



BREAKFAST - MAIN MEALS -  
DESSERTS



# KETO RECIPE IDEAS

TASTY RECIPES TO GET YOUR  
CREATIVE COOKING JUICES  
GOING

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ALL KETO-FRIENDLY



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## Breakfast

### 1. Classic Bacon and Eggs

#### Ingredients

- 2 eggs
- bacon, in slices
- cherry tomatoes (optional)
- fresh parsley (optional)

\*Hint – you might like to add some avocado or spinach

#### Instructions

Fry the bacon in a pan until crispy. Put aside on a plate. Leave the fat in the pan.

Use the same pan to fry the eggs. Place it over medium heat and crack your eggs into the bacon grease.

Cook the eggs any way you like them. For sunny side up - leave the eggs to fry on one side and cover the pan with a lid to make sure they get cooked on top. Cut the cherry tomatoes in half and fry them at the same time.

Salt and pepper to taste.



### 2. Keto Pancakes

#### Ingredients

- 4 eggs
- 7 oz. cottage cheese
- 1 tbsp ground psyllium husk powder
- 2 oz. butter or coconut oil

#### Toppings

- ½ cup fresh raspberries or fresh blueberries or fresh strawberries
- 1 cup heavy whipping cream

#### Instructions

Add eggs, cottage cheese and ground psyllium husk powder to a medium size bowl and mix together. Let sit for 5-10 minutes to thicken up a bit.

Heat up butter or oil in a non-stick skillet. Fry the pancakes on low to medium heat for 3–4 minutes on each side.

Add heavy whipping to a separate bowl and whip it until soft peaks form.

Serve the pancakes with whipped cream and berries of your choice.



### 3. Frittata with Fresh Spinach

#### Ingredients

- 8 eggs
- 1 cup heavy whipping cream
- 5 oz. shredded cheese
- 5 oz. diced bacon or chorizo
- 2 tbsp butter, for frying
- 8 oz. fresh spinach
- salt and pepper



#### Instructions

Preheat the oven to 175°C.

Fry the bacon in butter on medium high heat until crispy. Add the spinach and stir until wilted. Remove the pan from the heat and set aside.

Whisk the eggs and cream together and pour into a greased baking dish or in individual ramekins.

Add the bacon, spinach and cheese on top and place in the middle of the oven. Bake for 25–30 minutes or until set in the middle and golden brown on top.

### 4. Baked Eggs

#### Ingredients

- 3 oz. ground beef or ground lamb or ground pork, use left-overs or cook it any way you like, adding any flavouring/sauces to suit your tastebuds
- 2 eggs
- 2 oz. shredded cheese



#### Instructions

Preheat the oven to 200°C.

Arrange cooked ground-beef mixture in a small baking dish. Then make two holes with a spoon and crack the eggs into them.

Sprinkle shredded cheese on top.

Bake in the oven until the eggs are done, about 15 minutes.

## 5. Eggs and Eggplant Hash

### Ingredients

- 8 oz. halloumi cheese or other cheese suitable for frying
- 1 yellow onion
- 4 eggs
- 2 tbsp butter
- 2 eggplant
- 2 tbsp olive oil
- ½ tsp Worcestershire sauce (optional)



### Instructions

Peel and chop the onion finely.

Dice eggplant and halloumi cheese into small cubes.

Fry the onion in oil on medium heat until soft. Add halloumi cheese and eggplant and fry until everything is golden brown. Salt and pepper to taste.

Fry the eggs how you like them in a different pan and serve with a few drops of (optional) Worcestershire sauce.

## 6. Stuffed Mushrooms

### Ingredients

- 8 slices of bacon, chopped
- 2 Tbsp butter
- 1/4 cup onion, chopped
- 6 cups baby spinach, raw
- 1/4 tsp ground nutmeg
- 1 Tbsp almond flour
- 1/3 cup feta cheese, crumbled
- salt and pepper to taste
- 16 mushroom caps, brushed of any debris



### Instructions

In a medium sauté pan, cook the bacon until crisp. Add the butter and onions, cooking until softened, 3 – 5 minutes. Add the spinach and cook for about 2 minutes, or until wilted. Remove the pan from the heat and add the nutmeg, almond flour, and feta cheese. Season with salt and pepper to taste. Cool. Stuff filling into mushroom caps and place on a cookie sheet. Bake for 15 minutes at 375 degrees (F) or until the mushrooms are tender. Alternatively, grill the mushrooms for about 6 – 8 minutes over medium heat. Serve hot.

