



Vegan Keto Christmas Recipes

**Amazing vegan, ketogenic,
holiday menu for all your
festive celebrations**



**Completely soya free using
all natural ingredients**

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THE SMALL PRINT

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TABLE OF CONTENTS

INTRODUCTION	1
PREPARING IN ADVANCE	3
SNACKS AND BASICS.....	5
Garlic Infused Oil.....	5
Pecan Nut Butter	7
Coconut Condensed Milk.....	9
Vegan Guacamole.....	11
Seed Crackers	12
Keto Dinner Bread Rolls	15
STARTERS	19
Keto Cauliflower Pepper Soup	19
Avocado with Curried Brazil Nut Stuffing	22
MAIN COURSES	25
Macadamia Savoury Nut Roast	25
Zucchini Stuffed Mushrooms	29

SIDES	33
Blueberry Jelly.....	33
Brussel Sprouts	35
Roasted Broccoli.....	37
Creamy Herb Mashed Cauliflower	39
Gravy	41
Stuffing Balls	43
 DESSERTS AND SWEET TREATS	 45
Caramel Pecan Tarts	45
Macadamia Lemon Shortbread Biscuits Topped With Chocolate Mousse	48
The Shortbread Biscuits.....	48
Vegan Chocolate Mousse	51
 SWEETS	 53
Vegan Keto Truffles	53
Orange and Cinnamon Nut Chocolate	56
 NUTRITIONAL INFO.....	 58

INTRODUCTION

Welcome!

Inside these pages are recipes written by vegans for vegans. We live a LCHF (Low Carb High Fat) vegan lifestyle and were on the lookout for recipes books that might fit our way of eating. Perhaps not surprisingly these books are few and far between. So, we've set out to change this a little. We have a background in food, herbs and nutrition but more importantly we are complete foodies. There's nothing quite like the excitement of realising that there are items on a restaurant menu that we can eat!

This time of the year can add an extra level of difficulty to our LCHF lifestyle. There's so many enticing foods that most definitely don't fit into a vegan LCHF lifestyle! Our little book is designed as a complete menu, but of course you can use as little or as many of the recipes as you like.

Perhaps you're bringing a dish to a dinner party, the Macadamia Savoury Nut roast or the decadent lemon shortbread with chocolate mousse will impress your non LCHF friends and family!

We sincerely hope you enjoy these recipes as much as we do.

From our table to yours,

The team at veganketones.com

PREPARING IN ADVANCE

The first thing to do with any menu is to read through your entire recipe and gather your ingredients, BE PREPARED!

You'll probably already have a lot of the things in your store cupboard, but do double check. There's nothing worse than deciding you want to cook something and find that you are missing one of the main ingredients.

Decide on your menu and make a shopping list. Allow time if you need to order any ingredients online. You might be lucky and have a store close by that sells everything you need.

Most of the recipes are quick to make and don't take a lot of preparation. The following can be made in advance, frozen then re heated on the day:

- Macadamia nut roast
- Stuffing Balls
- Cauliflower Pepper Soup
- Dinner rolls
- Mashed Cauliflower

The truffles and chocolate will keep for a good few weeks so can also be made ahead of time.

If you decide on the pecan pie, make the condensed milk and nut butter ahead of time as this takes a bit of time to prepare. They will both keep for a few days in the fridge.

Note - We've put the nutritional info at the end of the book, this may seem a little strange but we've found that having them all in one place makes it easier to count up your macros (protein, carbohydrate and fat nutrition values).

If you're not used to cooking, do a trial run and invite some friends over to test your food!

SNACKS AND BASICS

GARLIC INFUSED OIL

Making infused oils are a great way of adding flavour and increasing the fat content of your meals but without any of the carbs! You can infuse a wide variety of fruit/herbs/spices but I've chosen a few of my favourites.

Ingredients

3 ½ fluid ozs (100 ml) Olive Oil

3 peeled garlic cloves

Variations :

Orange peel- Scrub 1 unpeeled orange thoroughly and dry. Remove the peel in wide strips. Ensure no pith (the white bit) remains as this will make your oil bitter.

Dried Sage- 2 sprigs of fresh sage

Smoked Paprika- 1 tsp dried smoked paprika. You'll need to strain this through a really fine muslin cloth or through a coffee filter paper.

Method

1. Place garlic and oil together in a double boiler. If you don't have a double boiler, you can make a substitute from a saucepan with water in the bottom and a heatproof bowl placed on top. The water in the bottom saucepan should come no more than 1 third up the sides of the bowl on top. Make sure that no water gets into your infusing oil.
2. Set your stove top to the lowest setting and slowly warm the herbs and oil, for about an hour. Make sure the oil does not get too hot. You are not cooking the herbs, but heating the oil. The longer you are able to warm at that lower temperature the stronger the flavour.
3. Once finished infusing, remove the bowl from the heat and leave to cool. Once cool, remove garlic and put your oil into a sterilised glass jar. Always remove the fruit/herb/veg that you are infusing as it can make your oil mouldy. Store in the fridge until ready to use. If you don't use them all straight away, these infused oils will last several weeks

PECAN NUT BUTTER

This is the most decadent nut butter I think I've ever tasted. Its featured in one of the recipes later in this book (caramel pecan tarts) but of course you can just use this on its own. Spread on a freshly toasted keto dinner roll or eaten straight from the jar, this nut butter will leave a smile on your face.

