casserole dish with Pam. Lay salmon pieces in and cover with dressing. Cut up tomatoes and lay on top; sprinkle with chopped onion. Bake at 400 for 20-25 min. Put under broiler for just a few minutes to brown top.

Serves 2 @ 6 carb (5 NET carbs)

---

## Shrimp Scampi

Ingredients:

14 oz shrimp (raw, peeled)

4 T butter

4 T oil

3 garlic cloves

splash lemon juice

Melt butter, add oil and garlic and sauté 1 min. Add splash of lemon juice. Add shrimp and cook until pink (only takes a few minutes). Spoon shrimp and sauce over Faux Rice.

Serves 2 @ 1.5 carbs

---

## Bengal Shrimp Curry

Ingredients:

1 lb shrimp

1 T olive oil

1 T curry powder

1/2 cup onion, chopped

1 tomato, chopped

1/4 cup water

Sauté onions in a little oil, sprinkle with curry powder. Stir in tomato and sauté few minutes. Add shrimp, stir to coat evenly. When shrimp is done (few minutes), pour in water and stir.

Serves 2 @ 8 carb (6 NET carbs)

---

## Szechwan Oriental Shrimp

Ingredients:

12 oz. shrimp

1 Tbsp not/Starch (or 1/2 tsp guar gum)

1/2 cup salsa

1/4 cup sugar free cinnamon syrup

2 tbsp soy sauce

2 tbsp Dijon mustard

2 tbsp peanut butter  
1/4 tsp ginger  
1/2 cup sliced mushrooms  
1 cup snow peas

Cook snow peas in microwave. Mix all ingredients except shrimp and mushrooms in a bowl. Sauté shrimp in little oil in pan and add mushrooms. When shrimp just about done, stir in sauce and stir to heat.  
Serves 2 @ 11 carbs (8 NET carbs)

---

## **Delicious Crab Jambalaya**

Ingredients:

3/4 lb crab  
1/2 cup bacon  
1/4 cup onion, chopped  
1/4 cup celery, chopped  
1/4 cup green pepper, chpd  
1 cup canned tomatoes  
1 tbsp Worcestershire sauce  
salt and pepper

Fry bacon until brown. Add veggies and cook until tender. Add tomatoes and seasonings. Cover and simmer 10 min. to blend flavors. Add crab and heat. Can serve over Faux Rice.  
Serves 2 @ 9 carb (7 NET)

---

## **Mustard Salmon**

Ingredients:

1/3 cup SF pancake syrup  
water  
1 Tbsp Dijon  
garlic powder  
salt  
4 salmon fillets

Preheat broiler. Heat all topping ingredients and brush salmon. Broil 10 min, brushing with topping occasionally. Pour rest of topping on salmon and broil 2-5 min more.  
Serves 4 @ 1 carb, (.5 NET carbs)

---

## **Fishy Mounds**

Ingredients:

12 oz fish fillets (I used flounder)  
6 oz can crab  
1/4 c grated zucchini  
1 T onion powder  
1 oz pork rinds, crushed  
1 T mayo  
1 T mustard  
1/3 c heavy cream  
1 T soy protein isolate  
1 T Parmesan  
cayenne pepper, paprika

Preheat oven 325. Spray LARGE muffin tin with non-stick spray. Line 6 cups with fish fillet (or several if fillets are real small). In bowl, mix crab, zucchini, onion powder and pork rinds. Add remaining ingredients. Divide mixture among fish lined cups. Sprinkle each with little cayenne and paprika. Bake 30 min.

Serves 3 @ 3 carbs

---

## **Broiled Salmon with Dijon Sauce**

Ingredients:

1/2 c mayo  
2 T Dijon  
3 T Parmesan  
black pepper  
12 oz. salmon filets

Heat broiler, and broil salmon for about 12 min. Mix other ingredients and spread over salmon. Put back under broiler for another 5 min, or until salmon done. (If you put the sauce on too early, it gets really brown).

Serves 3 @ 1 carb

---

## **Fabulous Fish Florentine**

Ingredients:

1 1/2 lb fish fillets  
10 oz pkg frozen spinach, thawed, WELL DRAINED  
8 oz shredded cheddar  
1/2 c crushed pork rinds (optional)

2 T lemon juice  
2 T white wine  
parsley, Old Bay, garlic powder, salt & pepper

Preheat oven 350F. Spread spinach over bottom of 8-9" casserole dish. Arrange fillets over top. Sprinkle with lemon juice and white wine, and seasonings. Sprinkle with cheese, then pork rinds. Bake 30-40 min.

Serves 4 @ 5 carb (3 NET carbs)

Next time, I would sauté the spinach in a little oil and garlic first to give it some flavor and moistness.

---

## Crab Stuffed Sole

Ingredients:

1 1/2 lb sole  
6 oz can crab  
2 oz cream cheese  
2 T mayo  
1 t tabasco  
1 T chives  
1 egg

Mix all ingredients. Lay fillets flat and top with generous amount of filling. Roll up fish and bake at 350 for 20-25 minutes.

Serves 4 @ 1 carb

I had extra filling that wouldn't fit on the fish, so I just spooned it into the baking dish, and cooked along with the fish. It was great, and could be used as a main dish by itself!

---

## Shrimp with Tomato Cream Sauce

Ingredients:

12 oz shrimp, peeled, deveined, uncooked  
1 t oregano  
2 T butter  
1 med chopped tomato (5.8)  
1/2 c heavy cream (4.0)  
1/2 cup cheddar cheese (2.4)

Melt butter with garlic and oregano 1 min. Add shrimp and tomato and sauté few minutes just until shrimp is pink. Stir in cream, then shredded cheddar and heat until cheese melts. Serve over Faux Rice or Pasta Nearly.

Serves 2 @ 7 carb (6 NET carbs)

---

## Salmon with Bacon, Tomato & Caper Vinaigrette

### Ingredients:

12 oz. salmon  
4 slices bacon, cooked  
1 med. tomato, diced  
1 t capers  
2 t parsley  
1/2 t prepared horseradish  
1 pkg Splenda  
salt, pepper, olive oil

Brush salmon with olive oil, sprinkle with salt and pepper and broil for 12 minutes. In meantime, heat all ingredients except bacon. Remove salmon from oven, spoon sauce over and top with crumbled bacon.

---

## Crabmeat Au Gratin

### Ingredients:

1 T butter  
1 T not/starch (or thickener)  
salt & pepper  
1/2 cup heavy cream  
1/2 cup water  
1 can crabmeat  
1 t lemon juice  
1 cup shredded cheddar  
dash Worcestershire sauce  
pinch paprika

Preheat oven 375F. Melt butter in pan. Mix in not/starch and salt and pepper. Stir over low heat until well blended. Gradually stir in cream mixed with water. Cook, stirring until thick and smooth. Mix in cheese, Worcestershire and paprika. When melted, stir in crab. Place in buttered casserole. Bake 25 min. Serve with Faux Rice.

Serves 2 @ 3 carb

---

## Crab Stuffed Zucchini

### Ingredients:

2 medium zucchini  
6 1/2 oz. can crabmeat  
1 oz. cream cheese, softened  
1/4 cup onion, chopped  
1/2 med. tomato, seeded & chopped

1/2 tsp lemon juice  
1 tbsp mayonnaise  
dash liquid smoke  
1 cup mozzarella cheese, shredded (divided)

Preheat oven to 350F. Discard ends of zucchini and cut in half lengthwise. Microwave 3 min. Scoop pulp of zucchini out, leaving shell. Chop pulp and mix with all ingredients, using only 1/2 cup mozzarella. Place zucchini shells in baking dish and fill with crabmeat mixture (it will overflow the shells). Top with rest of mozzarella and bake 20-30 minutes until cheese is lightly brown.

Serves 2 @ 11 carb (8 NET carbs)

---

## Crab Cakes

Ingredients:

12 oz crab meat  
1 T pesto  
1 egg  
1 T heavy cream  
1/2 cup crushed pork rinds  
1 T mayo  
Old Bay, dash cayenne

Mix all ingredients. Form into 6-8 small patties and fry in butter on medium heat until golden brown and crispy.

Serves 3 @ .7 carbs

---

## Breaded Scrod with Basil Mustard Sauce

Ingredients:

4-6 oz pieces scrod or flounder  
lemon juice, salt & pepper  
4 slices Atkins bread garlic powder  
1 tsp oregano 1/3 cup + 2 tsp olive oil  
1 cup basil leaves  
2 tsp Dijon mustard

Preheat oven to 400. Put fillets in baking dish, brush with lemon juice and add salt & pepper. Process bread, garlic and oregano in food processor until fine crumbs form. Add little olive oil. Evenly divide crumb mixture and pat over fish. Bake 12 min, until flaky and done. Meanwhile, in blender, puree basil leaves with olive oil and dash salt & pepper. Press sauce through sieve. Whisk in mustard and spoon around fish.

Serves 4 @ 6.5 carbs (3.5 NET carbs)

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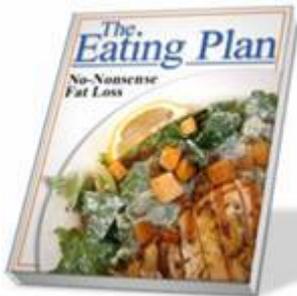
## Salmon with Peanut Sauce

### Ingredients:

4 salmon fillets  
4 cups lightly packed baby greens  
4 cups broccoli, cooked crisp tender  
Sauce: 3 Tbsp SF peanut butter  
3 tbsp chicken broth  
2 tbsp mayo  
1 tbsp soy sauce  
1 tbsp sherry  
1 1/2 tsp Asian hot chili garlic sauce  
1/2 tsp fresh ginger  
1 garlic clove  
1 pkt Splenda

Puree sauce ingredients in blender until smooth. Heat oven 300. Line pan with foil. Place fish skin side down and bake 17-18 min until fish flakes easily and center suntil slightly rosy. Toss baby greens and broccoli with 1/4 cup peanut sauce. Divide on four plates. Top each salad with a piece of fish and drizzle remaining sauce over.

Serves 4 @ 10 carbs (6 NET)



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## VARIOUS GROUND MEATS

### Turkey Bundles

#### Ingredients:

1 1/2 lbs ground turkey  
1 beaten egg

1/2 cup coarsely chpd water chestnuts  
1/3 cup crushed pork rinds  
1 T soy sauce  
1 T lemon juice  
1 pkg Equal  
1/4 t salt  
dash EA. red pepper, ginger  
12 lettuce leaves  
recipe "Thai Dipping Sauce"

Combine all ingredients except lettuce and mix well. Shape into twelve 4x 1/1/2 x 3/4" loaves. Brown in frying pan. Wrap each loaf in a lettuce leaf and serve with dipping sauce. (12 bundles, serves 6 @ 4 carb (3 NET carbs)) w/o sauce)

---

## Shepherd's Pie

Ingredients:

1/2 lb ground beef, cooked  
1/2 c mushrooms  
1 cloves garlic  
s&p  
1 1/2 Tbsp mayo  
2 oz cheddar  
1/2 bag frozen cauliflower

Preheat oven 350F. Spoon cauliflower into 9x13 pan. Sauté beef with mushrooms and garlic. Stir in mayo, s&p. Spoon over cauliflower. Sprinkle cheese over and bake 20 min. Serves 2 @ 5 carb (3 NET carbs).

