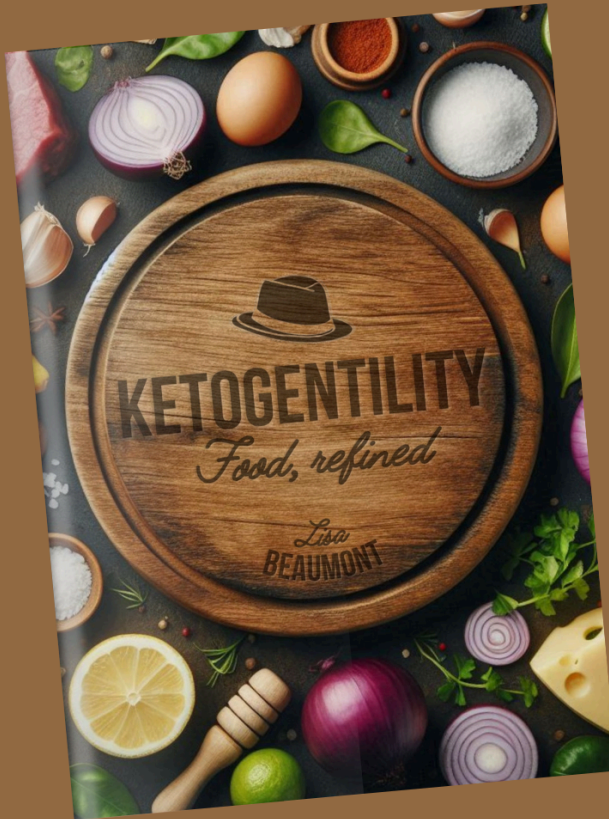


ELEVATE YOUR DIET



Ketogentility.co.uk

Hello!

Here's your welcome gift of a set of keto-friendly recipe cards; a small selection from the new cookbook, Ketogentility: Food refined, to help inspire you toward a healthy, fun, and delicious culinary experience..!

Enjoy...

SNACKS

Almond & Seed Crackers



Ready in 15 minutes

Ingredients

A generous handful of almonds (or ready-ground almonds)

A part-packet of mixed seeds, or mix your own

Coconut oil or salted butter

Psyllium husk (optional but helps to hold it together)

Preparation

Grind the almonds in the blender if they're not ready-ground. Put the ground almonds in a bowl and mix in some mixed seeds, sea salt, and a tiny amount (quarter of a teaspoon) of psyllium husk, if you're using it.

Add some melted coconut oil or salted butter and mix well. Then add a small amount of boiling water just to moisten the mixture.

Scoop some of the mixture into a tiny non-stick frying pan and spread it out thinly.

Cook on a low heat for a few minutes, then carefully turn it over and do the same on the other side. Repeat with the rest of the mixture.

Serve buttered with brie and homemade low-sugar jam.

Tips

Delicious and way more filling than regular crackers. As a variation, add herbs such as rosemary or thyme, black pepper, or add grated cheddar into the mix before cooking.



SNACKS

Smoked Salmon Snack



Ready in 10 minutes

Ingredients

Smoked salmon

Raw spinach leaves

Fresh tomato

Cream cheese

Radishes

Manuka honey

Fresh lemon juice

Walnuts

Sea salt

Freshly ground black pepper

Preparation

Lay a thin layer of the smoked salmon on a plate, and then layer all the other ingredients on top, arranging them nicely.

Tips

This anti-inflammatory snack ticks a lot of boxes on taste and presentation and every ingredient can be switched out for whatever you have at hand. A slice of ham or beef instead of salmon, grated carrot or diced cucumber, pecans or peanuts, etc.



SNACKS

Nettle Pakoras with Lemon & Mint Yogurt



Ready in 20 minutes

Ingredients

Tops of nettles from the garden - use gloves!

Chopped garlic

Chopped red onion

Pumpkin & sunflower seeds

Coconut flour

Garam masala, Chilli flakes, Cayenne, Turmeric

Salt

Baking soda

Butter

Olive oil

Greek yogurt

Fresh lemon juice

Fresh mint



Preparation

Boil the nettles in a pan of water for a few minutes. Drain, and save the water.

Add the chopped garlic and red onion to the nettles and stir well.

For the batter, whizz the pumpkin seeds and sunflower seeds in the blender, then add a bit of coconut flour, garam masala, chilli flakes, cayenne, turmeric, salt, and baking soda, some of the nettle water, and blend it again.

Add the batter to the vegetables and mix them together with a spoon.

Make little patties with the mixture (the nettles are safe to touch after boiling, by the way).

Fry in butter and a little olive oil in a non-stick pan, turning carefully once.

Serve with Greek yogurt mixed with fresh lemon juice and chopped fresh mint.



SALADS

Gorgonzola & Walnut Salad



Ready in 10 minutes

Ingredients

Romaine leaves

Avocado

Gorgonzola

Walnuts

Homemade dressing (Greek yogurt, Dijon mustard, apple cider vinegar)

Sea salt & freshly ground black pepper

Preparation

Wash and roughly chop your lettuce.

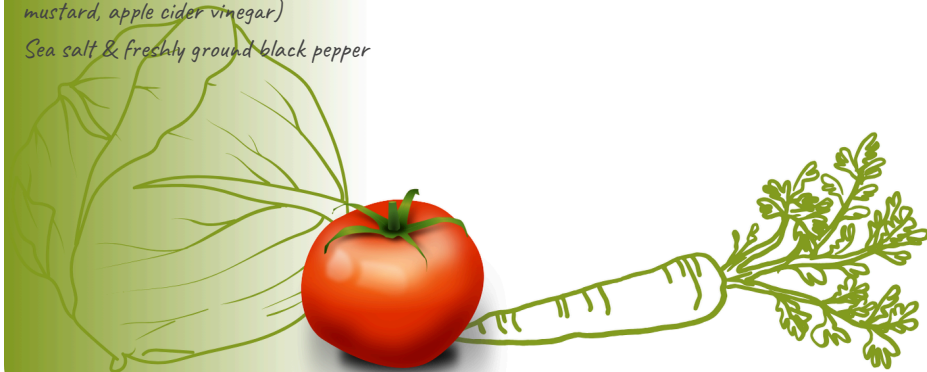
Stir in cubed avocado, cubed Gorgonzola, and a handful of walnuts lightly crushed in your hands.