## Main Meals

### 1. Caesar Salad

#### Ingredients

- 10 oz. chicken breasts
- 1 tbsp olive oil
- salt and pepper
- 3 oz. bacon
- 7 oz. Romaine lettuce
- 1 oz. freshly grated parmesan cheese
- salt and pepper

#### Dressing

- ½ cup mayonnaise
- 1 tbsp Dijon mustard
- ½ lemon, zest and juice
- 2 tbsp grated parmesan cheese
- 2 tbsp finely chopped filets of anchovies
- 1 garlic clove, pressed or finely chopped. (optional)
- salt and pepper

#### Instructions

Mix the ingredients for the dressing with a whisk. Set aside in the refrigerator.

Preheat the oven to 400°F (200°C). Place the chicken breasts in a greased baking dish.

Season the chicken with salt and pepper and drizzle olive oil or melted butter on top. Bake the chicken in the oven for about 20 min or until fully cooked through. You can also cook the chicken on the stove top if you prefer.

Fry the bacon until crisp. Shred the lettuce and place as a base on two plates. Place sliced chicken and the crispy, crumbled bacon on top.

Finish with a generous dollop of dressing and a good grating of parmesan cheese.



## 2. Mexican Style Burger Plate

### Ingredients

- 10 oz. ground beef
- 2 tbsp cold water
- 1 tbsp Tex-Mex seasoning
- 2 tbsp pickled jalapeños
- 2 avocados
- 2 oz. arugula lettuce
- 1/3 cup crème fraiche or mayonnaise
- 1 oz. sliced Pepper Jack cheese or any other flavourful cheese you like. or Mexican cheese
- 2 tbsp olive oil
- salt and pepper



### Instructions

Mix ground beef, Tex-Mex seasoning and water. Form one burger per serving.

Brush olive oil all around each burger and fry or grill for 3-4 minutes on each side until the burger is cooked how you like it.

Salt and pepper to taste. Plate the burger along with avocado, lettuce, jalapeños and crème fraiche or mayonnaise. Drizzle olive oil on the vegetables.

**\*\*Hint – mix up the vegetables and flavourings as you like for different style burgers, just make sure all the ingredients adhere to the keto diet plan we have provided you.**

### 3. Chicken with Herb Butter

#### Ingredients

##### Fried chicken

- 4 chicken breasts
- 1/6 oz. butter or olive oil
- salt and pepper
- 4 tbsp chopped fresh parsley
- 1 tsp lemon juice
- ½ tsp salt
- Leafy greens

##### Herb butter

- 5 1/3 oz. butter, at room temperature
- 1 garlic clove
- ½ tsp garlic powder
- 8 oz. leafy greens, for example baby spinach



#### Instructions

Take the butter out of the fridge and bring to room temperature.

Start with the herb butter. Mix all ingredients thoroughly in a small bowl and let sit until it's time to serve.

Season the chicken with salt and pepper. Fry in butter or oil on medium heat until the filets are cooked through. Lower the temperature towards the end to avoid dry chicken filets.

Serve the chicken on a bed of leafy greens and place a generous amount of herb butter on top.

## 4. Chicken Fajita Bowl

### Ingredients

- 10 oz. Romaine lettuce
- 5 oz. cherry tomatoes
- 2 avocados
- 4 tbsp fresh cilantro
- 3 oz. butter
- 1½ lbs boneless chicken thighs
- salt and pepper
- 2 tbsp Tex-Mex seasoning
- 1 yellow onion
- 1 green bell pepper
- 5 oz. Mexican cheese
- 1 cup sour cream (optional)



### Instructions

Prepare the toppings: Tear the lettuce, chop tomatoes, dice avocados, and clean and chop the cilantro. Grate the cheese if not pre-shredded. Set aside.