---

## Cheeseburger Quiche

Ingredients:

1/2 lb ground beef  
1/3 c chpd onion  
2 eggs  
1/2 c mayo  
1/4 c cream  
6 oz shr cheddar  
salt & pepper

Brown ground beef and onion. Drain. Beat eggs and mix in mayo, cream, cheese and seasoning. Put beef mixture in sprayed pie pan. Pour custard over. Bake at 350 for 45 min. Let stand 10 min before cutting. Serves 3 @ 3 carbs. Can add mushrooms or any other veggie - just include the carbs

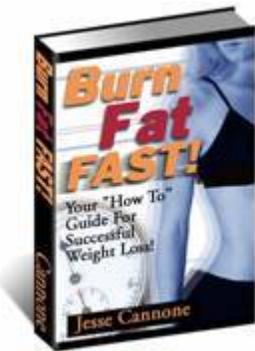
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## Italian Casserole with Crust

### Ingredients:

1 lb ground beef  
1/4 c chpd onion  
1 c tomato sauce  
6 oz shredded mozzarella  
1/2 c sour cream  
1/4 c whey protein powder  
1/4 c soy protein isolate  
1 tsp baking powder  
2 eggs  
2 t melted butter  
1/3 c Parmesan

Heat oven 375. Brown ground beef and onion. Drain. Stir in sauce. In bowl, mix mozzarella and sour cream. In another bowl, mix protein powder, isolate, baking powder and eggs. Pour hot meat mixture into 2 qt baking dish. Spoon cheese mixture over. Drop dough by Tablesp, then take spatula and smooth over top. Mix melted butter and parm and spread over dough. Bake 18-25 min until golden brown and topping is done. Serves 3 @ 10 carb (9 NET carb). Can use Atkins baking mix and eliminate the baking powder - this will add some carbs, though



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## Zucchini Beef Bake

### Ingredients:

3/4 lb ground beef  
1/4 cup chpd onion  
1 1/2 cups tomato sauce  
1 cup shredded cheddar (or other)  
1 med. Zucchini, sliced  
1/2 cup sliced mushrooms (3)

1 T oil  
1/2 t ea: oregano, basil, salt

Sauté zucchini, onion and mushrooms in oil until tender. Brown ground beef in pan and add tomato sauce with seasonings. Mix beef with vegetables and put in baking dish. Top with cheese. Bake, uncovered, at 350 for 30 min. Serves 3 @ 10 carbs (7 NET carbs). This is fairly high in carbs, but includes your vegetable.

---

## Turkey Burgers

Ingredients:

1 lb ground turkey  
1/2 cup "Sweet BARBECUE Sauce" recipe  
1 cup pork rind crumbs  
1 egg  
1 tsp instant chicken bouillon

Combine all ingredients. Shape into 5-6 patties and pan fry until done. Serves 3 @ 3 carb

---

## Smokey Meatloaf

Ingredients:

1 lb ground beef  
1 cup crushed barbecue pork rinds - crushed  
2 eggs  
3 T minced dried onion  
1 T Worcestershire sauce  
1 t liquid smoke

Preheat oven 350F. Mix all ingredients along with salt and pepper to taste. Form into a loaf and place in a baking dish. Bake 1 hour. Serves 3 @ 2 carb

---

## Bobotie (S. African Lamb Curry)

Ingredients:

1 lbs ground lamb  
1/4 cup onion, sliced  
1 1/2 T curry powder  
1 T Splenda  
1/2 T lemon juice  
1/2 grated apple  
1/2 t nutmeg  
3/4 cup whipping cream

2 eggs  
salt & pepper

Preheat oven to 375F. Brown lamb in pan and remove. Melt some butter and brown onions. Return lamb to pan and add curry, splenda, s&p. Remove from heat and stir in lemon juice and apple. Pour mixture into casserole dish. Mix eggs, cream and nutmeg and pour on top of mixture. Bake 45 min. Serves 3 @ 9 carbs (7 NET carbs).

This is really unusual but we loved it. You can use ground beef (it will certainly be cheaper!) but the lamb is more delicate. I have also made it without the apple for a NET carb count of 5

---

## Sweet & Sour Pork (or Lamb) Patties

Ingredients:

1 1/2 lbs ground pork (or lamb)  
1/2 cup crushed pork rinds  
1 tsp red pepper flakes  
1 tsp salt  
1 egg  
1 Tbsp heavy cream  
1 tsp parsley  
1/4-1/2 cup finely chopped onion  
recipe for sweet and sour sauce below

Mix all but sauce ingredients, and shape into 8 - 12 patties. Slowly brown in frying pan until juices run clean. Drain well and serve with sauce. Serves 3 @ 2 carb (does not include the sauce)

### SWEET & SOUR SAUCE

3/4 cup water  
1/3 cup ketchup (unsweetened)  
1/3 cup vinegar  
1 T soy sauce  
3/4 cup Splenda  
xanthan gum (about 1 t)

Combine water, ketchup, vinegar and soy. Heat until boiling. Add guar gum to thicken. Take off heat and stir in Equal. Pour over meat.

TOTAL (1 cup): 30 carb, trace fiber, 122 Calories, trace fat, 1 protein. Per 1/4 cup serving: 7.5 carbs, trace fiber, 31 Calories, trace fat & protein.

If you can cut the Splenda, or use liquid Splenda, it will reduce the carbs significantly

## Southwest Chicken Burgers

### Ingredients:

1 lb ground chicken  
1/2 cup zucchini, shredded  
2 T green chiles, chopped  
1/2 t ea. cumin & salt  
pepper  
1/2 cup salsa  
2 T green onions, chopped  
2 T fresh cilantro, chopped  
1 T plain nonfat yogurt

Combine chicken, zucchini, chiles, & spices. Shape into 4-5 patties and fry until no longer pink in center. Combine remaining ingredients in small bowl and serve over patties. Makes 4 @ 4 carbs

---

## Bacon Cheeseburger

### Ingredients:

1 lb ground beef  
1 egg  
4 oz cheddar cheese  
4 oz mozzarella cheese  
4 slices bacon  
garlic powder, salt, pepper

Preheat oven to 350F. Cook bacon. Brown beef and drain well. Mix beef, egg, cheddar and spices. Press mixture into small casserole and top with mozzarella. Bake 30-35 min until edges brown. Top with bacon. Serves 3 @ 2 carbs

---

## Tamale Pie

### Ingredients:

1/2 lb ground beef  
1/2 cup onion, chopped  
8 oz salsa  
2 Tbsp taco seasoning mix  
2 tbsp water  
1 cup cheddar cheese, shredded  
1 cup Atkins corn bread mix  
1/4 cup oil  
1/3 cup + 1 Tbsp water  
1 egg

Brown ground beef; drain fat and remove from pan. Brown onions. Return beef to pan, add taco seasoning and water. Stir in salsa. Pour into greased 12x7" dish. Mix corn bread mix, oil, water and egg, along with 1/2 cup. Spread dough over beef filling. Bake 400 for 20-25 minutes. Sprinkle remaining cheese on tamale pie. Bake another 5-10 minutes.

Serves 3 at 23 carb (13 NET carbs)

This is a little high in carbs and definitely NOT for induction. This recipe uses the equivalent of 2 muffins for each serving. You could bake the meat separately, and make 6 corn muffins and crumble one over each portion to cut carbs.

---

## **Hamburger Gravy and "Mashed Potatoes"**

Ingredients:

1 med onion  
1/2 lb ground beef  
1 t garlic powder  
salt & pepper  
1/8 c sour cream  
2 oz cm cheese  
1/2 bag frozen cauliflower  
2 T butter

Sauté onion in oil in pan. Add meat and brown. Add spices and water and cook until water boils. Turn down heat. Add sour cream and cream cheese and simmer 10 min until gravy thickens. (DO NOT BOIL). Mash cauliflower with butter, salt & pepper. Serve hamburger "gravy" over "potatoes." Serves 2 @ 10 carb (7 NET carbs)

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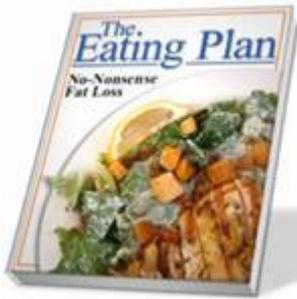
## **Lasagna without Noodles**

Ingredients:

8 oz ricotta cheese  
10 meatballs, cut up  
1/4 c tomato sauce  
2 T Parmesan  
shredded mozzarella  
spaghetti squash (optional)

Fold meat into ricotta and stir in tomato sauce. (may need to use more than 1/4 cup depending on your taste). Sprinkle with Parmesan, top with mozzarella. Heat in microwave until cheese melts. (Serves 2)

(I had leftover cooked spaghetti squash so I stirred it in before heating. I also put the casserole under the broiler for just a few minutes 'cause I like my cheese kind of brown and bubbly. This was real easy and tasted great. - watch the carbs in the squash and tomato sauce.)



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## Meatballs in Sour Cream Sauce

### Ingredients:

1 lb ground beef  
1/2 cup pork rinds, crushed  
1/4 c tomato sauce  
2 T cream  
1 t Worcestershire  
salt, pepper, garlic powder  
Sour Cream Sauce

Preheat oven 450F. Mix all ingredients, make small balls and bake 10 min. Turn and bake 5-10 min more. Simmer 10 min in sauce. (Can use tomato sauce as well. If using sour cream sauce, simmer meatballs in just the gravy. Stir in sour cream just before serving - sour cream should not boil). (Makes 20 meatballs @ .2 carb)\_

---

## Noodleless Lasagna

### Ingredients:

1/2 lb ground beef  
1/2 lb sausage (link or bulk)  
1 clove garlic  
1/4 c chpd onion  
1/2 c tomato sauce  
16 oz ricotta  
5 oz shredded mozzarella  
2 eggs  
1/2 c fresh spinach  
salt and pepper

Brown the meat, add garlic and onion and sauté few minutes. Mix in tomato sauce. In separate bowl, mix ricotta, eggs, salt and pepper and 4 oz mozzarella. Spray deep dish with Pam. Layer meat, ricotta mix and fresh spinach. Top with last ounce of mozzarella.

Bake at 350 for 45 min. Serves 4 LARGE servings @ 8 carbs (7 NET carbs) (Total carbs are 33)

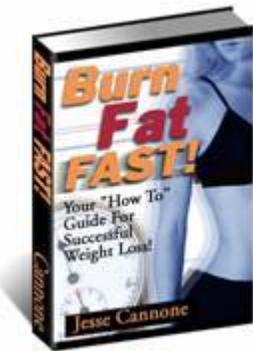
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## Beef Burritos

Ingredients:

1/2 lb ground beef  
1 t taco seasoning (1)  
1/2 cup ricotta (6)  
1/4 c sour cream (2)  
1 t powdered chicken broth  
1 cup (8 oz) shredded taco cheese (4.8)  
1/2 cup salsa (.9)  
1 cup black soy beans (2 net)  
3 Dottie's Crepes (2.1)

Preheat oven to 350F. Brown the meat and add the taco seasoning. Mix sour cream, ricotta, powdered broth, and 1/4 cup salsa into beef. Drain beans well and add to mixture. Spoon some beef mixture onto crepes, sprinkle with cheese and roll up. Place in baking dish. Sprinkle with a little cheese. Bake 30 minutes until heated. Top with 1 T salsa and sprinkling of cheese. Makes 4 crepes - serves 3? (I had one, DH had 2 and one leftover).(13 carb)



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## Ham Loaf

Ingredients:

1/2 lb ground smoked ham  
6 oz ground pork  
1 egg (.6)  
1/2 cup pork rinds, crushed  
2 T brown sugar sub

1 t prepared mustard  
1/2 t soy sauce

Preheat oven to 350F. Mix ham, ground pork, eggs and bread crumbs in bowl. Put in loaf pan and bake 45 min - 1 hr. Mix brown sugar, mustard and soy sauce together. Spread over loaf during last 15 min. of baking. Serves 3 @ 3 carb

---

## Turkey Loaves with "Pineapple" Sauce

Ingredients:

1 lb ground turkey  
1/2 cup pork rinds  
1/3 cup green onion, chopped  
2 tbsp cream  
1 egg  
1 tbsp Worcestershire sauce  
1 tsp dry mustard  
1/4 tsp garlic powder  
salt & pepper

Sauce:

1 cup SF pineapple syrup  
1 tsp ginger  
1 tsp Worcestershire  
1 tsp not/Starch  
1 tsp parsley

Mix loaf ingredients. Pack into 6 large greased muffin tins. Bake at 350 for 40 minutes. Combine sauce ingredients in pan and heat until thickened. Pour over loaves. Serves 3 @ 3 carbs

---

## Italian Turkey Meatloaf

Ingredients:

1 lb sausage, cooked and diced  
1 lb ground turkey  
2 eggs  
14 oz can diced tomatoes  
1/2 cup onion, chopped  
1 tbsp parsley  
1 cup pork rinds, crushed  
1/2 cup Parmesan cheese  
1/2 cup tomato sauce

Preheat oven to 375F. Beat eggs and stir in other ingredients except meats. Mix in meats just until blended. Place meat in 8x8" glass baking pan. Bake 1 hour. Top with

tomato sauce and bake 15-30 min more. Let stand 10 min. before serving. Serves 4 @ 9 carb

---

## **Beef, Bean and Cheese Tostadas**

Ingredients:

4 slices provolone (3)  
3/4 lb ground beef  
1/4 cup chopped onion (3.7)  
1/2 cup organic black soy beans (5)  
1 t chili powder (1.4)  
1/2 t garlic powder  
1/2 t salt 1/4 t cayenne pepper  
1/4 cup diced tomato (2)  
1/2 cup cheddar cheese, shredded (1.2)  
2 T sour cream (1)

Using parchment paper, microwave each slice of provolone for 1-2 min until brown and crispy. Brown ground beef & onions, drain fat. Add spices and drained beans and heat. On each provolone shell, layer meat mixture, top with tomato, then cheese. Serves 2 @ 9.8 carbs

This is a little high in carbs, but tasted SO good.