Ingredients

2 cups pecan halves (if you get whole pecans you'll need to shell them first)

¼ tsp salt

1 tsp vanilla extract

6 drops caramel stevia (optional)

Method

1. Preheat your oven to 350F/180C
2. Place pecan halves onto a baking tray and roast in the oven for 6-8 minutes. Check every few minutes to ensure your nuts are not burning.

3. Remove pecans from oven and place into your blender along with the remaining ingredients and blend until smooth. Depending on your blender this may take anywhere from 2-8 minutes. You may need to stop periodically and push your nut butter back down towards the blades, it will be crumbly at first, but please persist. If using a food processor, the process is the same but it will take longer to reach a smooth consistency, up to 15 minutes.
4. Store your pecan nut butter in a sterilised glass jar in the fridge. This will last for a month if kept in the fridge.

COCONUT CONDENSED MILK

This is a fairly straightforward recipe which you'll use later in the book for the caramel pecan tarts. It's also wonderful as the base for a caramel sauce, as a cream substitute atop a sweet pie or eaten straight out the jar for an afternoon pick-me-up.

Ingredients

1 can (13.5 fl oz) full fat coconut cream (with no additives, label should read coconut and water only)

1 tsp xylitol (or other sweetener of choice)

Method

1. Place coconut cream in a small saucepan over a medium heat and bring to the boil. Add xylitol and stir to dissolve.
2. Reduce the heat and simmer until coconut cream has halved in volume. This may take anywhere from 45 minutes to an hour and a half depending on your stove and the coconut cream you use. You can also use coconut milk for this but as it has a higher water content you'll need to reduce for

longer and you'll get about a third less condensed milk at the end.

3. Once cool, place in an airtight container in the fridge until you need to use it. This will last for up to 5 days in the fridge.

VEGAN GUACAMOLE

No introduction is required here, this is just a timeless classic that's a perfect vegan LCHF side dish.

Ingredients

2 medium sized, ripe avocados

1 tbsp coconut cream

2 teaspoons apple cider vinegar

Pinch salt/pepper to taste

1 teaspoon fresh coriander (cilantro) leaf

Method

1. Put everything in the blender and whizz at high speed until smooth.
2. Remove from blender and store in an airtight container in the fridge for upto 3 days.

Serve with crackers

SEED CRACKERS



Ingredients

4 tbsp Chia Seeds

4 tbsp Hemp Hearts (hulled hemp seeds)

½ cup Almond Flour

2 tbsp Extra Virgin olive oil

1 pinch sea salt

½ cup water to soak the chia seeds

Method

1. Soak chia seeds for around 1 hour in the $\frac{1}{2}$ cup of water. They should thicken up and when picked up with a spoon, stick to the spoon. If they feel too wet and runny, add another teaspoon of chia seeds and give them another 10 minutes to soak.
2. Pre-heat oven to 180C/350F
3. Add the rest of the ingredients to the chia seed gel and mix well to form a dough. The dough should be pliable and you should be able to form a ball with it.
4. Put your ball of dough on a large piece of parchment paper.
5. Cover it with cling wrap plastic and roll it out with a rolling pin. The dough needs to be as thin as possible without breaking. Less than 1/4" and even all over so it cooks evenly.
6. Once the dough is thin and flat gently peel off the plastic sheet.

7. Place your parchment paper with the dough on it, on a large cookie sheet being careful not to break the dough.
8. Bake for about 45 minutes or until dried and slightly browned.
9. Once they are dry and crispy, let them cool, then cut into 2" squares with a knife point.
10. Peel them from the bottom paper and store in an airtight container.

Serves 12

Delicious served with Guacamole

KETO DINNER BREAD ROLLS

We love psyllium husks, they add great texture and fibre to your recipes. These rolls feature in the nut roast recipe so it would be worthwhile making a batch and freezing ahead of time. They are also wonderful toasted and spread with pecan nut butter.