Slice onion and pepper fairly thin.

On a separate cutting board, cut the chicken into thin strips.

Fry the chicken in butter in a large skillet over medium high heat. Salt and pepper to taste. When the chicken is almost cooked through, add onion, pepper and Tex-Mex seasoning.

Lower the heat and continue to fry while stirring for a couple of minutes until the chicken is thoroughly cooked and the vegetables have softened just a bit.

Place all ingredients into bowl and serve.

## 5. Beef Wraps

### Ingredients

#### Wraps

- ½ lb cauliflower
- 6 oz. shredded cheese
- 1 egg
- 1 egg white
- 2 tbsp light olive oil
- 1 tbsp dried parsley
- 1 - 2 tsp ground psyllium husk powder
- ½ tsp ground cumin
- ½ tsp salt
- ¼ tsp ground black pepper

#### Filling

- 7 oz. cream cheese
- 1 tbsp Dijon mustard
- 1 tbsp olive oil
- ½ cup microgreens
- 7 oz. Brie cheese
- 10 oz. deli roast beef
- 1 carrot
- salt and ground black pepper



### Instructions

#### Wraps

Preheat the oven to 175°C. Divide cauliflower into smaller pieces and pulse into crumbs in a food processor.

Add remaining ingredients and mix into a smooth batter. Let mixture rest for 5-10 minutes.

Spread the batter in a baking tray lined with parchment paper, about 5 mm thick.

Bake in the oven for 15 minutes until it turns a nice golden colour. Remove from oven and flip the flatbread upside down directly onto another sheet of parchment paper.

Bake for a few more minutes. Remove from oven and cut into slices. Allow to cool before filling.

\*Hint – mix up the fillings with your choice of ingredients, just make sure all the ingredients adhere to the keto diet plan we have provided you.

## 6. Zucchini and Walnut Salad

### Ingredients

- 2 zucchinis
- 1 tbsp olive oil
- salt and pepper
- 1 head of Romaine lettuce
- 4 oz. arugula lettuce
- ¼ cup finely chopped fresh chives or scallions
- Avocado (optional)
- ¾ cup chopped walnuts or pecans



### Dressing

- 2 tbsp olive oil
- ¾ cup mayonnaise
- 2 tsp lemon juice
- 1 garlic clove
- ½ tsp salt
- ¼ tsp chili powder

### Instructions

In a small bowl, whisk together all ingredients for the dressing. Reserve the dressing to develop flavour while you make the salad.

Split the zucchini length-wise and scoop out the seeds. Cut the zucchini halves crosswise into ½-inch pieces.

Heat olive oil in a frying pan over medium heat, until it shimmers. Add zucchini to the pan, and season with salt and pepper. Sauté until lightly browned but still firm.

Trim and cut the salad. Place the romaine, arugula and chives in a large bowl. Stir in the cooked zucchini.

Roast the nuts briefly in the same pan as the zucchini. Season with salt and pepper. Spoon nuts onto salad, and drizzle with salad dressing.

## 7. Fried Salmon and Asparagus

### Ingredients

- 9 oz. salmon, in pieces
- 3 oz. butter
- 8 oz. green asparagus
- salt and pepper

### Instructions

Rinse and trim the asparagus.

Heat up a hearty dollop of butter in a frying pan where you can fit both the fish and vegetables.

Fry the asparagus over medium heat for 3-4 minutes. Season with salt and pepper. Gather everything in one half of the frying pan.

If necessary, add more butter and fry the pieces of salmon for a couple of minutes on each side. Stir the asparagus every now and then. Lower the heat towards the end.

Season the salmon and serve with the remaining butter.

\*Hint – Try with green beans instead of asparagus



## 8. Keto Pizza

### Ingredients

#### Crust

- 4 eggs
- 6 oz. shredded cheese, preferably mozzarella or provolone

#### Topping

- 3 tbsp tomato paste
- 1 tsp dried oregano
- 5 oz. shredded cheese
- 1½ oz. pepperoni
- olives (optional)



### Instructions

Preheat the oven to 200°C.