## **Sweet Spiced Turkey**

Ingredients:

1 lb ground turkey  
1/2 cup onion, chopped  
2 garlic cloves  
2 tbsp parsley  
8 oz tomato sauce  
2 tbsp red wine vinegar  
1 tbsp brown sugar equivalent  
1/2 tsp EA: cinnamon, oregano, pepper, sage, thyme  
1/4 tsp EA: cloves, nutmeg

Brown ground turkey. Remove from pan and add onions and garlic with a little oil. Cook until onions start to brown. Return turkey to pan and add all other ingredients. Mix well and simmer 5-10 min to blend flavors. (May need to add a little water, or a little more tomato sauce).

Serves 3 @ 9 carb. This is like barbecue sloppy joes but with an unusual flavor due to the spices.

You can probably cut the onion a little to save on carbs - maybe add some celery for the crunch.

---

## Meatloaf

Ingredients:

1 1/2 lbs ground beef  
1 cup pork rind crumbs  
1 egg  
1/3 cup tomato sauce  
salt, pepper  
2 Tbsp parsley  
1/2 cup grated Parmesan  
1/4 cup chopped onion

Preheat oven to 350F. Mix meat and other ingredients. Shape into firm oval loaf in shallow baking pan. Bake 1 hour.

Total 11 carbs - serves 6 @ 1.8 ea.

This was really good - very moist. When I removed it from the oven the baking pan was full of fat. I didn't pour it off; just let the meatloaf sit and soak it back up. (I've poured the fat off before and meatloaf was very dry.)

---

## Meatza

*Note:* Makes 1 12-inch meatza or 8 good slices Pizza lovers substitute. If you like pizza this is for you everything is separate so you can make up your own toppings. Too bad about pineapple! It's important to drain the mushrooms. There is no traditional crust to absorb any liquid, so your meatza will wet and sloppy if you don't.

Total carbs for the whole things with the sauce 46 grams

Ingredients:

1 lb. ground pork  
1 lb. regular ground beef  
1/4 cup finely diced onion  
1 clove garlic, minced  
1 egg  
1/2 cup freshly grated Parmesan cheese  
3/4 tsp. salt  
1/4 tsp. freshly ground black pepper

Preheat the oven to 450°F. Combine the pork, beef, onion, garlic, egg, cheese salt and pepper. Mix well. Pat out evenly onto a 16-inch rimmed pizza pan. Bake for 10 minutes. Remove from the oven and carefully pour out the juices that have accumulated in the pan. The meat will have shrunk to about 12-inches and this is fine.

## **DESSERTS (CANDY)**

### **Frozen Chocolate Kisses**

1 cup heavy cream, whipped  
6 oz soft cream cheese  
2 T sour cream  
1/8 cup cream & 1/8 cup water  
sm. pkg SF/FF instant chocolate pudding

Whip 1 cup cream, set aside. In separate bowl, cream cream cheese, add sour cream and cream and water. Mix well. Stir in pudding powder and blend well. Fold into the whipped cream. Using a pastry bag with a star tip, pipe hershey size kisses onto a sheet pan covered with wax paper. Place in freezer until solid, then store in freezer. (Total: 47 carb (45 NET carb)). Makes 150 @ .3 carbs

---

### **Reese's Cups**

2 T butter  
1/3 c chunky (or plain) peanut butter  
1 oz unsweetened chocolate  
1/3 c ricotta  
10 pkts Splenda  
1 t vanilla

Melt butter, peanut butter and chocolate in microwave. Cool slightly, then add ricotta, sweetener and vanilla. Spoon onto wax paper and refrigerate.

Total: 34 carb (27 NET carbs)

Serves 22 @ 1.2 carb

Don't get turned off by the ricotta. These are great and kind of fudgy tasting.

---

### **Almond Joy Bars**

2 tbsp unsweetened cocoa  
4 tbsp Thick n' Thin not/Sugar \*  
20 pkts Splenda  
8 oz cream cheese  
2 tsp vanilla  
1 tsp coconut extract  
4 tbsp melted butter  
2/3 cup unsw. shredded coconut  
2/3 cup coarsely chopped almonds

Melt butter in microwave, add cocoa, splenda, not/Sugar, cream cheese, extracts and mix well. Stir in coconut and nuts. Pour into 8x8" pan and freeze. Before fully frozen, make cuts for bars (16). Once frozen, remove bars from pan and put in sealed container. Keep in freezer or refrigerator.

Total 54 carb (36 NET carbs). Makes 16 @ 2.3 carbs

These do taste just like Almond Joys. \*not/Sugar is a product by Expert Foods that adds the bulk of sugar to a recipe, but not the sweetness. I don't know what the texture would be if you left this out. Several web sites sell it; I got it from CarbSmart.

---

## Chocolate Coconut Dream

1 oz unsweetened chocolate  
2 T butter  
2 T heavy cream  
1/2 t vanilla  
5 pkts Splenda  
1/3 cup shredded unsw. Coconut  
9 almonds

Heat butter and chocolate until chocolate just melted. Pour in small bowl, mix well. Add in heavy cream, vanilla and Equal; stir until mixture looks creamy and smooth. Add in coconut, mix well. Put spoonful of chocolate mixture on place which has been covered in wax paper. Push almond on top of each piece. Chill until able to pick up with fingers. Store in refrigerator.

Total: 22 carb (12 NET carbs). Makes 9 @ 1.3 NET carbs)

These are not real sweet and you need to like semi-sweet chocolate. I would use more coconut next time.

---

## CHRISTY'S Peanut Butter Cups

1 stick unsalted butter  
4 T peanut butter (12)  
1 oz unsw. baking chocolate (9)  
8 pkts Splenda (4)  
2 T heavy cream (.8)

Melt butter and chocolate in microwave. Be careful not to burn the chocolate. Add splenda and mix well. Spoon some chocolate into a mini muffin tin pan lined with tiny paper muffin cups. Put in freezer few minutes until hard. Spoon little blob of peanut butter on top of each candy, and top with more chocolate. Freeze, and keep in freezer.

Total: 26 carb (20 NET carbs). Makes about 12 @ 1.7 carbs).

I added a little liquid Splenda to my peanut butter. These are addictive!

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# **PIES**

## **Layered Peanut Butter Pies**

### CRUST:

1 c crushed or ground pecans  
4 t melted butter

### CHOCOLATE:

2 T butter  
1 oz unsw chocolate  
2 T cream  
1 t vanilla  
8 pkgs Equal

### PEANUT BUTTER:

5 T peanut butter  
4 oz cream cheese  
1/3 c Splenda

### WHIPPED CREAM:

1 cup heavy cream  
1 t vanilla  
1 T cocoa

1. Crust: mix pecans and butter. Pour in pie plate, spread to cover bottom of plate and put in freezer.
  2. Chocolate layer: Melt butter and chocolate in microwave approx. 2 min. Mix in cream and vanilla. Stir well. Add equal. Pour over frozen pie crust and put back in freezer.
  3. Peanut Butter layer: Mix peanut butter, cream cheese and splenda with food processor or blender. Spread over frozen pie.
  4. Whip cream with vanilla and cocoa until stiff peaks. Spread over pie and refrigerate.
- Total: 73 carb (57 NET carbs). Serves 8 @ 7 carb.  
This pie is a lot of work but it tastes great. The pie is very rich and you may get more than 8 slices. The pie is only about 1 1/2" high.

---

## **Appetizing Pumpkin Chiffon Pie**

*Note:* Makes 1 9-inch pie, Total carbs for the whole pie 100  
For the crust:

### Ingredients:

4 oz. whole unblanched almonds

4 oz. whole unblanched hazelnuts  
1/4 cup unsalted butter  
6 Tbsp. plain whey protein powder  
1 tsp. Brown Sugar Twin  
1 tsp. pourable Splenda  
pinch of salt  
3/4 tsp. dried ground ginger  
1/2 tsp. pure vanilla extract

Cut a circle of parchment paper to fit into the bottom of a 9-inch pie pan.  
Preheat the oven to 350°F. spread the almonds and hazelnuts out on a baking sheet and roast for 8-10 minutes until browned. Cool.  
While the nuts are roasting, melt the butter over medium heat until colored a deep brown. Remove from the heat.

In a food processor, coarsely grind the almonds and hazelnuts separately. Combine with the whey protein, sweeteners, salt, ginger and pure vanilla extract. Add the butter and mix well. Press evenly into the pie pan and chill.

### **For the filling:**

Ingredients:

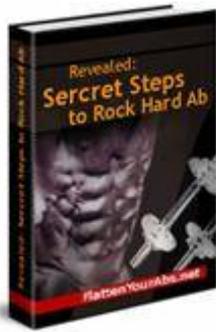
1/4 cup water  
2 1/2 tsp. gelatin  
3 Tbsp. Brown Sugar Twin  
3 Tbsp. pourable Splenda  
1 14 oz. can pumpkin puree  
1/2 tsp. dried ground ginger  
3/4 tsp. ground cinnamon  
1/2 tsp. freshly grated nutmeg  
1/4 tsp. salt  
1/2 cup whipping cream  
1 tsp. pure vanilla extract  
3 large eggs, separated  
1/4 tsp. cream of tartar  
1 1/2 cups whipping cream

Sprinkle the gelatin over the water and set aside. Combine the Sugar Twin and Splenda.

In a food processor, combine the softened gelatin, pumpkin puree, 4 Tbsp. of the mixed sweeteners, the spices, salt, 1/2 cup whipping cream, vanilla and 3 egg yolks. Puree until smooth. Transfer to a saucepan and cook over medium-high heat until the mixture just starts to splutter. (Heating the mixture to this point is important or it may not set properly.) Transfer to the food processor and puree again until smooth. Transfer to a bowl and let stand at room temperature, stirring frequently until cool.

In a mixing bowl, beat the egg whites until foamy. Add the cream of tartar and remaining sweetener mix and beat until stiff peaks form. Stir 1/4 of the egg whites into the pumpkin mixture then fold in the remaining whites. Spread out into the crust and refrigerate for at

least 2 hours. No more than 4 hours before serving, beat the 1 1/2 cups whipping cream to firm peaks and pile on top of the pie.



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---

## **Layered Peanut Butter Pie**

### **CRUST:**

1 c crushed or ground pecans  
4 t melted butter

### **CHOCOLATE:**

2 T butter  
1 oz unsw chocolate  
2 T cream  
1 t vanilla  
8 pkgs Equal

### **PEANUT BUTTER:**

5 T peanut butter  
4 oz cream cheese  
1/3 c Splenda

### **WHIPPED CREAM:**

1 cup heavy cream  
1 t vanilla  
1 T cocoa

1. Crust: mix pecans and butter. Pour in pie plate, spread to cover bottom of plate and put in freezer.
2. Chocolate layer: Melt butter and chocolate in microwave approx. 2 min. Mix in cream and vanilla. Stir well. Add equal. Pour over frozen pie crust and put back in freezer.

3. Peanut Butter layer: Mix peanut butter, cream cheese and splenda with food processor or blender. Spread over frozen pie.  
4. Whip cream with vanilla and cocoa until stiff peaks. Spread over pie and refrigerate.  
Total: 73 carb, 16 fiber (57 NET carbs), 3122 Calories, 299 fat, 48 protein. Serves 8 @ 7 carb, 390 Calories, 37 fat, 6 protein.  
This pie is a lot of work but it tastes great. The pie is very rich and you may get more than 8 slices. The pie is only about 1 1/2" high.

