



The Wholesome Keto Lifestyle

FLAVORFUL LOW-CARB
RECIPES YOU'LL LOVE



BREAKFAST

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BROWNED BUTTER MOCHA LATTE

► *Makes 1 Serving*

2 tbsp unsalted butter (or butter-flavoured coconut oil if dairy-free)
1¼ cups unsweetened cashew milk (or hemp milk if nut-free)
2 tbsp unsweetened cocoa powder, plus extra for garnish (optional)
2 tbsp Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (recipe notes)
3 tbsp hot brewed decaf espresso or other strong brewed decaf coffee
Whipped cream, for garnish (optional)

SPECIAL EQUIPMENT (OPTIONAL):
Immersion blender

NUTRITIONAL VALUES

Calories: 366kcal
Fat: 34.7g (18.4g S.Fat)
Carbs: 70.1g
Protein: 2.7g
Sugar: 3.2g
Sodium: 1211mg

Stir the butter in a saucepan over high heat until it froths, and brown flecks appear, about 5 minutes; this is browned butter. If you're using butter-flavoured coconut oil, heat it just until it's melted.

Reduce the heat to medium and gradually whisk in the cashew milk; it will sizzle as it mixes with the browned butter. Warm until thoroughly warmed. (Between 63°C and 73°C/145°F and 165°F.) Combine the cocoa powder and sweetener in a mixing bowl. If desired, use an immersion blender to blend the mixture until it resembles a frothy latte, about 1 minute.

Fill a large mug halfway with espresso. Stir in the hot milk mixture thoroughly. Serve immediately, garnished with whipped cream and, if desired, a sprinkle of unsweetened cocoa powder.



LOVERS' OMELET

► *Makes 2 Servings*

1 tbsp plus 1 tsp ghee or unsalted butter, divided
¼ cup diced onions
¼ cup sliced mushrooms
2 tbsps diced green or red bell peppers
¼ cup ground pork or beef
¼ tsp fine sea salt, divided
4 large eggs, beaten
¼ cup diced Canadian bacon
¼ cup shredded sharp cheddar cheese, plus extra for garnish
Sliced green onions, for garnish
¼ cup salsa, for serving
¼ cup sour cream, for serving

NUTRITIONAL VALUES

Calories: 517kcal
Fat: 32.3g (15.3g S.Fat)
Carbs: 15.8g
Protein: 42.1g
Sugar: 8.6g
Sodium: 15441mg

In a saucepan over medium-low heat, melt 1 tbsp ghee. Cook, stirring constantly, until the onions, mushrooms, and bell peppers are soft, and the mushrooms are golden. Cook until the ground meat is cooked through, about 3 minutes. Season with 18 teaspoon salt.

Combine the eggs, Canadian bacon, 2 tbsp water, and the remaining 1/8 tsp salt in a mixing bowl and stir well. Place aside.

Melt the butter in a 12-inch skillet over medium-low heat. Swirl in the remaining tsp ghee to coat the pan. Pour the egg mixture in. Cook, covered, until the eggs are almost set. Remove the lid and sprinkle the cheese evenly over the omelette. Place the cheese on top of the vegetable filling.

Place the omelette on a serving platter and fold it in half.

Garnish with more cheese and green onions if desired. Serve with the salsa and sour cream on the side.

Refrigerate leftovers in an airtight container for up to 3 days. Reheat for a minute or two in a sauté pan over medium heat, until warmed through.



QUICHE LORRAINE DUTCH BABY

► *Makes 2 Servings*

2 strips bacon, diced
3 large eggs
¾ cup unsweetened cashew milk
or almond milk (or hemp milk if nut-free)
¼ cup un-flavoured egg white protein powder (or other protein powder, such as beef)
1 tsp baking powder
1 tsp fine sea salt
2 tsp diced fresh chives
½ cup sharp cheddar cheese (or nutritional yeast if dairy-free), divided

NUTRITIONAL VALUES

Calories: 544kcal
Fat: 46.2g (29.9g S.Fat)
Carbs: 7.7g
Protein: 27.6g
Sugar: 3.9g
Sodium: 1704mg

Preheat the oven to 220°C/425°F.

In a medium-sized cast-iron skillet or another oven-safe skillet, place the diced bacon. Heat the pan over medium heat for 5 minutes, or until the bacon is crisp. Keep the bacon drippings and half of the bacon in the pan; set aside the other half of the bacon.

Combine the eggs, cashew milk, protein powder, baking powder, and salt in a blender. Blend for 1 minute, or until foamy. 1/4 cup of the cheese and the chives Pour the mixture over the bacon in the hot skillet.

Bake for 10 minutes with the skillet in the oven. Remove from the oven and sprinkle with additional cheese.

Bake for 10 minutes more, or until the Dutch baby crust is puffed and golden brown. Cut into wedges, top with reserved bacon, and serve!

Refrigerate leftovers in an airtight container for up to 3 days. Reheat for 5 minutes on a rimmed baking sheet in a preheated 180°C/350°F oven, or until warmed through.



GARLICY CHEDDAR BISCUITS AND GRAVY

► *Makes 8 Servings*

FOR THE BISCUITS:

3 large egg whites
2 cloves garlic, minced
1 cup blanched almond flour, plus extra if needed
1 tsp baking powder
¼ tsp fine sea salt
2 tbsp very cold unsalted butter (or lard if dairy-free), cut into ¼-inch dice
½ cup sharp cheddar cheese cut into ¼ inch dice (omit for dairy-free)

FOR THE GRAVY:

283g (10oz) bulk pork sausage, crumbled
¼ cup minced onions
2 cloves garlic, minced
1 (227g/8oz) package cream cheese (Kite Hill brand cream cheese style spread if dairy-free), softened
1 cup beef or chicken bone broth, homemade or store-bought
Fine sea salt and ground black pepper

NUTRITIONAL VALUES

Calories: 86kcal
Fat: 5.1g (1.4g S.Fat)
Carbs: 9.1g
Protein: 2.3g
Sugar: 4.9g
Sodium: 4mg

To make the biscuits, preheat the oven to 200°C/400°F. Coconut oil spray a baking sheet or 8 wells of a standard-size 12-well muffin pan. Whip the egg whites until stiff in a medium-sized mixing bowl, then gently fold in the garlic. Place aside.

In a separate medium-sized mixing bowl, combine the almond flour, baking powder, and salt. Cut in the cold diced butter until the pieces are the size of a pea or smaller. Fold the dry ingredients into the egg whites gently. Incorporate the cheese. If the dough is too moist to form into mounds, add a few tablespoons of almond flour until it holds together well.

Dollop the dough onto the greased baking sheet (or into the greased muffin cups) with a large spoon, making 8 biscuits in total. Cook for 11–15 minutes, or until golden brown.

In the meantime, prepare the gravy: In a large skillet over medium heat, combine the sausage, onions, and garlic. Cook, stirring frequently, for 5 to 6 minutes, or until the sausage is browned. Stir in the cream cheese and broth gradually until the mixture comes to a gentle simmer, thickens, and becomes smooth. Reduce the heat to medium-low and continue to stir constantly for 2 minutes to thicken the gravy even more. Season with salt and pepper to taste.

