



# TOP TEN

Top 10 KetoConnect Recipes of 2018



**KETO CONNECT**



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# Protein Waffles



2 Servings



Prep Time: 10 minutes



Cook Time: 5 minutes



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## Ingredients

- 1 scoop (30g) protein powder
- 1 tbsp butter
- ¼ tsp baking powder
- 1 egg
- ¼ tsp pink salt
- liquid to thin out batter  
(water, almond milk, flax milk)

## Instructions

1. Melt the butter in a small mixing bowl.
2. Add the rest of the ingredients and combine using a fork.
3. Preheat the waffle iron and pour 1/2 of the recipe into the iron. Close the lid and cook until browned. Repeat with the remaining batter.
4. Serve immediately with additional butter or your favorite sugar-free maple syrup.

## Nutrition

### **Per serving**

**Calories:** 282

**Fat:** 19g

**Protein:** 31g

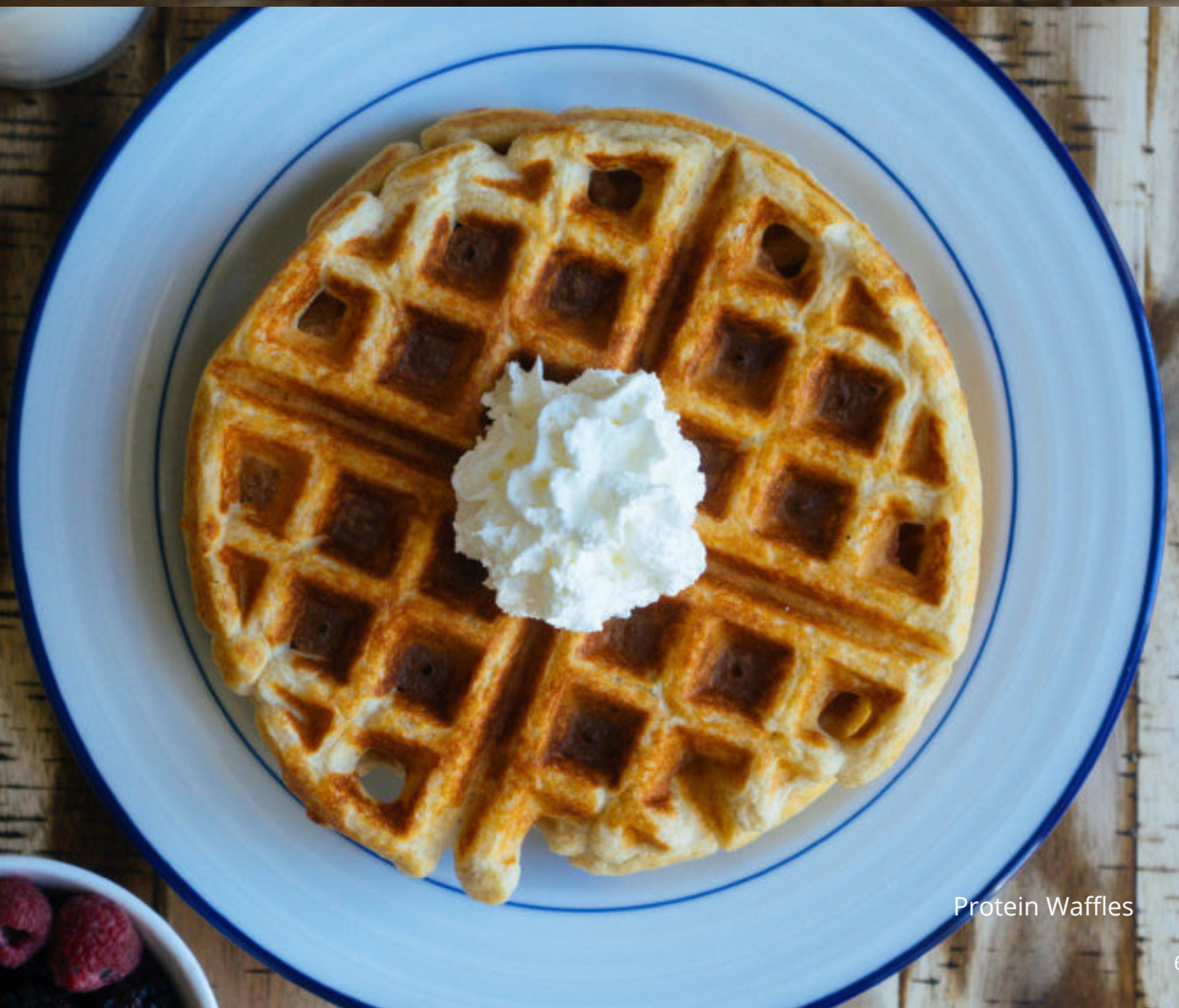
**Net Carbs:** 2g

*Recipe can be quickly added to MyFitnessPal  
Search "KetoConnect - Keto Protein Waffles"*



# Notes

If you want something more calorie-dense, you can add some heavy whipping cream or nuts to the batter, or if you want to go lighter on the calories, you can leave out the butter from the batter and swap in water for almond milk.