Ingredients

- 1 cup of almond flour
- 4 tbsp psyllium husk powder
- 2 tbsp agar flakes
- 6 tbsp boiling water
- 1 tsp salt
- 1 ¼ tsp baking powder
- 1 ½ tbsp apple cider vinegar
- 2 cups of boiling water

Method

1. Preheat the oven to 200C/400
2. Mix the agar flakes with the 6 tbsp boiling water and wait until it thickens, this should only take a few seconds.
3. In a separate bowl mix all the dry ingredients together.
4. Put your dry ingredients into a food processor and add the agar mixture.
5. Process until you have a crumbly dough that is starting to stick together.
6. Add 1 ½ cups of water and process again for a minute.
7. If the dough is not firm and a little sticky, slowly add the rest of the water as needed with your processor running.
8. Divide the dough into 8 equal pieces and form into little balls.

9. Put onto a lightly greased baking tray a baking tray and flatten slightly.
10. Bake for 40 minutes or until the bottoms sound hollow when tapped.

Serves 8

Store in an airtight tin and eat within 3 days. Suitable for freezing.

STARTERS

KETO CAULIFLOWER PEPPER SOUP

What is a festive menu without a hearty and warming soup? I love this combination, so simple and tasty. You can dress it up prior to serving with a drizzle of paprika infused oil or a sprinkle of finely chopped fresh herbs (coriander leaf or basil work really well here) Just make sure your bouillon is low in carbs, it's an easy mistake to make. Italian herb mixes generally contain herbs such as marjoram, basil, rosemary, oregano and thyme but you can use your own favourite herb blend, the vegetables are fairly neutral in flavour and so work well with a wide variety of different herbs.

Ingredients

6 florets cauliflower

1 cup chopped mixed bell pepper

1 chopped scallion/spring onion

1 tsp mixed dried Italian herbs

½ tsp smoked paprika

2 tsp vegan powdered bouillon

1 tsp coconut oil

2 cups water

Salt and pepper to taste

Method

1. Heat coconut oil in a medium sized saucepan over a medium heat, add your paprika and chopped spring onion. Stir often, uncovered (4/5 minutes) until your onions are soft and translucent. You don't want them too brown as this can impact the final flavour of your soup.
2. Add your cauliflower and pepper and mix. You want to make sure they are all well coated in oil. Stir regularly for several minutes, you should start to smell the lovely flavours of cooking pepper.
3. Add your water, bouillon and herbs, bring to the boil and then reduce heat to a simmer. Cook for 20-25 minutes or until the cauliflower is tender. You can check how tender your cauliflower is by using a small sharp knife, pierce a floret, the knife should go in easily and the cauliflower should

slide off the blade. Take your soup off the heat and allow to cool before transferring your soup to a blender (or use an immersion blender directly into the saucepan)

4. Whiz up until blended. Depending on your preferences you can blend until completely smooth or leave a little texture by blending for less time.
5. Season to taste with salt and pepper and heat gently before serving.

Serves 2

If you are cooking for a larger number simply multiply the amounts accordingly. This soup freezes well and can even be prepared a couple of weeks in advance. Take it out of the freezer and put into your fridge the night before you need it and reheat gently in a saucepan just prior to serving.

AVOCADO WITH CURRIED BRAZIL NUT STUFFING

Avocados have to be one of my all time favourite things to eat, jam packed full of good fats I eat one nearly every single day. For the festive season I've given it a bit of a makeover and if you've never heated up an avocado then prepare to be kind of excited. I hesitate to say it has a more 'buttery' flavour but that's the best way I can think of to describe it. If anyone else comes up with a better description then let me know... If you're buying pre-made curry powder, just make sure doesn't contain any nasties, and check the carb content as well. Ideally it will just contain ground spices such as turmeric, cumin, coriander, fenugreek, mustard seeds and a little salt. You can always make your own, by definition it's a mix of widely varying spices!

Ingredients

2 large ripe Avocados

1 fl oz freshly squeezed lemon juice

4 small scallions/spring onions

1 tbsp olive oil

2 tsp curry powder

100g/4ozs Brazil nuts, chopped

Salt and freshly ground pepper to taste

Chilli flakes/powder (optional)

Method

1. Halve the Avocados and discard the stones. Without damaging the skin, carefully scoop out the flesh. Cut the flesh into small chunks, gently coat with the lemon juice. Set aside. Save your avocado skins as you'll be stuffing them with the final mixture.
2. Wash and trim the scallions, chop finely.
3. Heat the oil in a medium pan over a low heat and add the onions and curry powder. Saute for 4 to 5 mins, stir often until the onions are translucent and tender.

4. Meanwhile preheat your grill to a medium setting.
5. Remove onions from the heat and add the avocado, chopped Brazil nuts, salt, pepper and chilli powder if using. Mix gently until well combined and stuff this mixture back into your avocado skins. Place these in a heat proof dish.
6. Grill for 5 to 10 minutes until the filling is heated through and the top is slightly browned. As individual grills vary in heat and intensity, make sure you check them regularly, they can burn quite quickly!