Cut the biscuits in half to serve. Place two halves on a plate and top with about 1/3 cup sausage gravy. Rep with the remaining biscuits and gravy.

Refrigerate leftovers in separate airtight containers for up to 3 days. Reheat the biscuits for 5 minutes on a baking sheet in a preheated 180°C/350°F oven, or until warmed through. In a saucepan over medium-low heat, reheat the gravy until warmed, stirring constantly. If the gravy has thickened too much, reheat it with a little water.

Recipe Notes

It is critical that the butter be very cold when making these biscuits; otherwise, the biscuits will not turn out.



CREAMY STUFFED BLINTZES

► *Makes 6 Blintzes (3 per Serving)*

FOR THE BATTER:

2 large eggs
2 hard-boiled eggs
113g (4oz) cream cheese (½ cup)
(Kite Hill brand cream cheese style spread if dairy free), softened
1 tbsp Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (recipe notes)
½ tsp vanilla or almond extract
Pinch of fine sea salt

FOR THE FILLING:

113g (4oz) cream cheese (½ cup)
(Kite Hill brand cream cheese style spread if dairy free), softened
¼ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (recipe notes)
1 large egg
⅛ tsp vanilla extract
2 tbsp unsalted butter (or avocado oil if dairy-free), for the pan

OPTIONAL GARNISHES:

Chocolate Sauce (store-bought)
Fresh mint leaves

SPECIAL EQUIPMENT:

8-inch crepe pan or non-stick skillet (recipe notes)

In a blender, combine the raw eggs, hard-boiled eggs, cream cheese, sweetener, extract, and salt and blend until very smooth.

Heat an 8-inch crepe pan or non-stick skillet over medium-high heat with coconut oil spray. When the skillet is hot, pour ¼ cup of the batter into it and swirl to spread it to the edges. Cook for 2 minutes until golden brown, then flip and cook for another 2 minutes.

Remove from the skillet and repeat with the remaining batter, re-greasing the skillet after each blintz is cooked. Place the finished blintzes on a platter and cover with a towel to prevent them from drying out while the rest of the blintzes are cooking.

To make the filling, in a small mixing bowl, combine the cream cheese, sweetener, egg, and vanilla extract and beat with a hand mixer until smooth. Preheat the oven to 200°C/400°F. Fill each blintz with 2 heaping tablespoons of the filling. Fold the edges in, then roll it up like a burrito.

In a large cast-iron skillet or other oven-safe skillet, melt the butter over medium heat. Cook the blintzes in the hot butter, seam side down, for about 2 minutes, or until golden brown. Cook for another 2 minutes, or until golden brown on the other side.

Place the skillet in the oven. Bake for 6 minutes, or until the blintzes' outsides are golden brown and the cheese filling is hot. If desired, garnish with a drizzle of

chocolate sauce and mint leaves. Refrigerate leftovers in an airtight container for up to 3 days. Reheat for 5 minutes on a rimmed baking sheet in a preheated 180°C/350°F oven, or until warmed through.

NUTRITIONAL VALUES

Calories: 240kcal

Fat: 8.8g (1g S.Fat)

Carbs: 35.2g

Protein: 5.7g

Sugar: 16.1g

Sodium: 132mg

Recipe Notes

I make the batter and refrigerate the blender jar, covered, overnight for a quick breakfast the next morning. You can also make the blintzes ahead of time, stuff and fold them, and store them in an airtight container in the refrigerator for up to 3 days before cooking.



FLAPPERS

► *Makes 16 Flappers (2 per Serving)*

FOR THE PANCAKES:

½ cup coconut flour, or 2 cups
blanched almond flour
¼ cup Swerve confectioners'-style
sweetener or equivalent amount of
liquid or powdered sweetener (recipe
notes)
½ tsp baking powder
½ tsp fine sea salt
1 cup unsweetened almond milk
2 tbsp melted unsalted butter (or
coconut oil if dairy-free)
7 large eggs (4 eggs if using almond
flour), beaten
1 tsp apple or vanilla extract (apple
tastes great with Brie)
Coconut oil, for the pan

FOR THE SAUCE:

½ cup (1 stick) unsalted butter
½ cup Swerve confectioners'-style
sweetener or equivalent amount of
liquid or powdered sweetener (recipe
notes)
½ cup unsweetened cashew milk or
almond milk
1 tsp maple extract

FOR THE TOPPINGS:

1 cup raw walnut pieces
227g (8oz) Brie cheese, sliced

NUTRITIONAL VALUES

Calories: 42kcal
Fat: 1.7g (1g S.Fat)
Carbs: 5.9g
Protein: 1.2g
Sugar: 2.9g
Sodium: 40mg

Make the pancakes:

Combine the flour, powdered sweetener (if using), baking powder, and salt in a large mixing bowl. Combine the almond milk, melted butter, eggs, extract, and liquid sweetener in a separate bowl (if using liquid). Incorporate the wet mixture into the dry mixture.

Melt the coconut oil in a large skillet over medium-high heat. Pour 3 tbsp of the batter into the hot skillet, forming a 3 1/2 inch circle. Cook the pancakes for about 2 minutes, or until the bottoms are golden brown, then carefully flip and cook on the other side until golden. Repeat with the remaining batter, greasing the pan in between batches as needed.

In the meantime, prepare the sauce: Before you begin, make sure you have the sweetener, cashew milk, and extract ready to go in the pan. If you don't work quickly, the sweetener will burn. In a heavy-bottomed saucepan over high heat, melt the butter. When it comes to a boil, look for brown flecks; this is browned butter (great on veggies!). Add the sweetener, milk, and extract to the pan right away. Remove the pan from the heat and whisk until the sauce is smooth. (Please keep in mind that the sauce can be made up to 2 weeks ahead of time.)

Place 2 pancakes on each plate and top with walnuts, Brie, and sauce to serve. Enjoy!

Refrigerate leftover pancakes in an airtight container for up to 3 days. Refrigerate cooled sauce in a glass jar for up to 2 weeks. Reheat the pancakes for 5 minutes on a baking sheet in a preheated 180°C/350°F oven, or until warmed through. In a saucepan over medium heat, reheat the sauce for 3 minutes, or until warmed through.



BUTTERY SCONES

► *Makes 8 Scones (1 per Serving)*

2 cups blanched almond flour
½ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (recipe notes)
1 tsp baking powder
½ tsp fine sea salt
6 tbsps (¾ stick) unsalted butter, frozen
¼ cup unsweetened cashew milk or heavy cream
1 large egg
Seeds scraped from 1 vanilla bean (about 8 inches long), or 1 tsp vanilla extract
1 tsp ground cinnamon

NUTRITIONAL VALUES

Calories: 128kcal
Fat: 8.4g (2.5g S.Fat)
Carbs: 13.5g
Protein: 2.8g
Sugar: 9.5g
Sodium: 22mg

Preheat the oven to 200°C/400°F. Line a baking sheet with parchment paper.

1 Mix the almond flour, powdered sweetener (if using), baking powder, and salt in a medium-sized mixing bowl. Cut the butter into 12-inch squares, then work it into the dry ingredients with your fingers. When you're finished, the mixture should still have butter chunks in it.