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## **CHEESECAKE**

### **Pumpkin Cheesecake**

1 pkg plain gelatin  
1/4 c water  
8 oz soft cream cheese  
1 c heavy cream  
1 t vanilla  
1/2 c pumpkin puree  
1 t cinnamon  
dash nutmeg, cloves  
12 pkts of sweetener

Whip 3/4 c cream until very stiff; set aside. Dissolve gelatin in cold water. Heat 1/4 cup cream in a medium bowl in the microwave until very hot. Cut cream cheese in small pieces and add to cream. Add gelatin, vanilla, spices, pumpkin, and sweetener. Beat well with electric mixer. Fold in whipped cream. Line regular size muffin cups with paper and divide mixture evenly among the 12 cups. Refrigerate about 2 hours until firm.  
Total: 28 carb (26 NET carbs). Makes 12 @ 2.1 carbs.

---

### **Cheesecake Muffins**

1 pkg gelatin (plain)  
1 c boiling water  
16 oz soft cream cheese  
1 t vanilla  
16 pkgs Splenda  
1 oz unsw. Chocolate, melted (optional)

Dissolve gelatin in boiling water and stir well. Cut cheese into small pieces and place in dissolved gelatin. Add melted chocolate (if using) and mix. Add vanilla, sweetener and beat well with electric mixer (2 min. on med/hi). Pour into buttered pie pan or 12 muffin cups. (If using muffin cups, put cupcake paper in cup first). Chill until firm, 2-3 hours.  
Total 34 carb (30 NET carbs). Makes 12 @ 2.5 carbs

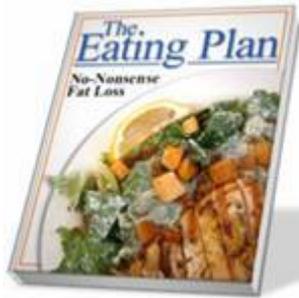
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## No Bake Cheesecake

1 sm. pkg SF Jello, any flavor  
1 c boiling water  
12 oz soft cream cheese  
1 cup ricotta cheese  
12 pkgs Splenda  
1/2 cup heavy cream

Dissolve gelatin in boiling water and stir well. Blend cream cheese & ricotta in separate bowl with electric mixer. Whip in the Equal. Add gelatin mixture and blend until smooth. Whip the cream to heavy peak stage. Fold in jello mixture. Pour into paper-lined muffin cups and refrigerate until set.

Total: 29 carb. Makes 10 @ 3 carbs



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## Creamy Cheesecake

Crust: 2 cups nuts  
2 pkts Splenda  
3 Tbsp melted butter  
Filling: 16 oz cream cheese  
10 pkts Splenda  
3 large eggs  
2 teas. vanilla  
2 teas. almond extract  
1/4 tsp salt  
1 cup sour cream

Place nuts in food processor; pulse until ground but not paste. Add splenda and butter and pulse to combine. Pour into 9" springform pan and press with fingers on bottom and up sides. Bake at 350 for 10 min. Remove from oven and cool. Place cream cheese and splenda in processor and process until smooth. Add eggs, one at a time, blending well after each. Add extracts and salt; pulse to combine. Add sour cream and pulse to

combine. Pour filling into prepared crust. Bake at 350 for 40 min. Turn off oven, let cheesecake cool for one hour without opening door. Chill several hours or overnight. 8 good-size slices @ 11 carb. If you don't make the crust, counts are 4 carb.

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## **Pumpkin Cheesecake Bars**

Crust:

1 cup almond flour  
1/4 cup brown sugar twin  
1/2 cup butter  
1/2 cup chopped walnuts

Filling:

8 oz cream cheese  
1/2 cup splenda  
2 eggs  
1/2 cup pumpkin  
1 tsp vanilla  
1/4 tsp nutmeg  
1/2 tsp ginger  
1 tsp cinnamon

Blend crust ingredients in food processor until blended. Press into an 8x8" greased pan. Bake at 350 for 15 min; cool slightly. Meanwhile, make filling: Blend all ingredients until smooth. Pour over crust and bake 35 min until set. Cool and cut in bars.  
16 bars @ 3 carbs (2.2 NET Carbs)

---

## **Yummy Pumpkin Cheesecake**

3 eggs  
8 oz cream cheese  
4 packets Splenda & 4 packets Sweet n'low  
1/3 tsp maple extract  
1/2 tsp vanilla  
1/2 can pumpkin  
1 tsp ginger  
1/2 tsp nutmeg  
2 tsp cinnamon  
1/4 tsp salt

Blend all ingredients in blender or food processor. Pour into 9" pie pan and bake at 350F for 30 min until knife comes out clean. Cool, refrigerate.  
Serves 8 @ 4 carb

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## New York Style Cheesecake with Nut Crust

*Note:* Makes 1 9-inch cake, which can be cut into 12 goodly slices. This recipe can be baked without the crust if you want to lower the carb count further or macadamia nuts can be used in place of Brazil nuts. Total Carb count with nut crust 105, with out nut crust 65

Crust:

Ingredients:

2 cups raw Brazil nuts  
4 Tbsp. unsalted butter  
2 tsp. Brown Sugar Twin  
pinch of cinnamon  
pinch of salt

Filling:

2 1/2 lbs. cream cheese, at room temperature  
pinch of salt  
5 Tbsp. granular Splenda  
5 Tbsp. granular Sugar Twin  
1/2 cup sour cream  
2 tsp. fresh lemon juice  
2 tsp. pure vanilla extract  
2 large egg yolks  
6 large eggs

Preheat the oven to 350°F. Line the bottom of a 9-inch springform pan with parchment paper and coat the inside of the pan with soft butter.

If you are using raw Brazil nuts, spread them on a baking sheet and roast for 10-15 minutes until they are lightly golden. If using roasted macadamia nuts, omit the roasting. Let cool. While the nuts are toasting, melt the butter. Transfer the nuts to a food processor and pulse until finely chopped. Add the remaining ingredients and pulse to combine. Pat evenly into the bottom of the springform pan. Place in the fridge.

Increase the oven temperature to 500°F. In a food processor or mixing bowl, beat the cream cheese until smooth. Add the sweeteners, sour cream, lemon juice and vanilla and process or beat until combined. Add the egg yolks and then the eggs, two at a time, beating until incorporated before you add the next two. Remember to scrape the bowl frequently while you are mixing.

Carefully pour the filling over the chilled crust and place the springform on a rimmed baking sheet or larger pan. Bake for 10 minutes, then reduce the temperature to 200°F and continue baking for 1 1/2 hours. Do not open the door! The cheesecake should suntill look soft in the center.

Transfer to a cooling rack. After 5 minutes, run a paring knife around the outside of the cheesecake to loosen it from the pan. Continue cooling to room temperature. You can serve it right away, or chill.

## Bourbon, Chocolate and Almond/Chocolate “Ice Cream” Cheesecake

**Note:** Total Carbohydrates: 53 for the whole cheesecake. Delicious and very low in carbs.

Makes 12 pieces

Rachel inspired this cheesecake by being so fond of a toasted nut crust on another cheesecake and by wanting something, small, freeze-able and cheesecake-like. It's not small, but can be cut small and stored in the freezer for a long time. The alcohol prevents it from freezing rock hard.

Quark is a light tangy cheese, similar to cream cheese. Grocery stores carry it in the dairy section in tubs. If the flavor seems daunting, it can be made plain or you can experiment with other flavors, such as lemon, lime or orange zest and different alcohol or perk it up with a few fresh, berries, folded in to the cheese mixture.

Ingredients:

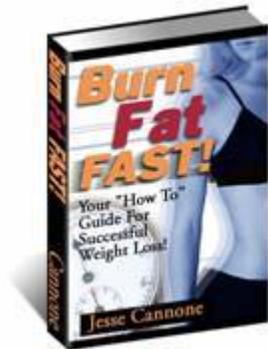
- 1 oz. unsweetened chocolate
- 2 Tbsp. unsalted butter
- 1 tsp. Splenda
- 1 tsp. white Sugar Twin
- 1/8 tsp. liquid sweetener
- 1/4 cup whole almonds
- 1 Tbsp. unsalted butter
- 1 tsp. brown Sugar Twin
- pinch of salt
- 1/2 lb. quark
- 1/2 lb. cream cheese
- 2 Tbsp. Splenda
- 2 Tbsp. white Sugar Twin
- 3/4 tsp. liquid sweetener
- 3 Tbsp. bourbon
- 1/2 tsp. pure vanilla extract
- 3 large eggs, separated
- 1 cup whipping cream

Line an 8-inch square baking pan with aluminum foil or parchment paper. Place in the freezer.

Chop the chocolate and place in a small heatproof bowl. Place over a pot of simmering water and let the chocolate melt. Remove from the pot of water and let cool to room temperature. Cut the 2 Tbsp. butter into small bits and stir into the chocolate until it melts. Stir in the sweeteners.

Preheat the oven to 300°F. Spread the almonds out on a baking tray and bake until well browned, almost to the point of being burnt, about 15 minutes. Remove from the oven and cool. Chop coarsely.

In a small frying pan, melt the 1Tbsp. butter over medium heat and continue melting until it turns a rich and nutty smelling brown. Add the nuts, brown Sugar Twin and a pinch of salt. Stir into the chocolate. Spread out into the frozen pan. Place back in the freezer until hardened. Break into small pieces. Return in the pan to the freezer. Beat the quark, cream cheese, Splenda and Sugar Twin, liquid sweetener, and vanilla together until smooth and light. Beat in the egg yolks and bourbon. Stir in the chocolate almond bits. Beat the cream until stiff and fold into the cheese mixture. Beat the egg whites to firm peaks and fold into the cheese mixture. Spread evenly into the frozen pan. Freeze for at least 6 hours or overnight.



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## Light Cheesecake delight

Note: Makes 1 10-inch or 16 pieces only 5 carbs per serving This makes a very light cheesecake. The nutty crust is reminiscent of the middle of an Almond Rocca. Browning the almonds well and cooking the butter until browned really adds an extra dimension of taste.

### Ingredients:

- 1 1/4 cup well toasted whole almonds
- 3 Tbsp. unsalted butter
- 2 Tbsp. brown Sugar Twin
- large pinch of cinnamon
- 5 tsp. gelatin
- 2 cups whipping cream
- 3 eggs, separated
- 2 lbs. cream cheese, at room temperature
- 1/4 cup Splenda
- 1/4 cup pourable white Sugar Twin
- 2 tsp. pure vanilla extract

Chop or pulse the almonds in a food processor so half of them are finely chopped and half of them remain coarse. In a heavy pot melt the butter over medium heat until it turns a rich, nutty smelling brown. Add the almonds, Sugar Twin and cinnamon. Stir well and press into the bottom of a 10-inch spring form pan. Refrigerate.

Place 1 cup of the whipping cream in a heatproof bowl. Sprinkle the gelatin over the whipping cream and let stand until softened. Beat in the egg yolks. Over a pot of simmering water beat the mixture with a whisk until it thickens and increases slightly in volume. Remove from the heat and let cool slightly.

Beat the cream cheese until smooth. Add the Splenda, Sugar Twin and vanilla. Beat until well combined. Beat in the gelatin mixture. Beat the remaining cream to stiff peaks and fold into the cream cheese mixture. Beat the egg whites to medium peaks and fold into the cream cheese mixture. Pour into the prepared crust and chill overnight.

To cut a cheesecake neatly, Dip your knife into very hot water and wipe the water off before making each cut. Lining the bottom of the pan with parchment paper will help the crust lift off the pan cleanly.

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## **COOKIES**

### **Peanut Butter Cookies**

#### Ingredients

2 eggs

1/2 c splenda

1/2 cup butter (1 stick)

1/2 cup SF peanut butter

1 t vanilla

1/8 t salt

1/4 t baking soda

3/4 cup protein powder

In mixing bowl, cream butter and sweetener. Add eggs and beat well. Add peanut butter and vanilla and blend well. Add protein powder, salt and baking soda. Mix to form a moderately stiff dough. (I used food processor). Place by rounded Teasps on cookie sheet, press down with fork, and bake in preheated 300 oven for 15-20 minutes.

Total: 43 carb (37 NET carbs). 20 cookies @ 2 carbs

These are real cookies, they don't fall apart in your hand. They're not real sweet, and they were a little dry, but most peanut butter cookies (even "real" ones) are like that to me.