Start by making the crust. Crack eggs into a medium-sized bowl and add shredded cheese. Give it a good stir to combine.

Use a spatula to spread the cheese and egg batter on a baking sheet lined with parchment paper. You can form two round circles or just make one large rectangular pizza. Bake in the oven for 15 minutes until the pizza crust turns golden. Remove and let cool for a minute or two.

Increase the oven temperature to 225°C.

Spread tomato paste on the crust and sprinkle oregano on top. Top with cheese and place the pepperoni and olives on top.

Bake for another 5-10 minutes or until the pizza has turned a golden-brown colour.

Serve with a fresh salad on the side.

## 9. Italian Meatballs

### Ingredients

- 1 lb ground beef
- 2 oz. grated parmesan cheese
- 1 egg
- ½ tbsp dried basil
- ½ tsp onion powder
- 1 tsp garlic powder
- 1 tsp salt
- ½ tsp ground black pepper
- 3 tbsp olive oil
- 14 oz. canned whole tomatoes
- 2 tbsp finely chopped fresh parsley
- 7 oz. fresh spinach
- 2 oz. butter
- 5 oz. fresh mozzarella cheese
- salt and pepper



### Instructions

Place ground beef, parmesan cheese, eggs, salt and spices in a bowl and blend thoroughly. Form the mixture into meatballs, about 1 oz (30 grams) each. It helps to keep your hands wet while forming the balls.

Heat up the olive oil in a large skillet and sauté the meatballs until they're golden brown on all sides.

Lower the heat and add the canned tomatoes. Let simmer for 15 minutes, stirring every couple of minutes. Season with salt and pepper to taste. Add parsley and stir. You can prepare the dish up to this point for freezing.

Melt the butter in a separate frying pan and fry the spinach for 1-2 minutes, stirring continuously. Season with salt and pepper to taste. Add the spinach to the meatballs. Top with fresh mozzarella cheese, torn into bite-sized pieces. Serve and enjoy.

\*Hint – you could try adding zucchini noodles for a keto version of 'spaghetti and meatballs'

## 10. Chicken Casserole

### Ingredients

- 1 cup heavy whipping cream or sour cream
- 2 tbsp green pesto
- ½ lemon, the juice
- 30 oz. chicken thighs
- 3 tbsp butter
- 1 lb cauliflower
- 1 leek
- 4 oz. cherry tomatoes
- 7 oz. shredded cheese
- salt and pepper



### Instructions

Preheat the oven to 200°C.

Mix cream (or sour cream) with pesto and lemon juice. Salt and pepper to taste.

Season the chicken thighs with salt and pepper, and fry in butter until they turn a nice golden brown.

Place the chicken in a greased baking dish and pour in the cream mixture.

Chop the leek and cherry tomatoes. Chop the cauliflower into small florets. Top chicken with leek, tomatoes and cauliflower.

Sprinkle cheese on top and bake in the middle of the oven for at least 30 minutes or until the chicken is fully cooked.

## 11. Coconut Chicken Curry

### Ingredients

- 2 tablespoons macadamia oil
- 600g chicken thigh fillets, cut into 3cm pieces
- 1 brown onion, sliced
- 2 garlic cloves, crushed
- 2 teaspoons finely grated fresh ginger
- 2 long red chillies, finely chopped, plus extra sliced to serve
- 1/2 teaspoon turmeric
- 2 teaspoons brown mustard seeds
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 400ml can coconut cream
- 500g broccoli, chopped
- Lime juice, to taste
- Fish sauce, to taste
- 100g baby spinach leaves



### Instructions

Heat half the oil in a large saucepan or wok over high heat. Add half the chicken and cook, stirring occasionally, for 2-3 minutes or until browned. Transfer to a plate. Repeat with the remaining chicken. Add the remaining oil and the onion to the pan.

Cook stirring, for 3-4 minutes or until softened. Add the garlic, ginger, chilli, turmeric, mustard seeds, cumin and coriander. Cook, stirring, for 2 minutes or until aromatic. Add the coconut cream and the chicken. Bring to the boil. Partially cover and reduce heat to low. Simmer for 20 minutes or until the chicken is tender.