In a small mixing bowl, combine the cashew milk, egg, and liquid sweetener (if using). Stir the milk and egg mixture into the flour mixture with a fork until large clumps form. Form 8 balls by pressing the dough against the side of the bowl with your hands.

Place the dough balls on the prepared baking sheet, about 2 inches apart. 13 to 15 minutes, or until golden. Allow to cool for at least 5 minutes on the pan. Warm or at room temperature, serve.

Refrigerate leftovers in an airtight container for up to 3 days. Reheat for 5 minutes on a baking sheet in a preheated 180°C/350°F oven, or until warmed through.



CINNAMON ROLL BREAD PUDDING

► *Makes 12 Servings*

FOR THE BREAD:

½ cup vanilla egg white protein powder or beef protein powder
½ cup Swerve confectioners'-style sweetener or equivalent amount of powdered stevia or erythritol (recipe notes)
12 large egg whites
2 tsp cream of tartar
1 tsp vanilla extract
2 tsp ground cinnamon

FOR THE PUDDING:

1 cup unsweetened cashew milk or almond milk
½ cup heavy cream (or full-fat coconut milk if dairy-free)
3 large eggs
⅔ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener
Seeds scraped from 1 vanilla bean, or 1 tsp vanilla extract
1 tsp ground cinnamon
½ tsp fine sea salt

FOR THE GLAZE:

1 cup (2 sticks) unsalted butter (or coconut oil if dairy-free), softened
½ cup strong-brewed cinnamon tea (or unsweetened cashew milk or hemp milk), warmed
¾ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener
1 tsp ground cinnamon

To make the bread, preheat the oven to 180°C/350°F. Grease an 11 by 7-inch baking dish.

Set aside the protein powder and sweetener after sifting them together. Whip the egg whites until foamy in a large clean bowl (save the yolks for making ice cream). Add the cream of tartar and beat until the whites are very stiff (you should be able to turn the bowl upside down and the whites will not fall out). Fold in the protein powder mixture and cinnamon quickly after adding the vanilla.

Pour the batter into the baking dish that has been prepared. Bake for 40 minutes, or until golden brown. Allow to cool completely, preferably overnight in the refrigerator. When the bread has completely cooled, cut it into 1-inch cubes and place it in a large mixing bowl.

Preheat the oven to 180°C/350°F for the bread pudding. Grease an 11-by-7-inch baking dish with cooking spray. Set aside the bread cubes with the cashew milk and cream. In a separate bowl, whisk together the eggs, sweetener, vanilla, cinnamon, and salt. Pour the egg mixture over the soaked bread and mix well. Pour the mixture into the baking dish that has been prepared. Bake for 30 to 40 minutes, or until the cheese is melted. Allow to cool in the pan.

In a blender or food processor, combine all of the glaze ingredients and process until smooth. When the bread pudding is cool enough to handle, cut it into 12 pieces and drizzle about 2 tbsp of the glaze over each piece. Please keep in mind that if the glaze sits out and gets

too

warm, it will separate. If this occurs, puree the glaze once

more until smooth.

NUTRITIONAL VALUES

Calories: 190kcal

Fat: 13.8g (10.4g S.Fat)

Carbs: 16.4g

Protein: 2.4g

Sugar: 3.1g

Sodium: 7mg

Refrigerate leftovers in an airtight container for up to 3 days. Reheat for 5 minutes on a rimmed baking sheet in a preheated 180°C/350°F oven, or until warmed through.

Recipe Notes

The bread can be made a day ahead of time, saving you time when it comes time to bake the bread pudding.



CREAM CHEESE PUMPKIN MUFFINS

► *Makes 6 Muffins (1 per Serving)*

FOR THE MUFFIN BATTER:

1½ cups blanched almond flour
½ tsp baking soda
¼ tsp fine sea salt
1 tsp ground cinnamon
½ tsp ground nutmeg
¼ tsp ground ginger
⅛ tsp ground cloves
2 tbsp unsalted butter (or coconut oil if dairy-free), softened
½ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (recipe notes)
3 large eggs
1 cup fresh or canned pumpkin puree

FOR THE CREAM CHEESE FILLING:

1 (227g/8oz package cream cheese, softened)
¼ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (recipe notes)
1 large egg yolk
2 tsp vanilla extract

NUTRITIONAL VALUES

Calories: 200kcal
Fat: 13.4g (8.9g S.Fat)
Carbs: 16.6g
Protein: 3.7g
Sugar: 11.6g
Sodium: 124mg

Preheat the oven to 160°C/325°F. Grease or place paper liners in 6 wells of a standard-size muffin pan.

In a large mixing bowl, combine the almond flour, baking

soda, salt, and spices. In a separate bowl, cream together

the butter, sweetener, eggs, and pumpkin until smooth. Combine the wet and dry ingredients in a mixing bowl. Fill the prepared muffin cups about two-thirds full with

the batter.

To make the filling, beat the cream cheese in a medium-sized mixing bowl with a hand mixer until smooth. Beat in the sweetener, egg yolk, and vanilla extract until thoroughly combined. Top each muffin with about 1 tbsp of the cream cheese filling and swirl it into the batter

with a toothpick.

Bake the muffins for 30 to 40 minutes, or until a toothpick inserted into a muffin comes out clean. Allow to cool completely before removing from the pan.

Refrigerate leftovers in an airtight container for up to 3 days. Reheat for 5 minutes on a baking sheet in a preheated 180°C/350°F oven, or until warmed through.



GRANDMA SUZIE'S KRINGLE

► *Makes 8 Servings*

FOR THE DOUGH:

1¾ cups shredded mozzarella cheese
30g (1 oz) cream cheese (2 tbsp)
¾ cup blanched almond flour
1 large egg, beaten
⅛ tsp fine sea salt

FOR THE CINNAMON FILLING:

2 tbsp melted unsalted butter
2 tbsp Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener
2 tbsp ground cinnamon

FOR THE CREAM CHEESE FILLING:

1 (227g/8oz) package cream cheese, softened
¼ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener
1 large egg yolk

FOR THE GLAZE:

¼ cup Swerve confectioners'-style sweetener or equivalent amount of powdered stevia or erythritol (recipe notes)
1 to 2 tbsp unsweetened cashew milk or heavy cream

OPTIONAL GARNISH:

Crushed almonds

NUTRITIONAL VALUES

Calories: 180kcal
Fat: 8g (1.2g S.Fat)

Preheat the oven to 200°C/400°F.

To make the dough, combine the mozzarella and cream cheese in a microwave-safe bowl and heat for 1 to 2 minutes, or until the cheese is completely melted. Stir everything together thoroughly.

Combine the almond flour, egg, and salt in a mixing bowl with a hand mixer. Work it with your hands like a traditional dough, kneading it for about 3 minutes. (Note: If the dough is too sticky, chill it for an hour or overnight in the refrigerator.)

Place a 14-inch-long piece of parchment paper on a pizza stone and grease it (or a baking sheet, but a pizza stone will bake the bottom of the Kringle better). Place the dough on the greased parchment and roll it out into a large oval, about 12 inches by 8 inches, with a rolling pin or your hands. Place the oval so that one of the short sides faces you.