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## Pepperidge Farm Geneva Cookies

### Ingredients

3 egg whites  
dash cream of tartar  
10 pkts Splenda  
1 tsp vanilla  
1 tsp cinnamon  
1/4 t nutmeg  
1 cup almond flour  
4 T chopped almonds  
1 DeLites dark chocolate bar

Preheat oven 325F. Heavily spray a cookie sheet with cooking spray. Beat whites with cream of tartar until almost stiff. Add cinnamon, nutmeg, and sweetener and beat until stiff. Beat in vanilla. Fold in almond meal gently. Spoon onto cookie sheets in small mounds. Bake until lightly browned on top and slightly firm to touch, about 12 minutes. Melt chocolate. Dip or drizzle cookies with chocolate, then sprinkle nuts over.  
32 carb (18 NET carbs). Makes 30 @ .6 carbs.

These were like hearty meringues, and with the chocolate and nuts on top, are terrific! They are a bit of work, however. I didn't have the chocolate bar, so I used unsweetened chocolate and a little liquid splenda. This will change the carb count

---

## Basic Cookie Recipe

### Ingredients

2 1/2 cups almond flour  
1 1/2 cups splenda  
1 tsp guar or xanthan gum  
1 cup butter, soft  
1 egg  
1 1/2 tsp baking powder  
1 tsp vanilla  
1/4 tsp salt

Mix all ingredients in mixer until blended. Divide into 4 bowls and flavor according to your tastes. Refrigerate at least 4 hours before baking. Make cookies by forming dough into 1/2" balls, placing on cookie sheet. Dip bottom of a glass in splenda (or splenda/cinnamon) mixture and flatten balls. Bake at 375 8-12 min, until lightly browned.

Total: 77 carb (54 NET carbs). (Supposed to get 12 doz cookies, but I got much less so I didn't figure "per cookie" carb count)

Flavoring: add 1 tsp extract to each portion. For chocolate, add 1 oz melted unsweetened chocolate to one portion, and additional Tablesp of Splenda. (add .25 carbs for chocolate).

YOU CAN MAKE HALF THE RECIPE AND CUT THAT IN HALF. ADDE CHOCOLATE TO ONE-HALF AND LET OTHER HALF PLAIN, USING CINNAMON/SPLENDA MIXTURE TO TOP. YOU'LL GET NEARLY 6 DOZ COOKIES, WHICH WOULD RAISE THE CARB COUNT.

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## Mouth Watering Chocolate Chip Cookies

### Ingredients

1 cup splenda  
1 egg  
1/2 cup butter (1 stick), softened  
1/2 t baking powder  
1/4 t salt (unless butter is salted)  
1 T vanilla  
1 cup soy protein isolate (can use soy-whey blend)  
2 T sugar free maple syrup  
1 T Brown Sweet'N'Low (NOT same as Brown Sugar Twin)  
1 oz unsw. Chocolate

Preheat oven 325F. Cream butter, add sweeteners and egg and combine well. Add all remaining ingredients except chocolate and mix well. Shave chocolate into bits and chunks with paring knife and stir into batter. Spray cookie sheet with non-stick spray. Drop batter by spoonfuls, making 24 cookies. Bake about 15 min.

Total: 45 carb (38 NET carbs). Makes 24 cookies @ 2 carbs.

These were some of the best cookies I ever had. I admit I was wary of adding unsweetened chocolate, so I cheated and added 2 T of regular semi-sweet choc chips. But the cookies would have been great without the chocolate, so you can save some carbs that way. You also might want to use Atkins Endulge or other low-carb chocolate bars.

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## Hazelnut Shortbread

### Ingredients

2 sticks butter, soft  
2 cups hazelnuts (16)  
1/2 c Splenda (12)  
1 egg (.8)  
1/2 t salt  
1/4 t baking powder (.5)  
1 cup vanilla whey powder (6)  
1 T cinnamon (2.1)

Preheat oven 325F. Grind hazelnuts to fine meal. Beat butter until fluffy. Add Splenda, beating well, then egg, and beat. Add salt, baking powder and half hazelnuts. Beat well, add remaining nuts, and beat. Add whey powder and mix well. (Should have soft, sticky dough). Line a cookie sheet (11 1/2 x 15 1/2) with parchment and turn dough onto parchment. Use spatula and smooth dough into even layer, about 1/4" thick. Bake 25-30 min until golden. Score immediately - if you wait until cookies cool, they will crumble. 67 carbs (43 NET carbs). Makes 77 cookies @ .6 carbs.

These are the BEST! You can use ground pecans instead of hazelnuts. Orig. recipe called for 2 T water, which I didn't need, and I added cinnamon (love cinnamon flavor). If dough is hard to spread, you can put another piece of parchment on top and press to spread the dough, but I found that more difficult.

---

## Chocolate Chunk Cookies

### Ingredients

1 1/4 cups almond flour  
1 cup vanilla whey protein powder  
1 teas baking powder  
1/2 teas baking soda  
2 teas cinnamon  
1 egg  
2 egg whites  
2 teas vanilla  
14 Tbsp unsalted butter  
2 Tbsp oil  
1 1/2 cups splenda granular  
4 bars dark chocolate-sugar free \*

Preheat oven to 350F. Combine almond flour with protein powder, baking powder & soda, and cinnamon. Set aside. Melt, then cool butter in large bowl. Add oil and mix. Add splenda to butter/oil mixture. Add egg and whites to mixture - whisk or stir well. Add dry mixture and stir well. Add chopped up chocolate bars and stir. Line cookie sheets with parchment paper and drop dough by large spoonful. Bake approx. 10 min until lightly browned.

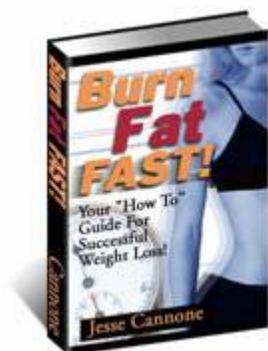
69 carb. Makes 36 cookies @ 1.5 carbs. (counts do NOT include the chocolate bars)

\*I didn't have the chocolate bars so I mixed the following:

1 1/2 T butter  
3 T splenda  
4 1/2 T unsweetened cocoa

Melt butter in microwave in 6" square plastic container. Stir in splenda and cocoa and put in freezer until firm. Pop chocolate out of container and cut up. Nutrition counts using "homemade chips": 36 cookies @ 1.7 carbs

These do not spread and are like little puffy muffins - texture is more cake-like than cookies, but they taste great. Best the first day, a little dry the second. They are not too sweet and I may use 1 cup splenda, 1/2 cup sweet & low next time.



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## Cinnamon Cookies

### Ingredients

7 oz butter  
2 oz vital wheat gluten  
3 oz protein powder  
3 oz almond flour  
1 tsp baking powder  
1/2 tsp cinnamon  
1/2 tsp vanilla  
1/2 cup splenda

Mix all ingredients in food processor. Form into a roll, about 1 1/2" in diameter, wrap in wax paper and chill 2 hours. Cut 1/2" slices and bake on ungreased sheet 10-12 minutes in preheated 350 oven

Total: 45 carbs. I got 48 cookies @ .6 NET carbs

These were GREAT! Very tender. I mixed some splenda and cinnamon and sprinkled on the top before baking. (add the carbs) *Biscotti*: After baking, slice each log into 4 slices and put on cookie sheet. Bake 10 minutes, turn and bake another 5 min. For chocolate mandel: Melt 1 oz unsweetened bakers chocolate with 1 tblsp butter and stir. Add 1 tsp Splenda.

Makes 16 @ 4 carb (2 NET carbs)

These were terrific. Great taste and texture. I made 1/2 the recipe (two "logs") ate one as is and made biscotti from the other.

---

## Tasty Orange Spice Cookies

This recipe makes a soft, cake-like cookie. You can use 1/2 tsp. orange extract in place of the orange zest or omit it for a plain spice cookie. Leaving out the walnuts will lower the count by 8 grams and the fiber by 4. Total carbs 62

*Note:* Makes about 40 cookies this recipe makes a soft, cake-like cookie. You can use 1/2 tsp. orange extract in place of the orange zest or omit it for a plain spice cookie. Leaving out the walnuts will lower the count by 8 grams and the fiber by 4. Total carbs 62

### Ingredients:

5 oz. pork rinds, finely ground (2 cups ground)  
1/2 cup granular Splenda  
1/2 cup brown Sugar Twin  
1 tsp. baking powder  
1 tsp. baking soda  
4 Tbsp. cinnamon  
1 1/2 tsp. dried ground ginger  
1/2 tsp. ground nutmeg  
1/2 cup finely chopped walnuts  
1 Tbsp. finely grated fresh ginger root  
2 tsp. finely grated orange zest  
1 Tbsp. pure vanilla extract  
1/2 cup sour cream  
3 eggs

Preheat the oven to 350°F. Combine the pork rinds, Splenda, Sugar Twin, baking powder, soda, cinnamon ginger and nutmeg with a whisk until blended. In a separate bowl, beat the fresh ginger, orange zest, vanilla, sour cream and eggs together. Stir into the pork rind mixture until well blended.

Drop rounded Tablespoons onto parchment lined baking sheets, 2-inches apart. Flatten and Bake

---

## CAKES & MUFFINS

### Fluffy Cinnamon Muffins

#### Ingredients

4 eggs  
1/2 t cream of tartar  
1/4 cup cottage cheese

2 T Atkins bake mix  
2 T splenda, divided  
1 t cinnamon, divided  
4 T soft butter

Spray muffin tin with cooking spray. Preheat oven to 300F. Beat egg whites with cream of tartar until stiff. Set aside. Mix cottage cheese, bake mix, egg yolks, 1 T Splenda and 1/2 t cinnamon until well blended. Gently fold into egg whites and spoon into muffin tins (fills 12) Bake until lightly browned and springs back when touched, about 25 min. Mix butter, cinnamon and remaining splenda. When muffins are done and slightly cooled, spread butter mixture over. (Could make cream cheese frosting (cream cheese, splenda, vanilla and cream). Could also bake in small loaf pan (4x8) for cinnamon coffee cake).

11 carb (9 NET carbs). Makes 12 @ 1 carb.

I made the muffins, and filled each cup to the top-didn't need to leave any room, they didn't overflow. I also didn't "ice" them until we ate them. Heated in microwave few seconds, then spread with butter/cinnamon/splenda mixture.

---

## Cinnamon Nut Bread

### Ingredients

1/2 cup wheat gluten (24)  
1 T flax meal  
1 T wheat bran  
4 T ground walnuts  
2 T splenda  
1 t cinnamon  
1 t baking soda  
2 eggs  
1/4 cup heavy cream  
1 t vanilla  
1 T oil  
2 T water

beat wet ingredients together. Blend dry ingredients. Mix together gently. Should be the textur of oatmeal. Spray or butter a small loaf pan (4x6). Spread mixture into pan. Bake 30-40 min. Total 35.2.

Total: 23 carb (14 NET carbs). Serves 8 thick slices @ 2 carbs

This only rises about 1 1/2" but has a GREAT texture and taste.

---

## French Pastry Cake

### Ingredients

1/2 cup butter  
1/2 cup cream cheese

1/4 cup not/sugar\*  
1 cup splenda  
2 eggs  
1 cup sour cream  
1 cup mayonnaise  
1 tbsp vanilla  
2 cups almond flour  
1 tsp baking powder  
1 tsp baking soda  
1 tbsp cinnamon  
2 pkts splenda  
1/2 cup chopped almonds

Cream butter and cream cheese with not/sugar and splenda. Add vanilla and eggs and beat. Mix dry ingredients and add. Put half batter in greased bundt pan. Mix cinnamon, sweetener and nuts and sprinkle half on batter. Add rest of batter, top with rest of cinnamon mixture and bake at 350 for 60-75 min, until top is light brown and cake pulls away from pan. Serves 10 @ 9 carb.

Although this has a lot of ingredients, it goes together fast and is really good. Mine was a little wet inside and I would cook it a little longer. I also would like a little sweeter topping, so might add additional splenda (especially if you substitute liquid splenda for the cup in the cake-will bring the carbs down).

\*not/Sugar is a product by Expert Foods that adds the bulk of sugar to a recipe, but not the sweetness. I don't know what the texture would be if you left this out. Several web sites sell it; I got it from CarbSmart.