# Lemon Butter Chicken



4 Servings



Prep Time: 10 minutes



Cook Time: 35 minutes



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## Ingredients

- 4 bone-in, skin-on chicken thighs
- 4 tbsp butter
- 2-3 tsp minced garlic
- ½ cup chicken broth
- ¼ tsp pink salt
- ¼ tsp black pepper
- Juice of 1 large lemon
- \*\*Zest optional

## Instructions

1. Preheat oven to 350 and heat a cast iron skillet over medium heat.

2. Add butter to the skillet. Once butter has melted, add chicken thighs skin-side down and cook for about six minutes.

3. Once the skin looks crispy, flip and cook for another 4-6 minutes. (Skin should be crispy and golden brown on each side, but chicken will not be fully cooked.)

4. Remove chicken from the skillet and place on a plate.

Add garlic to the pan and sauté for one minute until fragrant.

5. Add lemon juice and broth to deglaze the pan. Place the skillet in the oven and bake for 25 minutes or until the internal temperature reaches 165F.

6. Top with parsley and serve with with cauliflower rice or another low-carb vegetable.

*Best stored in an air-tight container in the fridge for up to five days.*

## Nutrition

### **Per serving (one thigh with sauce)**

**Calories:** 422

**Fat:** 35g

**Protein:** 23g

**Net Carbs:** 1g

*Recipe can be quickly added to MyFitnessPal*

*Search "KetoConnect - Lemon Sauce Chicken Thighs"*



# Notes

Pair your chicken with whatever veggies you have in your fridge. Simply add them to the lemon sauce and cook them on the stove top until tender.



# Buffalo Chicken Burgers



2 Servings



Prep Time: 5 minutes



Cook Time: 10 minutes



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## Ingredients

- 8 oz. cooked chicken breast
- 2 oz. cream cheese at room temperature
- ½ cup shredded mozzarella cheese
- 2 tbsp Frank's RedHot Sauce
- Ghee, coconut oil, or tallow for frying

## Instructions

1. Shred or chop the cooked chicken breast and add it to a medium-sized bowl along with the remaining ingredients.
2. Using a spatula or a fork, combine everything until fully incorporated. Microwaving it for 15-20 seconds can help melt everything down and form together better.
3. Once fully incorporated, form two medium-sized patties and place them on a plate. Freeze for 15 minutes.
4. Heat a medium-sized skillet over high heat and add some fat to the pan. (A quarter inch layer of fat should be good enough.)
5. Add in the frozen burgers and cook for 2-3 minutes on each side until brown and crispy. Serve immediately.

## Nutrition

### **Per serving (one burger)**

**Calories:** 488

**Fat:** 34g

**Protein:** 43g

**Net Carbs:** 1g

*Recipe can be quickly added to MyFitnessPal  
Search "KetoConnect - Buffalo Chicken Burgers"*





# Notes

For simplicity sake, you can use canned chicken for these burgers and make them in under 30 minutes!



Buffalo Chicken Burgers - Recipe from @House.Of.Keto on Instagram

# Avocado Fudge Cookies



9 Servings



Prep Time: 5 minutes



Cook Time: 12 minutes



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## Ingredients

- 100g ripe avocado
- 1 large egg
- ½ unsweetened cocoa powder
- ¼ cup unsweetened shredded coconut (optional)
- ¼ cup erythritol
- ½ tsp baking powder
- 3/8 tsp liquid stevia
- ¼ tsp pink salt

## Instructions

1. Preheat your oven to 350 degrees F and line a baking sheet with parchment paper.
2. Dice the avocado in the peel and add to a large mixing bowl. Mash as much as possible using a fork.
3. Add the egg, erythritol, stevia, and salt. Combine using a hand mixer until uniform in consistency.
4. Add the cocoa, coconut flakes, and baking powder. Combine once more.
5. Using a cookie scooper, scoop out nine cookies onto the baking sheet. Use a spoon or your finger to spread the cookie to your desired size.
6. Optionally, top with Lily's Chocolate chips or shaved Baker's Chocolate. Bake for 10-12 minutes, until firm.
7. Allow to cool for five minutes prior to handling. Best stored in a zip top bag in the fridge for up to one week.