To make the cinnamon filling, combine the melted butter, sweetener, and cinnamon in a small bowl with a fork. Place this mixture on top of the dough and spread it out to cover as much of the dough's surface as possible.

To make the cream cheese filling, combine the softened cream cheese, sweetener, and egg yolk in a mixing bowl. Pour this mixture down the middle of the oval, ending 3 inches from the edge nearest you, starting 3 inches from the top of the dough oval and working your way toward you. Spread the filling into an oval shape, leaving 1 1/2 inches exposed along the left and right edges.

Carbs: 26.6g
Protein: 1.9g
Sugar: 18.1g
Sodium: 175mg

Cut 1 1/2-inch-long, 3/4-inch-wide flaps along the long sides of the kringle, only into the part without cream cheese filling. On top of the cream cheese filling, fold the top and bottom ends in. Then, beginning at the top of the oval, fold the right flap over the cream cheese filling, followed by the left flap; continue folding the flaps over the filling until the entire kringle is wrapped, forming a zipper-like kringle. Some of the cream cheese will become visible.

Place the pizza stone with the kringle in the oven to

bake

for 15 minutes or until the kringle is golden brown and the dough is fully cooked. Remove from the oven and allow to cool on the stone for 10 minutes.

Meanwhile, make the glaze: Place the sweetener in a small bowl and add just enough cashew milk to make a thin glaze. If it gets too thin, add a tbsp of sweetener, and if it is still too thick, add another splash of milk. Once the kringle is cool, drizzle the glaze over it and sprinkle with crushed almonds, if desired. Store extras in an airtight container in the refrigerator for up to 3 days. Reheat on a baking sheet in a preheated 180°C/350°F oven for 5 minutes or until warmed through.



SOUR CREAM COFFEE CAKE WITH BROWNEB BUTTER GLAZE

► *Makes 1 Bundt Cake (14 Servings)*

FOR THE CAKE BATTER:

1 cup coconut flour, or 4 cups
blanched almond flour
1 tbs ground cinnamon
2 tsp baking powder
1 tsp fine sea salt
¾ cup (1½ sticks) unsalted butter
or coconut oil, softened
1½ cups Swerve confectioners'-
style sweetener or equivalent
amount of liquid or powdered
sweetener (recipe notes)
1½ tsp vanilla extract
8 large eggs (4 eggs if using
almond flour) 1½ cups sour cream

FOR THE CINNAMON FILLING:

½ cup Swerve confectioners'-style
sweetener or equivalent amount
of liquid or powdered sweetener
(recipe notes)
6 tbs (¾ stick) melted unsalted
butter or coconut oil
1 tbs ground cinnamon
1 tsp vanilla extract

FOR THE BROWNEB BUTTER GLAZE:

¾ cup (1½ sticks) unsalted butter
or coconut oil
¾ cup Swerve confectioners'-style
sweetener or equivalent amount
of liquid or powdered sweetener
(recipe notes)

FOR THE CREAM CHEESE GLAZE:

Preheat the oven to 180°C/350°F. Grease a 9-cup Bundt pan.

In a medium-sized mixing bowl, combine the coconut flour, cinnamon, baking powder, and salt; set aside. Using a hand mixer, beat the softened butter, sweetener, and vanilla until light and fluffy in a large mixing bowl. Beat the eggs in one at a time for at least 1 minute after each addition. Alternately add the flour mixture and sour cream. Half of the batter should be poured into the prepared pan.

To make the cinnamon filling, combine the sweetener, melted butter, cinnamon, and vanilla in a small mixing bowl. Pour the filling evenly over the batter in the pan, swirling it in with a knife. Pour the remaining batter into the pan.

Bake for 40 to 45 minutes, or until a toothpick inserted into the cake comes out clean. Allow it to cool for 10 minutes in the pan before turning it out onto a wire rack to cool completely.

In the meantime, prepare the browned butter glaze: Cook, whisking constantly, until brown (but not black!) flecks appear in the butter in a saucepan over medium-high heat. Continue heating and whisking; the butter will froth and then settle. Take the pan off the heat. (If using coconut oil, simply melt the oil in the pan.) Whisk in the sweetener until smooth. Place in the refrigerator for 5 to 8 minutes to cool.

1 (227g/8oz) package cream cheese, softened
¼ cup unsweetened cashew milk
¼ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (recipe notes)
Seeds scraped from 1 vanilla bean (about 8 inches long), or 1 tsp vanilla extract
Chopped nuts of choice, for garnish (optional)

NUTRITIONAL VALUES

Calories: 192kcal
Fat: 11.8g (6.8g S.Fat)
Carbs: 19.2g
Protein: 3.8g
Sugar: 13.9g
Sodium: 145mg

Once the browned butter glaze has cooled and thickened slightly, pour it over the cooled cake and place it in the refrigerator for about 8 minutes to set the glaze.

In the meantime, prepare the cream cheese glaze: In a medium-sized mixing bowl, combine the softened cream cheese, cashew milk, and sweetener with a hand mixer. Stir in the vanilla extract; taste and adjust the sweetness as needed.

Remove the cake from the refrigerator. Drizzle the cream cheese glaze over the cake and, if desired, garnish with chopped nuts. Refrigerate leftovers in an airtight container for up to 3 days.



TIRAMISU MUFFINS

► *Makes 12 Muffins (1 per Serving)*

FOR THE MUFFINS:

½ cup coconut flour, or 2 cups
blanched almond flour
½ cup Swerve confectioners'-style
sweetener or equivalent amount of
liquid or powdered sweetener (recipe
notes)
2 tbsp unsweetened cocoa powder
¼ tsp fine sea salt
¼ tsp baking soda
6 large eggs (2 eggs if using almond
flour), beaten
½ cup (1 stick) unsalted butter (or
coconut oil if dairy-free), melted but
not hot
½ cup brewed decaf espresso or other
strong brewed decaf coffee
2 tsp rum extract

FOR THE FROSTING:

1 (227g/8oz package mascarpone
cheese (or Kite Hill brand cream
cheese style spread if dairy-free),
softened
¼ cup Swerve confectioners'-style
sweetener or equivalent amount of
liquid or powdered sweetener (recipe
notes)
30g (1 oz) brewed decaf espresso or
other strong brewed decaf coffee
1 tsp rum extract
Unsweetened cocoa powder, for
dusting

NUTRITIONAL VALUES

Calories: 156kcal
Fat: 9.4g (3.7g S.Fat)
Carbs: 14.7g
Protein: 4.4g
Sugar: 6.6g
Sodium: 166mg

Preheat the oven to 180°C/350°F. Grease a standard-size 12-well muffin pan or line the walls with paper liners.

Sift together the dry ingredients for the muffin batter in a medium-sized mixing bowl. Slowly add the wet ingredients to the dry ingredients, stirring constantly, until completely smooth. Fill about two-thirds of the way

up each well of the muffin pan with batter. Bake for 18

to

20 minutes, or until a toothpick inserted into a muffin comes out clean. Allow to cool in the pan before removing from the oven.