## **Bran Flax Muffin**

### Ingredients

1 cup unprocessed wheat bran  
3 large eggs  
1/2 cup heavy cream  
3/4 cup water  
2 Tbsp melted butter  
1 cup flax meal  
4 tsp baking powder  
1/2 tsp salt  
1/4 cup splenda  
1 tsp vanilla  
1 tsp cinnamon  
1/4 tsp nutmeg

Mix first 5 ingredients and let sit 10 minutes to soften bran. In another bowl, mix remaining ingredients. Stir together mixtures until just moistened. Spoon into 12 muffin tins that have been sprayed with PAM -OR- use foil baking cups. Bake in preheated 400 oven 25 min. 12 muffins @ 6 carbs.

Can substitute 3/4 cup SF vanilla syrup for the splenda and water Can add 1/4 cup vital wheat gluten to help rise

---

## Chocolate Peanut Butter Muffins

### Ingredients

3 beaten eggs  
1 1/2 sticks butter, melted  
2 t vanilla  
1 cup whey protein powder  
3/4 c splenda  
1 1/2 t baking powder  
3/8 t salt  
1/4 cup unsw. Cocoa  
1 heaping T SF peanut butter  
1/2 cup water  
1 cup ground flax seed

Spray muffin tin with cooking spray. Preheat oven to 350. Beat eggs and add melted butter, vanilla. One by one, add protein powder, salt and cocoa and beat well. Stir in water and flax seed. Pour into muffin tins (very loose batter - fills tins to the top). Bake 25 min. Cool on rack.

Total: 118 carb, (38 NET carbs). Makes 12 @ 10 carb, (3 NET carbs),

Recipe called for 1 cup water, but after adding 1/2 cup, my batter was so loose that I didn't want to add any more.

---

## Awesome Blueberry Muffins

### Ingredients

3 eggs, beaten  
1 1/2 sticks butter, melted, slightly cooled  
2 tsp vanilla  
1 cup protein powder  
1 1/2 tsp baking powder  
1/2 tsp salt  
1 cup water  
3/4 cup splenda  
1 cup flax seed meal  
3/4 cup blueberries  
cinnamon, nutmeg to taste

Beat eggs. Add butter and vanilla. Add dry ingredients one at a time and mix well. Fold in blueberries. Let stand for 10 minutes to thicken. Preheat oven to 350. Grease 12 muffin tins, and spoon mixture in. Bake about 25-30 minutes. (12) 4 carbs.

These truly are AWESOME! I got 12 regular muffins and 5 mini muffins (bake the minis about 15 min). Can add lemon or almond extract also.

---

## Chocolate Fudge Muffins

### Ingredients

1/3 cup almond flour  
1/3 cup whey protein powder  
1/8 cup flax meal  
1/3 cup splenda  
1 Tbsp brown sugar twin  
4 oz cream cheese  
1 tbsp cocoa powder  
1 oz unsweetened chocolate  
1 tbsp butter  
1 tsp vanilla  
2 eggs  
chopped nuts (optional)

Soften cream cheese in microwave 20 sec or so. In separate dish, melt chocolate and butter. Add melted chocolate to cream cheese, and add eggs and vanilla. Mix well until smooth. Add all other ingredients. Mixture should be fairly thick - if too thick, add a LITTLE water. Bake at 350F for 20-25 minutes.

42 carb, (23 NET carbs). Makes 6 muffins @ 4 carbs.

These were very good - pretty chocolaty (is that a word?), and muffin, not cupcake consistency.

---

## Almond Flour Cake

### Ingredients

1 cup butter  
5 eggs  
2 cups almond flour  
1 tsp baking powder  
1/2 tsp baking soda  
1 tsp butter extract  
1 tsp vanilla extract  
1 T liquid splenda  
6 pkts sweet & low

Cream butter and sweetener. Add eggs, one at time, beating after each. Add baking soda & powder and extracts. Add flour, a little at a time. Pour into greased 11x7 glass dish and bake at 350 for 40 min.

Total: 41 carb (23 NET)

Serves 8 @ 5 carb (3 NET)

This would be a great birthday cake, especially with chocolate icing

---

## **Choco Muffins (with Flax Seed)**

### Ingredients

1 c flax seed meal  
1/2 c whey protein powder chocolate flavor  
4 tbsp oil  
1/4 cup splenda  
2 large eggs, lightly beaten  
2 tsp baking powder  
2 tsp artificial maple extract  
1/2 tsp salt  
2 oz chopped almonds (optional)  
1 c water

Pre-heat oven 350 F. Mix all of the ingredients in a bowl, let stand for 3 minutes. Spray a 12 muffin pan with non-stick spray. Spoon batter evenly into muffin tins. Bake 25-30 minutes.

---

## **Tasty Almond Spice Muffins**

### Ingredients:

6 Tablespoons Coconut Oil -- Melted  
3 large eggs  
3/4 Cup Water -- Filtered  
1/4 Cup sweetener, Splenda bulk -- \* See Note  
1/4 Teasp sweetener, stevia liquid (white)  
1 Teasp flavoring, maple  
1 Tablesp vanilla extract  
4 Teasps ground cinnamon  
1 Teasp ground nutmeg  
3/4 Teasp baking powder  
3/4 Teasp baking soda  
1/2 Teasp Salt -- To Taste  
1 Cup Flax Seed Meal, Bulk, Lifestyles  
1 Tablesp Expert F Grits Mix -- or 2 tsp xanthan, guar gum  
1 Cup Ground Almonds --  
2 Tablesp Wheat Bran Crude  
1/3 Cup Slivered Almonds -- Topping Sprinkles

Preheat oven to 375F. Put 12 paper cupcake liners in a muffin tin, or panspray/oil. Beat eggs and water until foamy; add melted coconut oil 1 Tbsp at a time. Add sweeteners, maple and vanilla and beat in.

In a separate bowl, mix the cinnamon and remaining ingredients and add to egg mixture; batter will be quite wet (until the fibers start to soak up the water). Bake for about 15-20 minutes. Cool on wire rack.

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## Heavenly Spice Muffins

Ingredients:

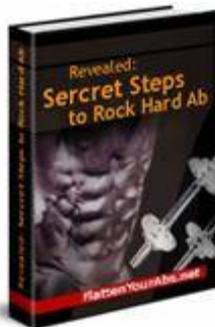
6 Tablespms melted butter  
3 large eggs  
1/4 Cup Whipping Cream 35%  
1/2 Cup sweetener, Splenda bulk  
1 Tablespm flavoring, maple  
1 Tablespm vanilla extract  
2 Teasps ground cinnamon  
1 Teasp ground nutmeg  
3/4 Teasp baking powder  
3/4 Teasp baking soda  
1 Cup Flax Seed Meal  
1/4 Cup soy flour  
4 Ounces chopped walnuts -- optional

" There have been a few posts lately about 'yucky' low carb bread and muffins. The following recipe has a texture like 'real' bread or muffins. I don't know where I got the recipe originally but the credit goes to low carbers Fern and Kathy. "

Preheat oven to 375F. Beat first 3 ingredients together, then add Splenda, maple and vanilla. Mix the cinnamon and remaining ingredients and add to above. Put into 12 paper cupcake liners in a muffin tin, or panspray/oil, and bake for about 15-20 minutes. Can double the recipe, and get about 18-20 good size muffins, filling the muffin cups about 3/4 full. Can fill the muffin tins to the top and get about 9 larger muffins. These are really good and have lots of fiber. About 4 carbs per muffin but over 3 carbs fiber. Black walnuts, if you can get them, list 4 grams carbs but 2 grams fiber for the 4 oz....

Other flavorings to try: instead of maple flavor - use banana or pineapple. Unsweetened coconut also tastes great. These freeze well.

Can also be made in the microwave. In a 1000 watt oven, 12 muffins take about 2 mins. and 10 seconds.



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---

## **Yummy Apple Sauce Muffins**

Ingredients:

3/4 cup soy protein isolate  
1/4 cup oat flour  
1/4 cup wheat gluten flour  
1/4 cup ground golden flax seed  
1 Teasp baking powder  
2 Teasps cinnamon  
1/4 Teasp cloves  
1/4 Teasp nutmeg  
1/8 Teasp mace or ginger  
1/4 Teasp salt  
1 cup Splenda  
1/4 cup Brown Sugar Twin Wet Ingredients  
4 eggs, beaten  
1 tsp. vanilla  
3/4 cup light olive oil  
1 cup unsweetened apple sauce  
2-3 drops apple oil Topping: (optional) 1 Tablesp Rolled Oats  
1 Tablesp Oat Flour  
1 tsp. Brown Sugar Twin (or adjust to taste)

Couple shakes of cinnamon Mix dry ingredients together, mix wet ingredients together. Add wet ingredients to dry ingredients and mix well. Pour into sprayed muffin tins. Sprinkle with "topping ingredients", if desired. Bake 350, for approx. 25-30 minutes. Makes 12 muffins. Variation for Pumpkin Spice Muffins: Add 15 oz. canned pumpkin, instead of apple sauce and apple oil.

---

## **Blueberry Muffins**

Mix together in separate bowl

Ingredients:

2/3 cup soy flour (I use low fat soy flour)

1/4 cup oat flour

1 Tablesp baking powder

1/3 cup Splenda

1/3 cup brown sugar twin

pinch of salt

1 tsp cinnamon

1/2 tsp cloves

1/2 tsp. nutmeg

1/4 tsp. ginger

1/4 cup walnuts Wet:

1/4 cup butter

3 Tablesp PC Extra Virgin Olive Oil

3 eggs

1/4 cup heavy cream

1/2 cup blueberries

Topping: 2 Tablesp Rolled Oats

2 Tablesp Oat Flour

1 Tablesp brown sugar twin (or adjust to taste)

Method: Combine wet ingredients \*\*except for the blueberries\*\* and mix until smooth, gradually add combined dry ingredients. Mix with large spoon until dry ingredients have combined with the wet. Do not over mix. Fold in blueberries. Spray a 12-cup muffin tin with Pam. Drop mix by Tablesp into cups. Should make twelve medium-sized muffins. Evenly sprinkle topping mix over the twelve muffins. (Only small amount is needed). Bake in a 350 degree oven for approximately 12 minutes or until toothpick comes out clean. This recipe makes a nice light moist muffin.

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## **ICE CREAM**

### **Cinnamon Ice Cream**

Ingredients:

2 1/2 cups heavy cream

1/2 c water

2 1/2 t liquid splenda - OR -

3/4 c Splenda

1 t vanilla extract

1 t cinnamon

2 T DaVinci's SF Cinnamon Syrup

Place all ingredients in a bowl and mix thoroughly. Pour into ice cream maker and proceed according to manufacturer's instructions.

Total (using powdered Splenda): 38 carbs (37 NET carbs). 6 LARGE servings @ 6 carbs. Using Liquid Splenda, total carbs are 19, with 6 servings @ 3.3.

---

## **Splendid Chocolate Frosty**

Ingredients:

1 cup heavy cream (6.6)  
dash vanilla (1.5)  
2 pkg Low Fat SF cocoa mix (8)

Start whipping heavy cream with mixer. Add vanilla. When soft peaks form, add cocoa mix slowly, and continue beating until hard peaks form (only another 30 seconds or so). Put mixture in freezer. After 30 minutes, stir with fork to break up frozen parts around edges. Keep checking after about 20-30 minutes, and stir until it's cold enough and the right consistency. Tastes like a Wendy's Frosty. (Total 16.1 carbs - serves 3@ 5.4 ea.)

---

## **Chocolate Ice Cream**

Ingredients:

2 1/2 cups heavy cream  
1/2 c water  
2 1/2 t liquid splenda (or 3/4 c Splenda)  
1 t vanilla extract  
\*COCOA SYRUP (recipe below)

Place all ingredients in a bowl and mix thoroughly. Pour into ice cream maker and proceed according to manufacturer's instructions.