Meanwhile, process the broccoli, in batches if necessary, in a food processor until finely chopped and resembling rice. Transfer the broccoli to a large microwave-safe bowl. Cover and microwave on HIGH for 2-3 minutes or until just tender.

Remove curry from heat and season with lime juice and fish sauce, to taste. Sprinkle with the spinach and extra chilli and serve with the broccoli rice.

\*Hint – You could try the same method with cauliflower for cauliflower rice instead of broccoli rice.

## 12. Stuffed Capsicum

### Ingredients

- 2 green bell peppers
- 11 oz. feta cheese
- 10 green olives pitted and chopped
- 2 eggs
- ½ tbsp dried mint
- 1 tsp hot sauce

### Serving

- 1 oz. leafy greens
- 2 tbsp olive oil
- 1 pinch sea salt



### Instructions

Preheat the oven to 400°F (200°C).

Cut the bell peppers in half lengthwise and remove seeds.

Combine the remaining ingredients in a bowl and mix well with a fork.

Stuff the pepper halves with the feta cheese filling and place them in a baking dish or baking tray.

Bake them in the oven for 20 minutes or until they're golden brown on top.

Serve with a good salad.

## Dessert

### 1. Chocolate Brownie

#### Ingredients

- 130 g unsalted grass-fed butter or 8 TBS coconut oil + 1 TBS coconut cream if paleo
- 140-200 g xylitol powdered erythritol or coconut sugar
- 80 g cocoa powder
- 1/2 teaspoon salt
- 2 eggs at room temperature
- 70 g almond flour

#### To garnish

- Flaky sea salt optional (but highly suggested!)

#### Instructions

Position a rack in the lower third of your oven and preheat to 180°C. Line with parchment paper the bottom and sides of an 8x8-inch baking pan. Set aside.

Add butter, sweetener, cocoa powder and salt to a medium heatproof bowl. Melt over a water bath whisking constantly (or use the microwave, in small increments). You'll want to heat it up until most of the sweetener has melted and the mixture is well incorporated (note that erythritol, unlike xylitol, won't dissolve much at this point). Remove from heat and allow the mixture to cool slightly.

Add one egg at a time, whisking well after each one until completely incorporated. The texture should appear smooth, with all the sweetener dissolving into the mixture. And if using erythritol, and your batter ends up too thick, you may want to add an extra egg. Just be sure not to over-whisk, or your brownies could end up cakier rather than fudgy.

Add the almond flour, whisking vigorously until fully blended (about a minute).

Bake for 15-25 minutes (we do about 23 with xylitol and 17 with erythritol), or until the centre is just set and a toothpick inserted in the centre comes out moist. This really does vary (a lot!!) from oven to oven (think convection etc), so give them a check from minute 15 the first time around and remember that you'll brownies will continue to cook while they cool.

Sprinkle with flaky sea salt (optional) and allow to cool completely on a rack. Lift brownies using the edges of the parchment paper and cut into desired size (we do 16!). To get extra clean edges, place in the freezer for 10 minutes prior to cutting.



## 2. Cheesecake

### Ingredients

#### Crust

- 1¼ cups almond flour
- 2 oz. butter
- 2 tbsp erythritol
- ½ tsp vanilla extract

#### Filling

- 20 oz. cream cheese
- ½ cup heavy whipping cream or crème fraîche
- 2 eggs
- 1 egg yolk
- 1 tbsp erythritol (optional)
- 1 tsp lemon, zest
- ½ tsp vanilla extract
- 2 oz. fresh blueberries (optional)



### Instructions

Preheat the oven to 350°F (175°C). Butter a 9-inch (22 cm) springform and line the base with parchment paper.

Melt the butter for the crust and heat until it gets a nutty scent. This will give the crust a lovely toffee flavour.

Remove from heat and add almond flour, sweetener and vanilla. Combine into a dough and press into the base of the springform pan. Bake for 8 minutes, until the crust turns lightly golden. Set aside and allow to cool while you prepare the filling.