Meanwhile, make the frosting: whisk together all of the ingredients until smooth. Set aside until the muffins are cool before frosting. Cocoa powder should be sprinkled on top of the frosted muffins.

Refrigerate leftovers in an airtight container for up to 1 week. If the muffins are unfrosted, they can be frozen; however, the frosting should not be frozen.



AMAZING BREAKFAST SAUSAGE BAKE

► *Makes 2 Servings*

225g/ ½ pound bulk pork
sausage ½ tsp fine sea salt
⅓ cup beef bone broth,
homemade (store bought) or
store-bought
2 strips bacon, diced
¼ cup shredded cheddar
cheese
¼ cup thinly sliced green onions,
for garnish

NUTRITIONAL VALUES

Calories: 563kcal
Fat: 31.1g (4.6g S.Fat)
Carbs: 47.5g
Protein: 25.8g
Sugar: 4.9g
Sodium: 958mg

Preheat the oven to broil. Form the sausage into four 1 1/2 x 2 1/2-inch oval patties. Season with salt on all sides.

Fill an 8-inch square casserole dish halfway with sausage patties. Place the dish in the oven and pour the broth over the patties. Broil for 7 minutes, or until the patties are thoroughly cooked.

Meanwhile, cook the diced bacon in a skillet over medium heat for 5 minutes, stirring frequently, or until cooked through and crispy. Set aside after removing from the heat.

Remove the dish from the oven and sprinkle the cheese and cooked bacon on top of the sausage patties. Place the pan back in the oven for 1 minute, or until the cheese is melted. Garnish with green onions if desired.

Refrigerate leftovers in an airtight container for up to 3 days. Reheat for 5 minutes on a baking sheet in a preheated 180°C/350°F oven, or until warmed through.



MONTE CRISTO CREPES

► *Makes 2 Servings*

FOR THE CREPES:

2 large eggs
2 hard-boiled eggs
120g (4 oz) cream cheese (½ cup),
softened
1 tbsp Swerve confectioners'-style
sweetener or equivalent amount of
liquid or powdered sweetener (recipe
notes)
½ tsp vanilla or almond extract Pinch
of fine sea salt
Coconut oil, for the pan

FOR THE FILLING:

2 very thin slices ham
2 thin slices (30g/1 oz) Swiss cheese
(omit for dairy- free)

FOR THE RASPBERRY GLAZE:

45g (1½ oz) cream cheese (3 tbsp)
(Kite Hill brand cream cheese style
spread if dairy free), softened
2 tbsp unsweetened cashew milk (or
hemp milk if nut-free), warmed
2 tbsp Swerve confectioners'-style
sweetener or equivalent amount of
liquid or powdered sweetener (recipe
notes)
½ tsp raspberry extract

SPECIAL EQUIPMENT:

8-inch crepe pan or non-stick skillet
(recipe notes)

In a blender, combine the raw eggs, hard-boiled eggs, cream cheese, sweetener, extract, and salt to make the crepe batter.

Set an 8-inch crepe pan or nonstick skillet over medium-high heat and coat with coconut oil or coconut oil spray. When the skillet is hot, pour ¼ cup of the batter into it and swirl it around to spread the batter to the edges of the pan. Cook for 2 minutes until golden brown, then flip and cook for another 2 minutes. Remove from the pan and continue with the rest of the batter.

In the centre of each crepe, place 1 slice of ham and 1 slice of cheese. Fold the crepe in half, then into quarters again.

To make the glaze, whisk together all of the ingredients in a small bowl until well combined. If desired, add more sweetener and/or extract. Drizzle the glaze over the crepes and serve.

Refrigerate any leftover crepes and glaze in separate airtight containers for up to 3 days. Reheat the crepes for 5 minutes on a baking sheet in a preheated 180°C/350°F oven, or until warmed through. Allow the glaze to come to room temperature before drizzling it over the crepes.

NUTRITIONAL VALUES

Calories: 681kcal
Fat: 14g (1.9g S.Fat)
Carbs: 105.3g
Protein: 36.6g
Sugar: 11.3g
Sodium: 527mg



CHICKEN & WAFFLES WITH HOLLANDAISE

► *Makes 4 Servings*

FOR THE CHICKEN:

1 cup coconut oil or bacon fat, for frying

2 large eggs

1½ cups grated Parmesan cheese (or pork dust if dairy-free)

¼ tsp ground black pepper

16oz (454g) boneless, skinless chicken thighs

FOR THE WAFFLES:

3 cups shredded zucchini

Fine sea salt

1 cup powdered Parmesan cheese (recipe notes) (or pork dust if dairy-free)

2 tbsp unsalted butter (or coconut oil if dairy-free), softened

2 large eggs, beaten

½ cup Hollandaise (store-bought), for serving

NUTRITIONAL VALUES

Calories: 384kcal

Fat: 7.5g (4.6g S.Fat)

Carbs: 67.7g

Protein: 8.4g

Sugar: 14.2g

Sodium: 68mg

Heat 1 cup coconut oil in a 4-inch-deep (or deeper) cast-iron skillet over medium heat until it reaches 180°C/350°F. In the meantime, make the egg wash and breading: Beat the eggs in a medium-sized mixing bowl. In a separate medium-sized mixing bowl, combine the 1½ cup Parmesan cheese and the pepper.

Chicken should be cut into bite-sized nuggets. Dip the nuggets in the egg mixture, then in the cheese mixture, thoroughly coating each nugget. When the oil is hot, fry the nuggets in batches for about 5 minutes, or until the chicken is no longer pink on the inside and the batter is golden. The precise timing will be determined by the size of the nuggets.

Heat a waffle iron to high heat to make the waffles. Sprinkle salt over the shredded zucchini in a colander set over the sink. Allow for a 4-minute draining period. Remove any excess moisture by squeezing it out. In a medium-sized mixing bowl, combine the zucchini. Mix in the 1 cup of Parmesan, butter, and eggs. Grease a hot waffle maker. Close the iron by placing 3 tbsp of the zucchini mixture in the centre. Cook the waffle for 3 to 4 minutes, or until golden brown and crisp.

Place 2 waffles on each plate and top with 2 chicken nuggets to serve. Serve with hollandaise sauce. Refrigerate leftovers in separate airtight containers for up to 3 days. Reheat for 5 minutes on a baking sheet in a preheated 180°C/350°F oven, or until warmed through, then top with the hollandaise.

Recipe Notes

If you don't want to fry the chicken nuggets, bake them instead. Preheat the oven to 180°C/350°F. Place the breaded nuggets on a baking sheet that has been greased and bake for 20 to 30 minutes, or until golden brown and cooked through. Again, the exact timing will be determined by the size of the nuggets.