Total with powdered Splenda: 95 carbs (83 NET carbs). 6 servings @ 14 carb  
Total with liquid splenda: 41 carbs (29 NET carbs). Serves 6 @ 5 carb

---

## **Cocoa Syrup**

Ingredients:

1 1/2 T liquid splenda (or sweetener to equal 1 1/2 cups)  
1/2 cup cocoa  
dash salt  
1/2 cup hot water  
1 t vanilla

Mix cocoa and salt. Over med heat, gradually add the hot water, stirring to keep mixture smooth. Add liquid splenda. Cook, stirring constantly until mixture boils. Cook and stir 1

min. Remove from heat and stir in vanilla. (May need to add more hot water if mixture is too thick).

THIS WAS REALLY RICH AND CREAMY, BUT WITHOUT THE LIQUID SPLENDA, IT IS VERY HIGH IN CARBS.

---

## **Chocolate Protein Shake**

Ingredients:

1 scoop whey protein powder (2)  
1/4 cup heavy cream (1.7)  
1 oz cream cheese (1)  
2 t vanilla extract (3)  
4 pkts Splenda (2)  
1 cup water  
1 T unsw. cocoa powder (3)  
1 T raspberry syrup  
6 ice cubes

Place all ingredients in a blender and mix thoroughly, until ice no longer "rattles."  
Total 10 carbs (8 NET carbs). Serves 2 @ 5 carb

---

## **Quick Strawberry Ice Cream**

Ingredients:

1/2 bag frozen strawberries (1 cup)  
1/2 cup cream  
4 pkts sweetener

Put frozen strawberries in food processor and process until chopped superfine. Add cream and sweetener and process until mixed. May need to add a little more cream.  
Total: 25 carbs. 2 HUGE servings @ 12 carbs, or 3 smaller servings @ 8 carb

This is wonderful, and tastes like strawberry soft-serve (has small icy chunks of strawberry). It is rather high in carbs, though.

---

## **JELL-O / PUDDING**

### **Butterscotch Delight**

Ingredients:

8 oz soft cream cheese  
1 cup heavy whipping cream  
1 cup cold water  
dash vanilla  
2 t pumpkin pie spice  
sm. pkg SF/FF Butterscotch pudding mix-powder

Beat soft cream cheese with electric mixer until smooth. Add cream and beat. Add cold water and beat until thickens a little. Add pudding powder, vanilla and pumpkin pie spice and beat until blended well. Pour into individual cups and refrigerate at least 2 hours.  
Total: 42 carb (41 NET carbs). Serves 6 LARGE @ 7 carb, or 8 small @ 5 carb

This is our FAVORITE dessert

---

## Chocolate Raspberry Jell-O Cheesecake

Ingredients:

sm. pkg SF raspberry Jell-o  
1 cup boiling water  
4 oz cream cheese cut in pieces  
1 oz unsw. Chocolate  
3/4 cup cold water  
1/2 cup heavy whipping cream

Dissolve Jell-o in boiling water. Stir in cream cheese. Add melted chocolate. Pour into blender and blend well. Add cold water and cream. Mix in blender for at least 2 minutes. Pour into dishes and refrigerate until firm.  
16 carb (12 NET carbs). Serves 4 @ 3 carbs,

I only had cherry Jell-o in the house so I used that with two capfuls of raspberry extract. This is terrific.

---

## Lemon Berry Heaven

Ingredients:

8 oz soft cream cheese  
1/4 cup Splenda  
1/2 cup heavy whipping cream  
1 sm. pkg SF lemon jell-o  
1/2 c frozen unsw. Blueberries

With mixer, beat soft cream cheese with splenda. Add cream and beat until smooth. Add jell-o and beat until well blended. Stir in frozen berries. Refrigerate until ready.  
Total 27 carb (25 NET carbs),. Serves 4 @ 6.3 carbs.

This is high in carbs and not for induction! This was real lemony and the berries were a treat, but you could leave them out for a lower carb count.

---

## **pudding Frozen Desert**

Ingredients:

8 oz soft cream cheese (8)  
1 1/2 cups heavy cream (10)  
1/2 sm. pkg SF chocolate pudding-dry powder (16)  
4 pkts Splenda (2)

Whip together and spoon into cake decorating bag with large tip. Or use baggie and cut one corner off. Make "plops" about cookie size on wax paper lined cookie sheet. Freeze, then transfer to container and keep in freezer.  
Total 36 carb (35 NET carbs). Makes 30 @ 1.2 carb.

These are great! Can use any pudding mix. Try vanilla with a fruit flavored extract or Davinci's syrup. Also try 1/2 container of Crystal Light lemonade instead of extract and cut back on Splenda.

---

## **Creamy Jell-O Dessert**

Ingredients:

1 sm. pkg SF jello  
1 1/4 cups water  
1/2 cup heavy cream

Mix jell-o with 1 cup boiling water, stir until dissolved. Combine remaining water and cream and add to jell-o. Pour into dishes, chill 4 hours. Will separate into 2 layers.

Total 3 carb.

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## **DESSERTS**

### **Creamy Italian Panna Cota**

*Note:* 6 4-oz servings. Total Carbohydrates: 57

Panna cotta is a creamy Italian dessert. Perfect with fresh berries or with the Balsamic Strawberry concoction below.

The vanilla bean gives this dessert a wonderful flavor, but you can use 2 tsp. pure vanilla extract instead. The recipe can be easily halved or doubled and can be made the day before.

Ingredients:

4 Tbsp. water  
2 1/2 tsp. gelatin  
3 cups whipping cream  
1/2 cup Splenda  
1/2 vanilla bean, slit lengthwise

Place the water in a small bowl and sprinkle the gelatin over the top. Let stand until softened.

Combine half of the cream and the vanilla bean in a pot. Bring to a boil, add the gelatin and remove from the heat. Stir until the gelatin dissolves. Remove the vanilla bean and scrape the seeds into the mixture with the tip of a small knife. Stir in the Splenda and the remaining cream.

Pour evenly into 6 4-5 oz ramekins. Place in the fridge and chill until set, approximately 2 hours. To serve, place the ramekins in hot water for 30 seconds. Run a knife around the inside of each and place a plate over the top. Turn upside down and vigorously shake the ramekin while holding the plate securely. The panna cotta will fall out onto the plate. Remove the ramekin and spoon the berries over the top. Serve immediately.

---

## Bread Pudding

Ingredients:

3 oz bag plain pork rinds, lightly crushed  
2 eggs  
1/2 cup heavy cream  
1/2 cup water  
1/4 cup splenda or AS  
1 t vanilla  
1 t cinnamon

Mix cream, eggs, water, sweetener, vanilla and cinnamon. Butter 1 or 1 1/2 qt. Casserole dish. Put lightly crushed pork rinds in dish and pour liquid over. Preheat oven to 350 and let casserole sit while it preheats so pork rinds can absorb some liquid. Sprinkle with cinnamon. Bake 30-40 min until top lightly browned. Tests best warm.

Total 13 carb (12 NET carbs). Serves 3 @ 4 carbs

---

## Hot Chocolate

Ingredients:

1 t unsweetened cocoa  
1 pkg Splenda  
dash salt  
dash cinnamon  
1/2 cup boiling water  
2-3 T heavy cream

Place first 4 ingredients in cup. Add water and cream and stir. (Can add a shot of sugar-free syrup).  
3 carbs (2 NET carbs)

---

## **Brownies**

Ingredients:

2 eggs  
1/2 c butter, softened  
1 oz unsweetened chocolate  
2 T water  
2 T whey protein powder  
10 pkts AS  
1 oz walnuts, chopped  
3 T Davinci's SF chocolate syrup

Preheat oven to 350F. Cream butter, add eggs one at a time, beating well. Melt chocolate with extract and water (microwave or double boiler). Add melted chocolate, and other ingredients to butter. Mix well. Taste for sweetness and add more sweetener if desired. Grease 9x9" baking pan. Pour batter into pan and bake 15 minutes. Total 19 carb (13 NET carbs). Serves 9 @ 1.5 carbs.

---

## **Lemon Mousse**

Ingredients:

2 oz soft cream cheese  
1/4 cup lemon juice  
4 packs of Equal  
1 c heavy cream  
1 t lemon extract

Beat cream cheese and sweetener with mixer until smooth. Slowly add lemon juice and mix until smooth and creamy. Add heavy cream and lemon extract. Beat until fluffy and heavy cream will hold "soft peaks." Refrigerate.

Total: 16 carbs. Serves 4 @ 4 carbs.

---

## Chocolate Peanut Butter Parfaits

### Ingredients:

- 1 1/2 cups + 2 T heavy cream
- 1 cup water
- 2 T SF chunky peanut butter
- 1 sm. pkg SF Chocolate pudding mix

Add 2 T of cream to peanut butter and stir until blended. Whip 1/2 cup heavy cream, then fold it into the peanut butter. Pour the remaining 1 cup cream and 1 cup water into a mixing bowl. Add pudding mix and beat with wire whisk 2 min. Spoon half the pudding mix into 6 parfait glasses. Cover with whipped cream/peanut butter mixture, top with remaining pudding mix. Refrigerate.

Total 49 carb (46 NET carbs). Serves 6 @ 7 CARB.

This is rich so you could probably put it into 8 parfait cups

---

## Cinnamon Bread Pudding

### Ingredients:

- 1/3 cup cream
- 1/3 cup water
- 1 T butter
- 1 egg
- 4 pkgs Splenda
- 3/4 t cinnamon
- dash cloves, nutmeg, salt
- 2 cups cubed low-carb bread \*

Preheat oven 350F. Heat milk and butter in microwave until butter melted; cool slightly. Beat egg until foamy; mix in other ingredients except bread. Mix milk mixture and egg mixture; add bread and stir. Spoon into ungreased 1 1/2 qt. Casserole. Place casserole dish in roasting pan and add 1" hot water into roasting pan. Bake, uncovered, 40-45 min, until knife inserted comes out clean. Total: 14 carbs (11 NET carbs). Serves 3 @ 3.7 carbs.

---

## Swedish Nuts

### Ingredients:

- 1 egg white
- 2 cups pecan halves

2/3 cup splenda

2 tsp cinnamon

2 tbsp DaVinci SF vanilla syrup

Heat oven to 300F. Grease a cookie sheet. Mix egg white and pecans until pecans coated and sticky. Mix other ingredients and stir into nuts. Spread out in single layer and bake 30 min until toasted. Total: 51 carbs.

---

## Chewy Brownies

Ingredients:

1/2 cup butter

1/2 cup cocoa

1 cup splenda

2 eggs, beaten

1 tsp vanilla

dash salt

1/4 cup almond flour

1/4 cup oat flour

1/4 cup chopped walnuts

Preheat oven 350F. Melt butter. Add cocoa and blend until smooth. Add splenda and vanilla; blend until creamy. Add eggs and beat. Add flour and blend, but don't overbeat. Stir in nuts. Butter and (almond) flour 8x4" loaf pan. Bake 25 min.

Total: 72 carbs (51 NET carbs). 8 brownies @ 6 carbs.

These were exceptional. The combination of almond and oat flour made the consistency like real brownies.

---

## Tiramisu

Ingredients:

8 oz cream cheese

pkg SF vanilla pudding mix

2 cups heavy cream

1 cup light cream

1/2 cup water

1/4 cup + 1 T SF davinci amaretto syrup

14 cup coffee

Almond Flower cake

ALMOND FLOUR CAKE

1 cup butter

5 eggs

2 cups almond flour

1 tsp baking powder

1/2 tsp baking soda  
1 tsp butter extract  
1 tsp vanilla extract  
1 T liquid splenda  
6 pkts sweet & low

Cream butter and sweetener. Add eggs, one at time, beating after each. Add baking soda & powder and extracts. Add flour, a little at a time. Pour into greased 11x7 glass dish and bake at 350 for 40 min.

Total: 41 carb (23 NET)

Serves 8 @ 5 carb (3 NET)

This would be a great birthday cake, especially with chocolate icing

Cut cake into cubes, put in serving dish. Mix amaretto and coffee and drizzle over cubes. Whip cream with some splenda. Set aside. Whipe cream cheese. Gradually beat in light cream and water until smooth. Add pudding mix and 1 T amaretto syrup. Beat until blended. Fold in whipped cream and spoon over cake. Refrigerate 3 hours.

Serves 8 @ 10 carb (8 NET)

Original called for 2 cups cool whip. Could probably cut carbs by using only 1 cup heavy cream (which will whip into 2 cups).