Serves 4

MAIN COURSES

MACADAMIA SAVOURY NUT ROAST



No festive menu would be complete without a nut roast. I just love Macadamia nuts for their great fat, low carb profile. I know that these can be expensive and sometimes hard to source depending on where you live in the world. This recipe

would work well with other types of nuts such as almonds or walnuts, but just remember the carbohydrate content will change if you substitute with a different nut. I could eat nut roast all year round, its great as a leftover the next day too on some keto dinner rolls...

Ingredients

1 tbsp paprika infused oil (or 1tbs Coconut oil)

1 small onion (can be left out if your carb count is getting too high)

3 keto dinner rolls

8 oz macadamia Nuts

1 tbsp chia seeds

7 fl oz veg stock

1 tsp dried sage ground

1 tsp minced garlic

½ tsp ground black pepper

½ tsp dried Nutmeg ground

Method

1. Preheat your oven to 200c/400F/Gas mark 6.
2. Grease and line a 1lb loaf tin with parchment paper. Use a small amount of the coconut oil to grease the tin and paper. Leave a few centimetres of extra parchment paper sticking up at both ends. This makes it easy to lift the loaf out of the tin at the end.
3. Heat the oil in a medium pan over a low heat and add the onions and garlic powder. Saute for 4 to 5 mins, stir often until the onions are translucent and tender.
4. Put the nuts, rolls, chia seeds, sage, and nutmeg in a food processor and blend until it becomes a fine crumb mixture. You can blend for longer if you like a less textured roast.
5. Add this dry mix to the pan with your onions/garlic, add the black pepper and mix until well combined. Taste your mixture, depending on the brand of veg stock you used, it may need a small amount of salt added at this point.

6. Put the mixture into your prepared loaf tin and smooth the top.
7. Bake for around 40 minutes, until well browned on top.
8. Leave to cool for 15 minutes before turning out. If you're serving this straight away you can slice for serving. If you're preparing this in advance, don't slice and once completely cool wrap it in freezer proof wrap (gladwrap/clingfilm/saran wrap) place in an airtight container and pop it into the freezer.

Serves 8

This loaf freezes well and it can be prepared a week or two in advance. Take it out of the freezer and put into your fridge the night before you need it and reheat prior to serving. The best way to do this is to remove the loaf from all wrappings, place into a suitably sized loaf tin (the one you cooked it in will work) cover in aluminum foil and then place into your preheated oven (180c/gas mark 4) for 50-60 minutes. Covering it stops it from drying out and from burning on the top. Once heated through, leave to cool for 15 minutes before turning out and slicing.

ZUCCHINI STUFFED MUSHROOMS



Mushrooms are a vegans best friend, high in b vitamins and very low in carbs, whats not to love? The selection of mushrooms i've used are ones that are freely available at my supermarket and farmers market. You can use any variety that you can find but the Portobello mushrooms are the ones you'll be stuffing. If you can't find large mushrooms, just use small mushrooms and adjust your cooking times accordingly. These are best made on the day, but you can chop your vegetables the night before.

Ingredients

3/4 cup finely diced zucchini

1 finely diced shitake mushroom

1 finely diced oyster mushroom

1/2 cup enoki mushroom

4 large portobello mushrooms

1 tbsp vegan red wine

1 tsp tamari

1 tbsp finely diced tomato

1 tbsp oil for frying (macadamia and coconut oil both work well)

4 tbsp herb infused oil (I used sage)

Method

1. Preheat your oven to 180c/350F/gas mark 4
2. Heat the oil in a large pan over a low heat and add the wine, tamari, courgette, shiitake, and oyster mushrooms to the pan. Stir regularly until courgette has softened and started to turn a golden brown colour, this should take 5-10 minutes.

3. Add the enoki if you have them and cook for a further 2 minutes (skip this step if no enoki available)
4. Remove the stem from the portobello mushrooms and discard stems. Place the de-stemmed mushrooms stem side-up into an ovenproof dish. Coat each mushroom in the herb infused oil.
5. Divide your cooked mix into 4 and place 1 portion into the centre of each mushroom.
6. Cook in the oven for approx 30 minutes, until cooked through.
7. Remove from the oven and add some tomato to the top of each mushroom.
8. Pop back in the oven for 5 mins and serve.



Serves 4

SIDES

BLUEBERRY JELLY

This is our take on the classic cranberry jelly, we've used blueberries as they're lower in carbohydrates than cranberries. This is a lovely side dish which doubles as a spreadable jam should you wish to use it on some toasted keto buns. You can use whichever keto friendly sweetener you like, we used erythritol as that's what we had in our kitchen pantry. This would work equally well with xylitol and stevia. If your sweetener is in the granular form then grind to a powder. No need to do this if you're using liquid stevia, the only thing to be mindful of here is that too much stevia gives a bitter aftertaste. Since we're not relying on sugar to set the jelly (the chia seeds do this job) you can add as much or as little sweeter as you like.