Mix together cream cheese, heavy cream, eggs, lemon zest, vanilla and sweetener, if you're using any. Combine well. Pour the mixture over the crust.

Raise the heat to 400°F (200°C) and bake for 15 minutes.

Lower the heat to 230°F (110°C) and bake for another 45-60 minutes.

Turn off the heat and let cool in the oven. Remove when it has cooled completely and place it in the fridge to rest overnight. Serve with fresh blueberries.

### 3. Donuts

#### Ingredients

##### Donuts

- 1 cup Blanched almond flour
- 1/3 cup Erythritol
- 2 tsp Gluten-free baking powder
- 1 tsp Cinnamon
- 1/8 tsp Sea salt
- 1/4 cup Butter (unsalted; measured solid, then melted)
- 1/4 cup Unsweetened almond milk
- 2 large Egg
- 1/2 tsp Vanilla extract

##### Cinnamon Coating

- 1/2 cup Erythritol
- 1 tsp Cinnamon
- 3 tbsp Butter (unsalted; measured solid, then melted)

#### Instructions

Preheat the oven to 177 degrees C. Grease a donut pan well.

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

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

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

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

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



## 4. White Chocolate

### Ingredients

- 8oz Cacao butter
- 4-5 tbsp powdered sugar substitute (I used Swerve)
- Any toppings you want, such as cayenne pepper, almonds etc.

### Instructions

Heat up your cacao butter using a bay marie. Once the cacao butter has melted and is a nice yellow colour, add in your sugar substitute and whisk until it is all mixed together.

Pour the mix into moulds or a parchment paper lined baking sheet. Freeze or refrigerate until the chocolate is a nice white colour. Approx 2-3 hours.



## 5. Avocado Popsicles

### Ingredients

- 2 Medium Avocados
- 2 Tbsp of Lemon Juice
- 6 Tbsp Sugar alternative
- 1 Cup of unsweetened Almond Milk
- Chocolate ganache:
  - 80g (2/3 Cup or 3oz) of Low Carb Chocolate
  - 10g (2 tsp) of Cacao Butter



### Instructions

Place 2 avocados, lemon juice, and sugar alternative into the mixer and mix properly

Fill all the moulds with the mixture and place it into the freezer to freeze.

In the meantime, melt chocolate and Cacao Butter in a double container

Once the Ice pops are frozen, take each one and dip it into the cooled chocolate. The chocolate cannot be too hot, otherwise, it will melt the popsicle as well.

Eat it straight or place it back into the freezer for later.

## 2 Different Bread Recipes to Try

### 1. Ingredients

- 1 1/2 Cup Almond Flour
- 6 Large eggs Separated
- 4 tbsp Butter melted
- 3 tsp Baking powder
- 1/4 tsp Cream of Tartar (It's ok if you don't have this)
- 1 pinch Pink Salt
- 6 drops Liquid Stevia (optional)

### Instructions

Preheat oven to 180.

Separate the egg whites from the yolks. Add Cream of Tartar to the whites and beat until soft peaks are achieved.

In a food processor combine the egg yolks, 1/3 of the beaten egg whites, melted butter, almond flour, baking powder and salt (Adding ~6 drops of liquid stevia to the batter can help reduce the mild egg taste). Mix until combined. This will be a lumpy thick dough until the whites are added.

Add the remaining 2/3 of the egg whites and gently process until fully incorporated. Be careful not to overmix as this is what gives the bread it's volume!

Pour mixture into a buttered 8x4 loaf pan. Bake for 30 minutes. (Remove once a skewer comes out of the middle clean).

### 2. Ingredients

- 100 g Butter melted
- 30 g Coconut Oil
- 7 Large Eggs
- 1 teaspoon baking powder
- 200 g Almond Meal
- 1/2 teaspoon xanthan gum
- 1/2 teaspoon Salt

### Instructions

Preheat oven to 180 c

Put the eggs into a bowl and beat for 1 - 2 mins on high.

Add coconut oil and melted butter to eggs, continue beating.

Add remaining ingredients. Will become quite thick

Scrape into a loaf pan lined with baking paper.

Bake for 45 minutes. (Remove once a skewer comes out of the middle clean).