## Nutrition

### Per serving (one cookie)

**Calories:** 60

**Fat:** 4g

**Protein:** 2g

**Net Carbs:** 2g

*Recipe can be quickly added to MyFitnessPal  
Search "KetoConnect - Avocado Fudge Cookies"*



## Notes

This recipe is nut-free and dairy-free, but feel free to add chopped walnuts or peanuts for texture and flavor!

# Sausage Biscuits



6 Servings



Prep Time: 15 minutes



Cook Time: 15 minutes



400°

## Ingredients

- 1.5 cups mozzarella cheese
- 1 oz. cream cheese
- ¾ cup almond flour
- 1 large egg
- 12 oz. ground breakfast sausage (pre-seasoned)

## Instructions

1. Preheat your oven to 400 degrees F and line a baking sheet with parchment paper.
  2. Preheat a medium-size skillet to medium high heat.
  3. Divide the sausage into six and roll into balls. Add them to the hot skillet and cook through. Set aside on a plate to cool.
  4. To make the dough, add the mozzarella cheese and cream cheese to a microwave-safe bowl. Microwave on high for 30 seconds. Combine using a fork until evenly mixed.
  5. Add the almond flour and egg. Combine as thoroughly as possible. If it does not combine well, microwave for another 20 seconds.
  6. Switch to a spatula, if necessary, and combine. Pour the dough onto a piece of parchment paper. If it is not evenly combine, use your hands to incorporate everything.
  7. Portion the dough out into six balls.
  8. Flatten each ball using your hands, or roll it out with another piece of parchment paper on top to prevent sticking. Place the cooked sausage ball in the center. Pull up the side and place the sausage ball, seam side down, on the lined baking sheet.
  9. Repeat until all six sausage balls are complete and on the sheet. Bake for 10-15 minutes, until browned on top.
- Best stored in an air tight container in the fridge for up to five days.

## Nutrition

### **Per serving (one sausage ball)**

**Calories:** 363

**Fat:** 30g

**Protein:** 19g

**Net Carbs:** 2g

*Recipe can be quickly added to MyFitnessPal  
Search "KetoConnect - Keto Sausage Balls"*



# Notes

Swap the breakfast sausage for ground beef, onion, and tomato for a mini burger version!



Sausage Biscuits

# Oatmeal Cookie Fat Bombs



12 Servings



Prep Time: 10 minutes



Cook Time: 0 minutes



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## Ingredients

- 1 cup Pecans (ground)
- 1 tsp Cinnamon
- ½ tsp Pink Salt
- ¼ cup Butter
- ¼ cup Coconut Oil
- 30 drops Liquid Stevia
- 1 tsp Vanilla Extract

## Instructions

1. Melt the butter and coconut oil in a saucepan over medium heat.
2. Once melted, pour the mixture into a mixing bowl. Add the remaining ingredients to the bowl.
3. With a large spoon, mix thoroughly. When everything is evenly combined, pour the mixture into your silicone fat bomb molds.
4. Refrigerate for at least an hour before consuming.
5. These Bomb Bites are best stored in the fridge for up to two weeks.

## Nutrition

### Per serving (one fat bomb)

**Calories:** 131

**Fat:** 14g

**Protein:** 0g

**Net Carbs:** 1g



# Notes

Find 40 more fat bomb recipes in our Fat Bomb Bible eBook at [KetoConnect.net](http://KetoConnect.net).  
Desserts, dips, drinks and more!



Oatmeal Cookie Fat Bombs

# One-Minute Bread Mix



10 Servings



Prep Time: 1 minute



Cook Time: 2 minutes



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## Ingredients

### Bread Mixture:

- 2 cups almond flour
- 4 tbsp psyllium husk powder
- 6 tbsp ground golden flaxseed meal
- 2 tsp baking powder
- ½ tsp pink salt

### To make the bread:

- 1 tbsp butter
- 1 large egg
- ¼ cup of bread mix

## Instructions

1. Combine all the ingredients in a large jar and shake to combine.
2. To make the bread, add one tbsp of butter to a microwave-safe bowl or mug.
3. Add 1/4 cup of the mix and an egg to the melted butter. Mix thoroughly with a fork.
4. Microwave on high for 70-80 seconds. Eat as is or flip onto a plate and slice in half to use as sandwich bread or as a side to your meal.

*Making it in bulk will make it easier to make a quick microwave bread for a snack or meal. Store the mixture in an airtight container on the counter top for up to three weeks.*

## Nutrition

### Per serving (one mug bread)

**Calories:** 323

**Fat:** 28g

**Protein:** 10g

**Net Carbs:** 2g

*Recipe can be quickly added to  
MyFitnessPal Search  
"KetoConnect - Keto Mug Bread"*





## Notes

Feel free to add cinnamon, nuts, or sweetener to your bread for a different flavor and texture.