GLAZED CHOCOLATE DONUTS

► *Makes 6 Donuts (1 per Serving)*

FOR THE CHOCOLATE DONUTS:

½ cup coconut flour
½ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (recipe notes)
⅓ cup unsweetened cocoa powder
½ tsp baking soda
½ tsp ground cinnamon
⅛ tsp fine sea salt
5 large eggs
½ cup unsweetened almond milk (or hemp milk if nut- free)
½ cup (1 stick) unsalted butter (or coconut oil if dairy- free), softened
1 tsp vanilla extract

FOR THE CHOCOLATE GLAZE:

¾ cup full-fat coconut milk (or heavy cream if not dairy-sensitive)
⅓ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (recipe notes)
57g (2oz) unsweetened chocolate, finely chopped
Seeds scraped from 1 vanilla bean (about 8 inches long), or 1 tsp vanilla extract

SPECIAL EQUIPMENT (OPTIONAL):

6-cavity donut pan (see note)

NUTRITIONAL VALUES

Calories: 58kcal
Fat: 2.3g (1.7g S.Fat)
Carbs: 9.1g
Protein: 0.7g
Sugar: 43g
Sodium: 65mg

Preheat the oven to 180°C/350°F. Grease a 6-cavity donut pan.

To make the donuts, combine all of the dry ingredients in a mixing bowl and stir well. Combine the wet ingredients in a mixing bowl with a hand mixer until smooth.

Fill two-thirds of the way up each well of the donut pan with batter. Bake for 20 minutes, or until a toothpick inserted into a donut comes out clean. Allow the donuts to cool in the pan before glazing.

In a double boiler or a heat-safe bowl set over a pan of simmering water, combine the coconut milk, sweetener, and chopped chocolate to make the glaze. Stirring constantly, heat on low until the chocolate melts. Take the pan off the heat. Stir in the vanilla extract until well combined. Using a fork, dip the cooled donuts in the glaze.

Refrigerate leftovers in an airtight container for up to 3 days.

Recipe Notes

If you don't have a donut pan, you can make these in a muffin pan instead. Simply grease 6 wells of a standard-size muffin pan and proceed as directed above.



CHOCOLATE DONUT BREAD PUDDING

► *Makes 12 Servings*

1 batch Glazed Chocolate Donuts (store bought), preferably a day old, cut into 1 inch cubes

FOR THE PUDDING:

1 cup unsweetened cashew milk or almond milk (or hemp milk if nut-free)
½ cup heavy cream (or full-fat coconut milk if dairy-free)
3 large eggs
⅔ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (recipe notes)
1 tsp ground cinnamon
Seeds scraped from 1 vanilla bean (about 8 inches long), or 1 tsp vanilla extract
½ tsp fine sea salt

OPTIONAL TOPPING:

Extra Chocolate Glaze (store-bought), for drizzling

NUTRITIONAL VALUES

Calories: 278kcal
Fat: 15.5g (9.7g S.Fat)
Carbs: 35.8g
Protein: 1.8g
Sugar: 23.3g
Sodium: 376mg

Preheat the oven to 180°C/350°F. Grease an 11 by 7-inch baking dish or a standard-size 12-well muffin pan.

Cover the cubed donuts with the milk and cream in a

bowl; set aside. In a separate bowl, whisk together the eggs, sweetener, cinnamon, and vanilla extract. Pour the egg mixture over the donuts and stir to combine. Fill the prepared baking dish or muffin pan halfway with the combined mixture (if using a muffin pan, fill each well about two-thirds full).

Bake for 45 minutes to 1 hour, or until the filling is set. Bake for 25 to 30 minutes, or until the muffins are set. Allow the pan to cool completely. Make 12 equal-size pieces of bread pudding in a baking dish. Drizzle each piece (or "muffin") with 1 to 2 tbsp extra chocolate glaze if desired.

Refrigerate leftovers in an airtight container for up to 3 days. Reheat for 5 minutes on a baking sheet in a preheated 180°C/350°F oven, or until warmed through.



RED VELVET PANCAKES WITH CREAM CHEESE SYRUP

► *Makes Four 3-Inch Pancakes (2 per Serving)*

Pancakes
2 large eggs
2 hard-boiled eggs
120g (4 oz) cream cheese (½ cup)
(Kite Hill brand cream cheese style spread if dairy free)
1 tbsp Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (recipe notes)
1 tbsp natural red food dye
1½ tsp unsweetened cocoa powder
½ tsp vanilla or almond extract
Pinch of fine sea salt
Coconut oil or spray, for the pan

FOR THE CREAM CHEESE SYRUP:

1½ tbsp cream cheese (Kite Hill brand cream cheese style spread if dairy-free), softened
¼ cup unsweetened cashew milk (or unsweetened hemp milk if nut-free), plus more if needed
2 tbsp Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (recipe notes)
Seeds scraped from 1 vanilla bean (about 8 inches long), or 1 tsp vanilla extract

NUTRITIONAL VALUES

Calories: 42kcal
Fat: 1.7g (1g S.Fat)
Carbs: 5.9g
Protein: 1.2g
Sugar: 2.9g
Sodium: 40mg

In a blender, combine all the pancake ingredients and blend until very smooth.

Place a large non-stick skillet over medium-high heat

and

coat with coconut oil or coconut oil spray. When the skillet is hot, pour 1/4 cup of the batter into it, forming a 3-inch round pancake; repeat to cook 2 pancakes at a time. Cook until the bottom is cooked through, about 2 minutes, then flip and cook for another 2 minutes.

Repeat with the remaining batter after removing the pancakes from the pan.

To make the syrup, in a small mixing bowl, combine the softened cream cheese, cashew milk, sweetener, and vanilla. Beat with a hand mixer until smooth. Depending on how thick or thin you like your syrup, add milk.

Drizzle the syrup over the pancakes and serve.

Refrigerate leftover pancakes and syrup in separate

airtight containers for up to 3 days. Reheat the pancakes

for 5 minutes on a baking sheet in a preheated 180°C/350°F oven, or until warmed through. In a saucepan, heat the syrup over medium heat for about 2 minutes.

Recipe Notes

Make the batter and refrigerate the blender jar overnight

for a quick breakfast the next morning.



BREAKFAST POTS DE CRÈME

► *Makes 6 Servings*

2 cups heavy cream (or full-fat coconut milk if dairy-free)
¾ cup unsweetened cashew milk or almond milk (or hemp milk if nut-free)
Seeds scraped from 1 vanilla bean (about 8 inches long), or 1 tsp vanilla extract
6 large egg yolks
½ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (recipe notes)
2 tsp ground cinnamon

NUTRITIONAL VALUES

Calories: 115kcal
Fat: 6.5g (4.2g S.Fat)
Carbs: 15.5g
Protein: 1.7g
Sugar: 11.1g
Sodium: 49mg

Preheat the oven to 160°C/325°F.

In a medium-sized heavy saucepan over medium heat, bring the cream, milk, and vanilla to a simmer. Take the pan off the heat.

Whisk together the egg yolks, sweetener, and cinnamon in a large mixing bowl. Whisk the egg mixture into the cream mixture gradually.

Strain the mixture into another bowl using a fine-mesh strainer. Allow for a 10-minute cooling period, skimming any foam from the surface.

Divide the mixture evenly between six 170g/6 oz custard cups. Place the cups in a large baking dish with a depth of at least 2 inches. Fill the baking dish halfway with hot water to come halfway up the sides of the cups. To trap the steam, cover the baking dish with a lid or foil.

Bake for 55 minutes, or until the custards are set but the centres still move slightly when gently shaken. Take out of the water. Chill the custards for about 3 hours, or until cold.

Refrigerate leftovers in an airtight container for up to 3 days.