Ingredients

4 oz Fresh blueberries

1 tbsp erythritol (grind to a powder like icing sugar)

1 tbsp chia seeds

Method

1. Add the blueberries to a pan and set over a medium heat, cook until the fruit starts to break down, 5 minutes or so should do the trick. Make sure you stir regularly to prevent the fruit from sticking the bottom of the pan.
2. Add your erythritol and mix well.
3. Mix in your chia seeds and simmer for a further 5 minutes or so.
4. Leave to cool, jar and store in the fridge.

This will last in the fridge for up to 1 week so you can make this a few days in advance.

BRUSSEL SPROUTS

Now I know that Brussel sprouts are a polarising food but I'm most definitely in the 'love them' camp. When you shred them and cook them like this, some of the bitterness is removed. If You're carb count isn't too high then you can add a small handful of cranberries to this mix. Either way this is a great way to eat your sprouts. You could also go old school and steam them whole with a sprinkle of salt and pepper to serve.

Ingredients

12 large Brussel sprouts finely shredded

1 tbsp orange peel infused oil (or 1 tbsp coconut oil)

1 teaspoon apple cider vinegar

Salt and pepper to taste

Method

1. In a large frying pan, heat the oil to a medium temperature. Add the vinegar and shredded sprouts and mix well.
2. Cook gently stirring occasionally until lightly cooked but still bright green in color, around 10 mins.
3. Add salt and pepper to taste.

You can prep for this dish the day before you want to eat it by shredding your sprouts and storing them in an airtight container in the fridge.

ROASTED BROCCOLI

An elegant and easy side dish, that's super easy to make. The nutritional yeast gives it a lovely cheesy flavour and of course is a good source of b vitamins. Who says holiday food can't be nutritious?

Ingredients

2 tbsp garlic infused oil (or olive oil)

2 tbsp Nutritional yeast

16 small broccoli florets

Method

1. Preheat oven to 180c/350F/gas mark 4
2. Mix olive oil with nutritional yeast in a large bowl.
3. Add broccoli and mix thoroughly to ensure the broccoli is coated with the oil mix.
4. Roast in the oven till cooked through (around 30 mins). Longer if you like it crispy.

Serves 4

This is best cooked on the day, but as with the Brussel sprout recipe you can chop the broccoli and coat it with the oil mix then store it uncooked in the fridge in an airtight container. Do this the day before you need it, don't chop your veggies too early as they lose valuable nutrients the longer they sit around.

CREAMY HERB MASHED CAULIFLOWER

This is a decadent side dish worthy of any table, it's creamy delicious and very more-ish. You have been warned...

Ingredients

5 cups cauliflower chopped

2 tbsp Coconut Cream

1 tsp dried rosemary

1 tbsp nutritional yeast

1/2 tsp pepper

salt (to taste)

Method

1. Steam the cauliflower until just cooked, around 15 minutes
2. Drain cauliflower and place in processor.
3. Add all the other ingredients and whiz until smooth.

4. Check for salt level add more if needed., serve immediately.

You can make this dish the day prior. To reheat you'll need to heat about a teaspoon of coconut oil in a medium sized frying pan over a gentle heat. Add your mashed cauliflower and stir continuously until hot.

Serves 6

GRAVY

I love gravy, I could have it on most things and when I became vegan and then LCHF I didn't think gravy would be an option for me any longer. It's usually thickened with carb heavy flours/starches but this one is thickened with a small amount of almond meal and guar gum. I always make too much gravy but the good thing is this last well in the fridge for 4-5 days so you can use it for some delicious leftover feasting.

Ingredients

2 cups vegetable stock

1 tsp yeast extract

2 tbsp almond meal

1 tsp tamari

1/4 tsp guar gum

Salt and pepper to taste

Method

1. Combine all ingredients in a blender and mix well.
2. Place in a saucepan and heat for several minutes prior to serving.

STUFFING BALLS

We always used to ask for extra stuffing during our holiday feasting and this recipe is no different. Make a double batch and serve for lunch the next day with a Keto roll and touch of blueberry jelly.

Ingredients

1 cup hemp hearts (hulled hemp seeds)

½ cup ground flax seeds

2 finely chopped medium mushrooms,

¼ cup finely chopped pecans (walnuts will work)

1/2 cup grated onion

1 tsp macadamia oil (or oil of your choice)

2 tsp sage

½ tsp liquid smoke

Salt and pepper to taste

¼ cup of oil for baking

Method

1. Preheat oven to 180C/350F.
2. Combine the macadamia oil and all the other ingredients except for the baking oil and mix well.
3. Pour 1/4 cup of oil into baking tray.
4. Form mix into 12 balls and place into baking tray with the 1/4 cup of baking oil.
5. Bake for 45 mins until golden brown turning halfway through the cooking time.