# Gooney Butter Cake



10 Servings



Prep Time: 15 minutes



Cook Time: 55 minutes



350°

## Ingredients

### BOTTOM LAYER

- 3 tbsp coconut flour
- ¼ cup powdered erythritol
- 1 tsp baking powder
- 1 tbsp beef gelatin (optional)
- ½ cup butter, room temperature
- ½ tsp vanilla extract
- 2 large eggs, room temperature

### TOP LAYER

- ½ cup butter, room temperature
- 8 oz. cream cheese, room temperature
- ¼ cup powdered erythritol
- ½ tsp vanilla extract
- 50 drops liquid stevia
- 2 large eggs, room temperature

## Instructions

1. Preheat your oven to 350 degrees F and grease an 8-inch spring form pan with coconut oil spray.
2. To make the bottom layer, combine the butter, vanilla extract, and eggs in a large mixing bowl using a hand mixer.
3. Add the coconut flour, erythritol, baking powder, and gelatin to the bowl. Combine using a spatula then set aside.
4. To make the top layer, cream together the butter and cream cheese using a hand mixer.
5. Add in the vanilla extract, erythritol, stevia, and eggs. Combine with a hand mixer until smooth.

6. Form the bottom layer (crust) into the bottom of the spring form pan using your hands.
  7. Pour the top layer on top of the crust layer and give it a few taps to release the air bubbles.
  8. Bake in the oven for 30-35 minutes. Take it out when the edges start to brown. Allow to cool for 15-20 minutes.
- We like to serve the cake after it's cooled for two hours at room temperature. sheet. Bake for 10-15 minutes, until browned on top.*

## Nutrition

Recipe can be quickly added to MyFitnessPal  
Search "KetoConnect - Keto Butter Cake"

### Per serving (per slice)

**Calories:** 279

**Fat:** 28g

**Protein:** 4g

**Net Carbs:** 2g



# Notes

Top with whipped cream, berries, or toasted nuts!



# Breakfast Enchiladas



4 Servings



Prep Time: 30 minutes



Cook Time: 5 minutes



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## Ingredients

### TORTILLAS

- 6 large eggs
- ¼ cup heavy whipping cream
- ½ tsp pink salt
- ½ tsp garlic powder
- ½ tsp chili powder
- ¼ tsp black pepper

### ENCHILADAS

- 8 oz. ground sausage
- ¾ cup enchilada sauce (Old El Paso)
- 1.5 cups shredded cheese

## Instructions

1. To make the tortillas, add all the ingredients to a large mixing bowl and whisk to combine.
2. Heat a small (6-inch) skillet to medium-low heat and grease with coconut oil spray.
3. Use a 1/4 cup measuring cup to pour the batter into the heated pan and cover with a lid to cook through, about 2-3 minutes.
4. Repeat the process until all the tortillas are cooked. (We made seven.)

5. Preheat your oven to 400 degrees F and heat your skillet up to medium-high heat. Add the ground sausage. Break it up and cook through completely. Remove from the heat and set aside.

7. To assemble the enchiladas, place some meat and cheese into each tortilla. Wrap loosely and place in a casserole dish. Repeat until all the enchiladas are in the dish.

8. Top with enchilada sauce and additional cheese. Bake for 10-12 minutes until cheese is fully melted. Enjoy!

*Store in a sealed container in the fridge for up to five days.*

## Nutrition

### **Per serving (per enchilada)**

**Calories:** 477

**Fat:** 37g

**Protein:** 28g

**Net Carbs:** 5g

*Recipe can be quickly added to MyFitnessPal  
Search "KetoConnect - Breakfast Enchiladas"*





Breakfast Enchiladas

# No-Bake Cookie Dough



12 Servings



Prep Time: 10 minute



Cook Time: minutes



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## Ingredients

- 8 oz. cream cheese
- ½ cup butter
- ¼ cup erythritol
- ½ cup almond flour
- 25 drops liquid stevia
- ¼ tsp vanilla extract
- ¼ tsp pink salt
- ¼ cup Lily's Chocolate Chips

## Instructions

1. Combine the butter and cream cheese in a large bowl using a hand mixer.
2. Add in the almond flour, erythritol, stevia, vanilla extract, and pink salt. Combine.
3. Optionally, fold in the chocolate chips using a spatula.
4. Refrigerate for an hour then scoop into balls.

*Store in the fridge for up to two weeks.*

## Nutrition

### Per serving (one scoop)

**Calories:** 167

**Fat:** 17g

**Protein:** 2.3g

**Net Carbs:** 1.2g

*Recipe can be quickly added to*

*MyFitnessPal Search "KetoConnect - Keto Cookie Dough"*



## Notes

Don't try to bake this cookie dough recipe! It is strictly for eating as a raw cookie dough. Try baking our other chocolate chip cookie recipes at [ketoconnect.net](http://ketoconnect.net).