BBQ PULLED PORK HASH WITH EGGS

► *Makes 4 Servings*

1 tbsp ghee or unsalted butter (or coconut oil if dairy-free)
½ cup chopped red onions
1½ cups shredded red or green cabbage
2 cups leftover BBQ Pulled Pork (store bought), plus sauce from the slow cooker
¾ tsp fine sea salt
¼ tsp ground black pepper
¼ tsp cayenne pepper (optional)
4 large eggs (omit for egg-free)
Melted ghee, for serving
Chopped fresh cilantro or parsley, for garnish
Finely diced red onions, for garnish

NUTRITIONAL VALUES

Calories: 168kcal
Fat: 7.7g (1.7g S.Fat)
Carbs: 17.4g
Protein: 7.9g
Sugar: 3.3g
Sodium: 64mg

In a skillet over medium heat, melt the ghee. Cook, stirring constantly, until the onions are slightly softened, about 2 minutes. Cook for 5 minutes, or until the cabbage is very soft, before adding the cabbage.

Stir the pulled pork into the skillet to combine. Make

four

wells in the hash and place an egg in each. Season with salt, black pepper, and, if using, cayenne pepper.

Cook for 3 minutes, or until the egg whites are set but the yolks are still soft, covered.

Drizzle with additional BBQ sauce and melted ghee, and top with cilantro or parsley and diced red onions.

Refrigerate leftovers in an airtight container for up to 3 days. Reheat for 5 minutes on a baking sheet in a preheated 180°C/350°F oven, or until warmed through.



MAPLE BACON WAFFLE BREAKFAST SUNDAES

► *Makes 6 Servings*

FOR THE WAFFLES:

4 large eggs
4 hard-boiled eggs
¼ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (recipe notes)
2 tbsp egg white protein powder
2 tbsp ground cinnamon
¾ tsp baking powder
¼ tsp fine sea salt
¼ cup coconut oil, plus extra for the waffle iron
2 tsp vanilla extract
1 batch Maple Bacon Ice Cream (store bought)
½ batch Browned Butter Glaze (store bought), for drizzling (optional; omit for dairy-free)
Cooked diced bacon, for garnish (optional)

NUTRITIONAL VALUES

Calories: 384kcal
Fat: 7.5g (4.6g S.Fat)
Carbs: 67.7g
Protein: 8.4g
Sugar: 14.2g
Sodium: 68mg

Preheat a waffle maker to high heat. In a blender or food processor, combine the raw eggs, hard-boiled eggs, sweetener, protein powder, cinnamon, baking powder, and salt and blend until smooth and thick. Combine the coconut oil and vanilla extract.

Grease a hot waffle maker. Close the iron by placing 3 tbsp of the batter in the centre. Cook the waffle for 3 to 4 minutes, or until golden brown and crisp. Repeat with the remaining batter to make 6 waffles.

Place a waffle on a serving plate or bowl and top with a scoop of Maple Bacon Ice Cream to serve. If desired, garnish with a drizzle of browned butter glaze and diced cooked bacon.

Extra waffles can be stored in an airtight container in

the

fridge for up to 3 days or in the freezer for up to 1 month.

Reheat for 3 minutes, or until warmed through, in a preheated 190°C/375°F oven or toaster oven.

Recipe Notes

To change up the flavour of the waffles, replace 1 tsp vanilla extract with 1 tsp almond extract.



CROQUE MADAME WAFFLES

► *Makes 8 Servings*

FOR THE WAFFLES:

8 large eggs
4 hard-boiled eggs
¼ cup powdered Parmesan cheese (recipe notes)
1 tsp baking powder
1 tsp onion powder (optional)
½ tsp fine sea salt
½ cup ghee or coconut oil, melted but not hot

FOR THE MORNAV SAUCE:

¼ cup beef or chicken bone broth, homemade or store-bought
¼ cup (½ stick) unsalted butter
30g (1 oz) cream cheese (2 tbsp)
1 cup shredded Gruyère or cheddar cheese
⅛ tsp fine sea salt

FOR THE SANDWICH FILLINGS:

12 slices ham
½ cup shredded Gruyère or cheddar cheese
4 large eggs
1 tsp ghee or unsalted butter

FOR THE GARNISH (OPTIONAL):

Ground black pepper
Fresh thyme leaves

NUTRITIONAL VALUES

Calories: 384kcal
Fat: 7.5g (4.6g S.Fat)
Carbs: 67.7g
Protein: 8.4g
Sugar: 14.2g
Sodium: 68mg

Heat a waffle iron to high heat to make the waffles. In a blender or food processor, combine the raw eggs, hard-boiled eggs, Parmesan cheese, baking powder, onion powder (if using), and salt until smooth and thick. Mix in the melted ghee thoroughly.

Grease a hot waffle maker. Close the iron after placing a heaping ¼ cup of batter in the centre. 3 to 4 minutes, or until golden brown and crisp. Repeat with the remaining batter to make 8 waffles.

To make the Mornay sauce, whisk together the broth, butter, cream cheese, and shredded cheese in a saucepan over medium-high heat until the cheese is melted. Remove the pan from the heat after adding the salt. Blend until very smooth with an immersion blender (or transfer to a countertop blender and blend until smooth); set aside.

Preheat the oven to broil when you're ready to make the Croques Madames. Place the waffles on a baking sheet with a rim. Top each waffle with three slices of ham and two tablespoons of shredded cheese. Place aside.

Heat the ghee in a cast-iron skillet over medium heat to fry the eggs. When the pan is hot, crack the four eggs into it and cook for about 2 minutes on one side, until

the whites are cooked but the yolks are still runny. At this point, place the waffles under the broiler (see Step 6). Remove the skillet from the heat and season the eggs with salt and pepper.

Broil the waffles for 1 to 2 minutes, until the cheese is melted and the waffles are warm, while the eggs are cooking.

Place 1 ham and cheese-topped waffle on a serving plate to start the Croques Madames. Top with a plain waffle, then a sunny-side-up egg, and Mornay sauce. If using, season with freshly ground pepper and garnish with thyme leaves. Rep with the rest of the waffles, eggs, and Mornay sauce.

Plain waffles can be refrigerated for up to 3 days or frozen for up to 1 month in an airtight container. Reheat the waffles for 3 minutes, or until warmed through, in a preheated 190°C/375°F oven or toaster oven. Refrigerate the Mornay sauce in an airtight container for up to 3 days; it will thicken overnight.

Reheat the sauce in a saucepan over medium heat, stirring constantly, for about 2 minutes, or until warm. If the sauce is too thick, add a few tablespoons of broth.

Recipe Notes

The waffles and Mornay sauce can be made ahead of time and refrigerated in separate airtight containers for up to 3 days. The waffles can be stored in the freezer for up to a month.