Serves 6

DESSERTS AND SWEET TREATS

CARAMEL PECAN TARTS

When we were developing this menu, I kept coming back to Pecan Pie. Its synonymous with Thanksgiving and all things festive. The thing is, the original recipe is full of all things non-keto, so I set about developing a tart that would give you the beautiful flavour of pecans but without any of the guilt factor. I should put a disclaimer here; the texture of this recipe is quite different to a regular pecan pie. That said, my hope is you'll be blown away by the flavours that you won't want to stop at just one. This is one of our more involved recipes, with several steps but it's well worth the extra effort.

Ingredients

3/4 cup coconut flour

1/2 cup coconut oil

2 flax eggs (2tbsp ground flaxseed mixed with 1/2 cup of cold water)

1/2 cup coconut condensed milk

1 cup pecan nut butter

Method

1. Preheat your oven to 350F/175C
2. Mix the coconut oil and flax eggs until well combined
3. Add the coconut flour and mix well. You should have a stiff dough.
4. Divide mixture into 24
5. Using a 24 non stick mini muffin tin, press a ball of dough into each, forming them into mini tart cases.
6. Bake in the oven for around 20 minutes, until golden brown.

7. Meanwhile mix together the pecan nut butter and coconut condensed milk until well combined.
8. Once cool, remove your mini tart cases from the tin and fill each one with your nut butter/coconut mix. Top with a pecan and serve with a small dollop of coconut condensed milk.

MACADAMIA LEMON SHORTBREAD BISCUITS TOPPED WITH CHOCOLATE MOUSSE

THE SHORTBREAD BISCUITS

Being Scottish, we had to feature shortbread somewhere. Its a lovely sweet cookie (or biscuit depending where you live) the pairs well with chocolate or indeed just eaten on its own. I make this recipe regularly and sometimes sub out the lemon essence and juice with different spices depending on my mood.

Ingredients

6 tbsp coconut butter
1 cup almond flour
1 cup Macadamia Nuts, ground
1/3 cup Erythritol, ground (like icing sugar)
12 drops Lemon essence
2 tbsp lemon juice

Method

1. Melt the butter in the microwave or a small saucepan.
2. Add the nut flours, sweetener, and lemon, stirring until fully combined.
3. Form dough (it will be crumbly, this is normal) into a cylinder and wrap tightly with plastic wrap to compress.
4. Chill in freezer for 30 minutes or until firm, or in the refrigerator for 2 hours.
5. With a sharp knife, slice into 1/2-inch-thick cookies (if they crumble apart your dough isn't cold enough).
6. Bake in a preheated oven @ 350 degrees (F) on a greased or parchment lined cookie sheet for 15 minutes, or until firm and golden brown.
7. Allow to cool completely before removing from the tray as they firm up once cool.

Makes 18

You can make the dough 2 days before you want it, it keeps well in the fridge. Simply store in an airtight container and proceed from step 9 when you are ready. As these are served cool, you can even make these the day prior. Just make sure they are completely cool before transferring to an air-tight container and store in the fridge. Take them out about 30 minutes prior to serving so they're not too cold.

VEGAN CHOCOLATE MOUSSE

I always like the sneaky addition of avocado to a dessert. It gives you those lovely fats but also a creamy texture that's hard to beat. Make sure you don't skimp on the vanilla extract and cocoa powder as it can be hard to completely disguise the taste of avocados. You may even want to add a little extra cacao powder depending on your chocolate preferences.

Ingredients

1 ripe avocado

2 tbsp erythritol, ground to powder (like icing sugar)

¼ cup cacao powder

½ teaspoon vanilla extract

Small pinch of salt

2 tbsp coconut milk

Method

1. Cut the avocado in half and remove and discard the pit.
2. Using a spoon, scoop out the flesh and put into a small blender or food processor.
3. Add the sweetener, cocoa powder, vanilla, salt, and milk.
4. Process until smooth
5. You can add several drops of lemon, orange or peppermint essence for added flavor.

Serves 6

You can serve the mousse on it's own, or top the biscuits with it and decorate with blanched almonds. Make this on the day, it doesn't keep very well and may turn a funny green brown colour which doesn't taste bad but may put some guests off!

SWEETS

VEGAN KETO TRUFFLES



These are a great option to have on hand when the sugar filled chocolates are being passed around. You can even add a few drops of rum essence if you can source it to take these to the next level of decadence.

Ingredients

1 cup mixed nuts

½ cup of desiccated coconut

1 tbsp pure crunchy peanut butter (with no added oils/sugar)

1 tbsp coconut oil

1 tbsp sweetener of your choice

1 tbsp flaxseed - ground

2 tsps unflavoured pea protein powder

1 tsp cacao powder

1tbsp walnut oil (macadamia or coconut oil would work as well)

Coconut powder, cacao powder or fine ground walnuts for rolling

Method

1. Put everything in food processor and process up till everything is blended to the “crunch” consistency you prefer. Stop periodically to push the mixture back down towards the blade.
2. The mix will be soft but firm up once refrigerated.