---

## Cinnamon Crisps

Ingredients:

3 oz plain pork rinds

15 pkgs Splenda

4 Tbsp butter

1 Tbsp cinnamon

Put rinds in a plastic bag and drizzle melted butter over top. Add splenda and cinnamon to bag and "mush" around to coat rinds. (These are best served immediately. You can put them in a warm oven to crisp if you have any left over). I made a half bag and used liquid Splenda and it was a perfect snack for 2.

---

## Cinnamon Bread Pudding

*Note:* Total: 14 carbs (11 NET carbs). Serves 3 @ 3.7 carbs.

Ingredients:

1/3 cup cream

1/3 cup water

1 T butter

1 egg

4 pkgs Splenda  
3/4 t cinnamon  
dash cloves, nutmeg, salt  
2 cups cubed low-carb bread \*

Preheat oven 350F. Heat milk and butter in microwave until butter melted; cool slightly. Beat egg until foamy; mix in other ingredients except bread. Mix milk mixture and egg mixture; add bread and stir. Spoon into ungreased 1 1/2 qt. Casserole. Place casserole dish in roasting pan and add 1" hot water into roasting pan. Bake, uncovered, 40-45 min, until knife inserted comes out clean.

I used my Low-carb bread substitute bellow but instead of soy protein isolate, I used whey protein isolate.

---

## Low-Carb Bread Substitute

**Note:** Total: 5 carb (4 NET carbs)

Makes 24 thin slices @ .2 carbs

Ingredients:

1/2 c soy isolate  
1 t baking powder  
3 large eggs  
1 T oil  
2 T water  
2 T heavy cream  
2 art. Sweetener  
1/2 t cinnamon

Preheat oven to 350F and spray loaf pan with non-stick spray. Mix all ingredients in bowl with whisk until smooth. Spread into bottom of loaf pan. Bake 15-18 min, let cool 5 min. Remove from pan and finish cooling.

This makes a loaf about 1" high and the slices look like biscotti. The bread is a little dry, but good for making French toast, and toasted with a lot of butter. You can add basil or other herbs instead of the sweetener and cinnamon.

---

## Homemade Yogurt

Ingredients:

1 quart heavy cream  
2 T plain yogurt  
2 T splenda sweetened DaVinci syrup

Put heavy cream into heat-proof container, and put in a pot of simmering water which comes about half-way up the sides of the container. Simmer the cream for 20 minutes.

Remove the jar from the water and allow to cool to room temperature. Stir in plain yogurt, making sure it has live culture. Cover and leave at room temperature for 48 hours. Refrigerate.

I used vanilla syrup, and this was excellent. It was very rich, though, and I would probably use whole milk next time. (The yogurt culture converts the lactose in the milk to lactic acid, and thereby "eats" some of the carbs. One cup of yogurt made with milk has about 4 carbs, rather than the 11-12 that is listed on the container of milk.)

---

## Chocolate Truffles

*Note:* Makes as many pieces as you cut it into! The better quality chocolate has a smoother texture than the more commonly available Baker's chocolate due to its high cocoa butter content. Callebaut, Valrhona and Scharffen Berger are all good choices. Total Carbohydrates with nuts: 33, Total Carbohydrates without nuts: 22

Ingredients:

2 oz. unsweetened chocolate  
4 Tbsp. Splenda  
4 Tbsp. butter, at room temperature  
4Tbsp. whipping cream, at room temperature  
2 tsp. vanilla extract  
1 oz. crushed macadamia nuts (optional)

The success of this recipe depends upon the melted chocolate and butter being at the same temperature. If not, the chocolate and butter will separate.

Melt the chocolate either in the microwave or in a bowl over a pot of simmering water. Stir in the Splenda and cool to room temperature. Combine the chocolate and butter until smooth. Stir in cream and vanilla, then the nuts if using.

Spread evenly into a small, parchment lined loaf pan-I use one that was 4-by 7-inches. Chill until firm. Cut into pieces and store in the freezer.

---

## Lime (English) Custard

*Note:* Makes 8 Servings. Total carbs 40

Ingredients:

1/4 cup unsalted butter, softened  
1/4 cup granular Sugar Twin  
1/4 cup granular Splenda  
grated zest of 3 limes  
4 large eggs, separated  
2 Tbsp. finely ground almond meal

2 Tbsp. gluten flour  
1/2 cup lime juice  
1 1/2 cups whipping cream

Preheat the oven to 375°F.

Cream the butter, sweeteners, and lime zest together. Beat in the egg yolks, almond meal and gluten flour. Stir in the lime juice and whipping cream. It's OK if the mixture looks curdled.

Beat the eggs to stiff peaks and fold into the lime mixture. Place a 1-quart baking dish, 8 ramekins or custard cups into a larger pan. Fill with the custard and pour hot water into the larger pan to come halfway up the sides of the dish(es).

Bake for 45 minutes until the top is puffed and golden brown - but still jiggly in the middle - for the larger dish, 30 -35 minutes for the smaller dishes. Serve warm, room temperature or chilled.

This custard is like a crême brulee with a thin, soft, meringue-like top. You can use lemon juice if you prefer or substitute water for the juice and add 2 tsp. of pure vanilla extract or a few drops of extract of your choice, which will lower the carb count by 10 grams.

---

## European Tiramisu

*Note:* Makes 10 servings Total Carbohydrates: 90, Carbohydrates per Serving (10) 9. The translation for tiramisu is carry me up, and many who taste this ethereal dessert assume the unspoken continuation must surely be to heaven.  
mas-car-po-ne :A fresh soft Italian cheese with a high butterfat content, made from cow's milk enriched with cream.

Ingredients:

unsalted butter  
4 oz. ground almonds  
1 tsp. baking powder  
1/4 tsp. salt  
6 large eggs  
1/2 cup Splenda  
1 tsp. vanilla extract

Grease a 15-by 10-by 1-inch pan with butter. Line with parchment paper and grease with butter again. Preheat the oven to 350°F (175°C).

Combine the almonds, baking powder and salt. Separate the eggs. With an electric mixer, beat the yolks and Splenda with an electric mixer until thick and lemon colored, 3-4 minutes. Beat in the vanilla. Fold in the almonds. With a clean bowl and beaters, beat the egg whites to firm peaks. Stir 1/4 into the almond mixture. Fold in 1/2 of the remaining whites until barely combined and then the remaining 1/2 until thoroughly

combined. Spread evenly into the prepared pan. Bake for 20-25 minutes until the top springs back when pressed lightly. Let cool.

---

## Oriental Tea Jelly

**Note:** Makes 6 Servings. Total Carbohydrates: 3

Ingredients:

1 Tbsp. gelatin  
2 Tbsp. water  
3 cups brewed Jasmine tea, suntill hot  
1/2 tsp. liquid sweetener  
1 Tbsp. Splenda  
4 tsp. lemon juice

In a small bowl, sprinkle the gelatin over the 2 Tbsp. water. Let stand until softened. Microwave the gelatin in 30-second increments until liquid. Stir into the tea along with the sweetener, Splenda and lemon juice. Pour into 6 small dessert dishes or teacups and let set in the fridge for at least 4 hours.

---

## Coffee Jelly

**Note:** Makes 4 servings, Total Carbohydrates: 8

Ingredients:

2 Tbsp. water  
2 1/2 tsp. gelatin  
1 1/2 cups water  
1 1/2 tsp. liquid sweetener  
1 Tbsp. Splenda  
1/2 cup brewed espresso  
1/2 cup whipping cream  
Optional whipped cream and whole coffee beans for garnishing

Place the 2 Tbsp. water in a small bowl and sprinkle the gelatin over the surface. Let stand until the gelatin softens. Heat 1/2 cup of the 1 1/2 cups water in a small saucepan. Do not let it boil. Add the gelatin and stir until it dissolves. Add the sweetener, Splenda, remaining water and espresso. Stir well. Measure out 3/4 cup of the espresso mixture into a small bowl. Add the cream to the remaining mixture. Stir well and pour into 4 small dessert dishes. Place both mixtures into the fridge to chill for at least 4 hours.

Remove the plain jelly from the bowl and cut into 1/2-inch cubes and pile onto the jelly in the dishes. Garnish with more whipped cream if you like and a coffee bean or two.

---

## Tasteful Espresso Cream and Ricotta

**Note:** This also is very low in carbs for the whole meal it contains only 20 carbs  
Makes approximately 6 servings, Total Carbs 20

Ingredients:

No muss, no fuss! Just fast, easy and good.

1/4 cup espresso

1 tsp. liquid sweetener

1/2 tsp. vanilla

2 cups ricotta cheese

1/2 cup whipping cream

cocoa, if desired

Combine the espresso, sweetener and vanilla. Beat the ricotta with a whisk to loosen it up. Whip the cream until stiff and fold into the ricotta. Swirl in the espresso and fold it in lightly to leave it streaky. Pile into 6 dessert dishes or wine glasses and dust with cocoa if you like.

## SPREADS

### Lip Smackin' Chive Spread

Instructions/Ingredients:

Combine 4 ounces soft cream cheese (3.2 grams of carb) with 4 Tablesp (1/2 stick) soft butter in a blender or food processor. Add 1/2 cup chopped chives (0.8 gram of carb). Add 1 Teasp Worcestershire sauce (1.0 gram of carb) and salt and freshly ground black pepper to taste.

TOTAL YIELD: 18 Tablesp. One Tablesp has 0.3 gram of carb.

---

### Lip Smackin' Chive Spread with Smoked Salmon

Instructions/Ingredients:

Follow the recipe for Lip Smackin' Chive Spread (above). Cover canapés generously with the spread and with slivers of smoked salmon, lox, or nova. Two ounces of smoked salmon have virtually no carb.

---

## Lip Smackin' Chive Spread with Prosciutto

Instructions/Ingredients:

Follow the recipe for Lip Smackin' Chive Spread (above). Cover canapés generously with the spread and with slivers of Prosciutto. Two ounces of smoked salmon have virtually no carb.

---

## Lip Smackin' Chive Spread with Crabmeat

Instructions/Ingredients:

Follow the recipe for Lip Smackin' Chive Spread (above), but reduce chives to ¼ cup (0.4 gram of carb). Add 1 Tablesp lemon juice (1.3 grams of carb), add 1 cup cooked, well-cleaned crabmeat. Mash together.

TOTAL YIELD: 2 cups. One Tablesp has 0.2 gram of carb.

---

## Blue Cheese Spread

Instructions/Ingredients:

Mix together 8 ounces blue cheese or Roquefort – the better the quality, the better the taste – (6.4 grams of carb) with 4 ounces (1 stick) butter. Add salt and freshly ground pepper to taste.

TOTAL YIELD: 24 Tablesp. One Tablesp has 0.3 gram of carb.

---

## THICKENING AGENTS

Here are a few suggestions to thicken your sauces:

1. Xanthan Gum: made from fiber so all the carbs can be deducted. Just a little (1/2 teasp. will thicken 1 cup).

sprinkle on about 1/4 teasp at a time and whisk it in real well. It will thicken upon standing so do not overdo. can be found at local health food stores.

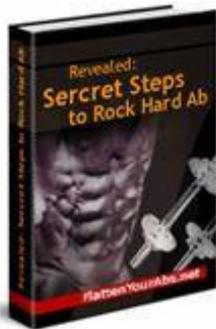
2. Guar Gum - Can be uses the same way as the xanthan , but it leaves a "slimy" taste on the food.

3. Expert Foods notStarch - Haven't had much success with this product, as it just didn't seem to thicken very well, but other people have had good results.

4. Soy Flour/Oat Flour - This works well in small quantities but it tends to be higher in carbs than the "gums." You can make a great white sauce by melting butter, stirring in soy or oat flour til it makes a paste, and adding light cream. If you only need 1/2 cup of sauce or so, this will work very well.

## **HIDDEN CARBS EQUATION:**

(Carbohydrate grams x 4 calories) + (Protein grams x 4 calories) + (Fat grams x 9 calories) = Total Calories. Example: Can of Beans shows 4 g carb (4x4=16) and 1 g protein (1x4=4). 16+4=20 calories per serving.



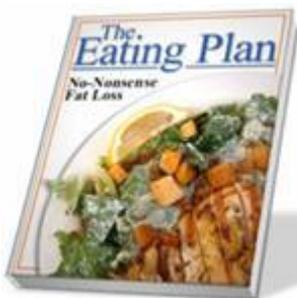
### **Flatten Your Abs!**

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