SWEET BREAKFAST BISCUITS WITH CHOCOLATE OR CARAMEL MOCHA GRAVY

► *Makes 8 Servings*

FOR THE BISCUITS:

3 large egg whites
1 cup blanched almond flour
2 tbsp Swerve confectioners'-style sweetener or equivalent amount of powdered stevia or erythritol (recipe notes)
1 tsp baking powder
¼ tsp fine sea salt
2 tbsp very cold unsalted butter, cut into ¼-inch pieces, or cold coconut oil
Seeds scraped from 1 vanilla bean (about 8 inches long), or 1 tsp vanilla extract

OPTION 1: CHOCOLATE GRAVY

¾ cup heavy cream
⅓ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (recipe notes)
30g (2 oz) unsweetened chocolate, finely chopped
Seeds scraped from 1 vanilla bean (about 8 inches long), or 1 tsp vanilla extract

NUTRITIONAL VALUES

Calories: 208kcal
Fat: 18.4g (8.6g S.Fat)
Carbs: 8.2g
Protein: 5.9g
Sugar: 1.5g
Sodium: 88mg

Preheat the oven to 200°C/400°F. Coconut oil spray a baking sheet or 8 wells of a standard-size muffin pan.

To make the biscuits, in a medium-sized mixing bowl, whip the egg whites until stiff. In a separate medium-sized mixing bowl, combine the almond flour,

sweetener, baking powder, and salt. Then, using a pastry cutter, cut the chilled butter into the flour mixture. (The biscuits

will not turn out if the butter is not chilled.) Fold the dry mixture into the whites gently. If the dough is too moist to form into mounds, add a few tablespoons of almond flour until it holds together well.

Dollop the dough into 8 mounds on a greased baking sheet (or into muffin cups) and bake for 11 to 15 minutes, or until golden brown.

In a double boiler or a heat-safe bowl set over a pan of simmering water, combine the cream, sweetener, and chopped chocolate. Stirring constantly, heat on low until the chocolate melts. Remove from the heat and add the vanilla extract.

Melt the butter in a saucepan over medium-high heat if making the caramel mocha gravy. Cook, stirring frequently, until the butter foams and flecks of brown (but not black!) appear. Remove from the heat and set aside to cool for a few minutes. In a medium-sized

mixing bowl, cream together the browned butter, cream cheese, and sweetener with a hand mixer. Beat in the cocoa powder, espresso, and vanilla extract until well combined.

Serve the biscuits with the warm gravy on top.

OPTION 2: CARAMEL MOCHA
GRAVY

¾ cup (1½ sticks) unsalted butter
170g (6 oz) cream cheese or
mascarpone cheese (¾ cup)
¾ cup Swerve confectioners'-style
sweetener or equivalent amount
of liquid or powdered sweetener
(recipe notes)
3 tbsps unsweetened cocoa
powder
4 to 5 tbsps brewed decaf
espresso or other strong brewed
decaf coffee, to thin the sauce
Seeds scraped from 1 vanilla bean
(about 8 inches long), or 1 tsp
vanilla extract
Fresh mint leaves, for garnish

NUTRITIONAL VALUES

Calories: 367kcal
Fat: 35.5g (19.5g S.Fat)
Carbs: 20.2g
Protein: 6.9g
Sugar: 5.8g
Sodium: 368mg

Refrigerate leftover biscuits and gravy in separate airtight containers for up to 3 days. The biscuits can be stored in the freezer for up to a month. Reheat the biscuits for 3 minutes on a baking sheet in a preheated 180°C/350°F oven, or until warmed through. Reheat the gravy in a saucepan over low heat for 1 minute, whisking frequently, or until the gravy loosens a little. If you overheat the chocolate, it will separate. Pour in the hot water.

Dollop the dough into 8 mounds on a greased baking sheet (or into muffin cups) and bake for 11 to 15 minutes, or until golden brown.

In a double boiler or a heat-safe bowl set over a pan of simmering water, combine the cream, sweetener, and chopped chocolate. Stirring constantly, heat on low until the chocolate melts. Remove from the heat and add the vanilla extract.

Melt the butter in a saucepan over medium-high heat if making the caramel mocha gravy. Cook, stirring frequently, until the butter foams and flecks of brown (but not black!) appear. Remove from the heat and set aside to cool for a few minutes. In a medium-sized

mixing

bowl, cream together the browned butter, cream cheese, and sweetener with a hand mixer. Beat in the cocoa powder, espresso, and vanilla extract until well combined.

Serve the biscuits with the warm gravy poured over them.



CRAB CAKE EGGS BENEDICT

► *Makes 4 Servings*

FOR THE CRAB CAKES:

454g/1 pound canned lump crabmeat
1 tbsp mayonnaise, homemade (store bought) or store-bought
5 tbsp powdered Parmesan cheese (recipe notes) (or 2 tbsp coconut flour if dairy-free)
2 large eggs
2 tsp seafood seasoning
2 tbsp lard or coconut oil, for frying poached eggs
8 large eggs
½ cup Hollandaise (store-bought), for serving

NUTRITIONAL VALUES

Calories: 192kcal
Fat: 11.8g (6.8g S.Fat)
Carbs: 19.2g
Protein: 3.8g
Sugar: 13.9g
Sodium: 145mg

Make the crab cakes:

In a large mixing bowl, combine all of the ingredients except the lard until well combined. In a large skillet over medium-high heat, melt the lard. Place 2-tbsp dollops of the crab mixture in the pan with a spoon to make 8 mini-cakes. Cook for 2 minutes, then flip each crab cake and cook for another minute, or until golden brown on the other side.

Poach the eggs:

Fill a large saucepan halfway with water (about 4 inches). Bring to a boil. Swirl the water in one direction

and crack in the eggs gently. Poach the eggs until the whites are just set but the yolks are soft and runny. If necessary, poach in two batches to avoid overcrowding.

To serve, arrange two crab cakes on each plate, then top each with a poached egg and a drizzle of hollandaise.

Refrigerate the crab cakes and poached eggs separately in airtight containers for up to 3 days. Refrigerate the hollandaise in a covered jar for up to 5 days. Reheat the crab cakes in a greased skillet over medium heat for a minute or two on each side, or until heated through. Reheat the poached eggs for 1 minute in a pot of simmering water, or until warmed through. See this

page

for instructions on how to reheat the hollandaise.



BLT PARTY CHEESE BALL

► *Makes 8 Servings*

1 (227g/8 oz) package cream cheese, softened
½ cup sour cream
1 cup crumbled blue cheese or shredded sharp cheddar cheese
½ cup diced tomatoes (fresh or canned)
¼ tsp fine sea salt
3 strips bacon, finely diced
Crispy lettuce leaves, such as iceberg or romaine, for serving

NUTRITIONAL VALUES

Calories: 228kcal
Fat: 20.6g (12.1g S.Fat)
Carbs: 2.2g
Protein: 8.9g
Sugar: 0.5g
Sodium: 403mg

Combine the cream cheese, sour cream, blue cheese, tomatoes, and salt in a medium mixing bowl. Form the mixture into a ball, wrap in parchment paper, and chill for 1 hour in the refrigerator.

Meanwhile, cook the bacon: Place it in a skillet and cook over medium heat for 4 minutes, or until golden and crispy. Remove the bacon from the skillet and place it in a shallow bowl, reserving the fat for another use.

Roll the cheese ball in the bacon pieces once it has set. Serve with crispy lettuce leaves cut into cracker-like squares on a serving platter. Refrigerate leftovers in an airtight container for up to 4 days.