3. Form into bite size balls and roll in your choice/s of rolling ingredients. You can also put into silicon chocolate moulds.
4. Refrigerate, they'll be ready to eat in about an hour.

Makes about 30 balls.

ORANGE AND CINNAMON NUT CHOCOLATE



Ingredients

1 cup cacao butter

$\frac{1}{3}$ cup raw cacao powder

1 tbsp erythritol (or sweetener of your choice)

Large pinch sea salt

$\frac{1}{2}$ cup roughly chopped almonds (or nuts of your choice)

1 tbsp coconut cream

1 tsp dried Cinnamon powder

4 drops of orange essential oil (food grade)

Method

1. Line two 10” plates (with lips to hold the chocolate in) with parchment paper.
2. Melt the cacao butter in a double boiler.
3. Add the cacao powder and mix well.
4. Add the sweetener, mix well till granules dissolved.
5. Add the cinnamon, orange, coconut cream and half the nuts and mix well
6. Pour the mixture onto the plates.
7. Sprinkle with remaining nuts.
8. Refrigerate till set.

Serves 32

This is best stored in the fridge until you want to eat it, it will start to go soft and oily the longer you leave it out of the fridge. You can adapt this recipe about by using different flavourings and nuts/seeds.

NUTRITIONAL INFO

Creamy Mashed Cauliflower		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	49.1 kcal	2 %
Total Fat	2.4 g	4 %
Saturated Fat	1.6 g	8 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	16 mg	1 %
Total Carbohydrate	5.4 g	2 %
Dietary Fiber	2.9 g	12 %
Sugars	2.5 g	
Protein	3.1 g	6 %
Vitamin A	0 % • Vitamin C	69 %
Calcium	2 % • Iron	4 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

Avocado with Curried Brazil Nut Stuffing		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	384.5 kcal	19 %
Total Fat	35.7 g	55 %
Saturated Fat	7.5 g	38 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	80 mg	3 %
Total Carbohydrate	16.5 g	5 %
Dietary Fiber	11.2 g	45 %
Sugars	4.6 g	
Protein	7.3 g	15 %
Vitamin A	7 % • Vitamin C	50 %
Calcium	7 % • Iron	9 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

Macadamia Nut Roast

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving	% Daily Value*	
Calories	379.8 kcal	19 %
Total Fat	38 g	58 %
Saturated Fat	5.8 g	29 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	120.3 mg	5 %
Total Carbohydrate	10.8 g	4 %
Dietary Fiber	6.4 g	25 %
Sugars	2.9 g	
Protein	5.4 g	11 %
Vitamin A	3 % • Vitamin C	3 %
Calcium	10 % • Iron	15 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Keto stuffing balls

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving	% Daily Value*	
Calories	104.6 kcal	5 %
Total Fat	7.9 g	12 %
Saturated Fat	0.9 g	4 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	3.1 mg	0 %
Total Carbohydrate	3.9 g	1 %
Dietary Fiber	3.1 g	12 %
Sugars	0.5 g	
Protein	5 g	10 %
Vitamin A	0 % • Vitamin C	1 %
Calcium	3 % • Iron	10 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Lemon Shortbread

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving	% Daily Value*	
Calories	105 kcal	5 %
Total Fat	10.3 g	16 %
Saturated Fat	3.6 g	18 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	2.1 mg	0 %
Total Carbohydrate	3.3 g	1 %
Dietary Fiber	1.9 g	7 %
Sugars	0.9 g	
Protein	1.9 g	4 %
Vitamin A	0 % • Vitamin C	2 %
Calcium	2 % • Iron	3 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Vegan Truffles

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving	% Daily Value*	
Calories	41.7 kcal	2 %
Total Fat	3.4 g	5 %
Saturated Fat	0.7 g	4 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	17.2 mg	1 %
Total Carbohydrate	1.7 g	1 %
Dietary Fiber	1.1 g	4 %
Sugars	0.3 g	
Protein	1.4 g	3 %
Vitamin A	0 % • Vitamin C	0 %
Calcium	0 % • Iron	1 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Keto Orange and Cinnamon Nut Chocolate

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving	% Daily Value*	
Calories	75.7 kcal	4 %
Total Fat	7.7 g	12 %
Saturated Fat	4.2 g	21 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	8.5 mg	0 %
Total Carbohydrate	1 g	0 %
Dietary Fiber	0.4 g	2 %
Sugars	0.1 g	
Protein	0.6 g	1 %
Vitamin A	0 % • Vitamin C	0 %
Calcium	1 % • Iron	1 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Keto Guacamole

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving	% Daily Value*	
Calories	19.6 kcal	1 %
Total Fat	1.9 g	3 %
Saturated Fat	0.8 g	4 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	19.8 mg	1 %
Total Carbohydrate	1 g	0 %
Dietary Fiber	0.6 g	2 %
Sugars	0.1 g	
Protein	0.3 g	1 %
Vitamin A	0 % • Vitamin C	1 %
Calcium	0 % • Iron	1 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Brussel sprouts		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	36.8 kcal	2 %
Total Fat	2.4 g	4 %
Saturated Fat	1.9 g	9 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	9.5 mg	0 %
Total Carbohydrate	3.4 g	1 %
Dietary Fiber	1.4 g	6 %
Sugars	0.8 g	
Protein	1.3 g	3 %
Vitamin A	6 % • Vitamin C	54 %
Calcium	2 % • Iron	3 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

Roasted Broccoli		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	83.7 kcal	4 %
Total Fat	6.9 g	11 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	21.5 mg	1 %
Total Carbohydrate	3.9 g	1 %
Dietary Fiber	1.8 g	7 %
Sugars	0.6 g	
Protein	2.5 g	5 %
Vitamin A	12 % • Vitamin C	43 %
Calcium	2 % • Iron	3 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

Blueberry Jelly

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	9.4 kcal	0 %
Total Fat	0.3 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	0.2 mg	0 %
Total Carbohydrate	1.7 g	1 %
Dietary Fiber	0.5 g	2 %
Sugars	1 g	
Protein	0.2 g	0 %
Vitamin A	0 % • Vitamin C	2 %
Calcium	1 % • Iron	1 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Stuffed mushrooms

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	167.5 kcal	8 %
Total Fat	17.1 g	26 %
Saturated Fat	2.4 g	12 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	88.6 mg	4 %
Total Carbohydrate	2.5 g	1 %
Dietary Fiber	0.8 g	3 %
Sugars	1.6 g	
Protein	1.7 g	3 %
Vitamin A	2 % • Vitamin C	10 %
Calcium	1 % • Iron	2 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Simple Keto Pastry

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	59.9 kcal	3 %
Total Fat	5.3 g	8 %
Saturated Fat	4.3 g	22 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	8.3 mg	0 %
Total Carbohydrate	2.3 g	1 %
Dietary Fiber	1.5 g	6 %
Sugars	0.3 g	
Protein	0.6 g	1 %
Vitamin A	0 % • Vitamin C	0 %
Calcium	0 % • Iron	0 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Keto Crackers

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	85.8 kcal	4 %
Total Fat	7.3 g	11 %
Saturated Fat	0.8 g	4 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	13.9 mg	1 %
Total Carbohydrate	2.7 g	1 %
Dietary Fiber	1.9 g	7 %
Sugars	0.3 g	
Protein	2.6 g	5 %
Vitamin A	0 % • Vitamin C	0 %
Calcium	4 % • Iron	5 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Vegan Gravy		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	9.6 kcal	0 %
Total Fat	0.6 g	1 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	188.6 mg	8 %
Total Carbohydrate	0.6 g	0 %
Dietary Fiber	0.2 g	1 %
Sugars	0.2 g	
Protein	0.5 g	1 %
Vitamin A	0 % • Vitamin C	0 %
Calcium	0 % • Iron	0 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

Keto Cauliflower Pepper Soup		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	70.6 kcal	4 %
Total Fat	3.1 g	5 %
Saturated Fat	1.9 g	10 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	106.9 mg	4 %
Total Carbohydrate	7.9 g	3 %
Dietary Fiber	3.7 g	15 %
Sugars	3.9 g	
Protein	4.4 g	9 %
Vitamin A	28 % • Vitamin C	51 %
Calcium	2 % • Iron	4 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

Pecan Pie filling		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	120.8 kcal	6 %
Total Fat	11.7 g	18 %
Saturated Fat	5.8 g	29 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	30.1 mg	1 %
Total Carbohydrate	2.8 g	1 %
Dietary Fiber	1.4 g	6 %
Sugars	1.1 g	
Protein	3 g	6 %
Vitamin A	0 % • Vitamin C	1 %
Calcium	1 % • Iron	5 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

Vegan Chocolate Mousse		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	76.9 kcal	4 %
Total Fat	6.1 g	9 %
Saturated Fat	1.8 g	9 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	46.6 mg	2 %
Total Carbohydrate	5.2 g	2 %
Dietary Fiber	3.2 g	13 %
Sugars	1.5 g	
Protein	1.5 g	3 %
Vitamin A	1 % • Vitamin C	15 %
Calcium	1 % • Iron	3 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

Almond Bread Rolls		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	89.2 kcal	4 %
Total Fat	7 g	11 %
Saturated Fat	0.5 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	222.6 mg	9 %
Total Carbohydrate	5.2 g	2 %
Dietary Fiber	3.4 g	14 %
Sugars	0.6 g	
Protein	2.9 g	6 %
Vitamin A	0 % • Vitamin C	0 %
Calcium	9 % • Iron	8 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