Add salt.

Make up your dressing with the yogurt, mustard, and vinegar, and pour over the salad.

Tips

A large bowl of this is tasty and filling enough as your entire main course - nothing else needed.



SALADS

Seasoned Coleslaw



Ready in 15 minutes

Ingredients

Eggs

Cabbage

Carrot

Red onion

Mature cheddar

Sea salt

Black pepper

Paprika

*Shop-bought
steak seasoning*

For the garlic

mayo dressing

Soya milk

Olive oil

Apple cider vinegar

Fresh garlic

Dijon mustard

Preparation

Boil and peel the eggs.

Chop the cabbage and onion, grate the carrot and cheese, and put straight into your big serving bowl, with salt & pepper. Mix them up.

Make up your mayo in the blender with your soya milk, olive oil, apple cider vinegar, crushed fresh garlic, and mustard. Stir some into the salad and store the rest in the fridge.

Smooth the top of the coleslaw to make it neat.

Chop your eggs in half lengthways, and arrange on top of the coleslaw.

Sprinkle generously with paprika and steak seasoning.

Tips

This coleslaw can be created with a variety of different ingredients, is a winner at pot-lucks and picnics, and keeps in the fridge for a few days for you to dip into. I'll follow with some alternative options...



SALADS

Aubeijinhos



Ready in 15 minutes

Ingredients

Aubergines

Salted butter

Extra mature cheddar

Cherry tomatoes

Black pepper

Dried mixed Italian herbs

Preparation

Slice and fry the aubergine in the butter, turning a couple of times.

Add grated cheese, tomatoes, pepper and herbs, and cook with the lid on.

Tips

Can be eaten as it is, or served on a bed of rocket and cucumber with fresh dill, extra virgin olive oil, apple cider vinegar, yeast flakes, and a spoonful of sauerkraut, as per the photo.



SIZZLERS

Smoked Mackerel & Spicy Pak Choi



Ready in 10 minutes

Ingredients

Smoked mackerel

A head of pak choy

Garlic

Onion

Soy sauce

Crunchy peanut butter

Fresh lemon or lime juice

Chilli flakes

Preparation

Chop and fry the garlic and onion in a wok or large frying pan.

Add soy sauce, lemon/lime juice, and a sprinkle of chilli flakes to suit your taste.

Stir in the washed and chopped pak choy and stir while cooking for a minute or two.

Then stir in a generous dollop of crunchy peanut butter.

Serve the cold mackerel on a dinner plate, and the hot pak choy alongside it.

Tips

If you're not a fan of peanut butter, use a handful of salted cashew nuts. This pak choy dish is delicious and filling enough to be made large and served as the whole main course without the fish. Or you could add in cubed tofu or salmon.



SIZZLERS

Lime, Cheese & Chilli Prawns



Ready in 15 minutes

Ingredients

Prawns

Extra mature Cheddar cheese, grated

Garlic

Salted Butter

Fresh lime juice

Sea salt

Chilli flakes

Cayenne

Paprika

Preparation

Melt some butter in a saucepan or frying pan.

Add the crushed garlic and cook for a minute.

Add the prawns, and stir in some chilli flakes, salt, a little bit of cayenne, and lots of paprika.

Add the juice of a lime, and stir, covering the prawns to cook them.

Then add a generous amount of grated cheese and cook for a few minutes until the cheese is melted and the prawns are definitely done.

Serve, adding more paprika and some fresh parsley.

Tips

This also works well with leeks, onions, and mushrooms, different types of cheese including cream cheese, and double cream.



SIZZLERS

Salmon Chowder



Ready in 30 minutes

Ingredients

<i>Garlic</i>	<i>Unsweetened almond</i>
<i>Olive oil</i>	<i>milk</i>
<i>Butter</i>	<i>Carrots</i>
<i>Onions</i>	<i>Cauliflower (clouds &</i>
<i>Green bell pepper</i>	<i>leaves)</i>
<i>Celery</i>	<i>Frozen peas</i>
<i>Mixed herbs</i>	<i>Juice of half a lemon</i>
<i>Cayenne</i>	<i>Salmon fillet</i>
<i>Paprika</i>	<i>Prawns</i>
<i>Turmeric</i>	<i>Salt and pepper</i>

Preparation

Fry the garlic in oil and butter, then add onions, then the bell pepper, then the celery.

Add salt, pepper, herbs, cayenne, paprika, and turmeric.

Cover with milk and add carrots, cauliflower, peas, and lemon juice.

Put the salmon on top, add a slice of lemon and more seasoning. Cook with the lid on until the carrots and cauliflower are almost tender, then add the prawns, and cook a few more minutes until prawns are definitely done.

Serve in a bowl with fresh parsley.



SWEETS

Cream Eclairs



Cream eclairs (or chocolate eclairs, as they're also called) are really popular around here, especially giant-sized ones. To begin with, it was painful for me as, even though I'm not all that sweet-toothed, I do love them, but I'd changed my diet and these aren't a part of it. However...

I was walking in the fields, one day, with my dog and pondered how I might replicate a keto version. The fresh double cream is already keto, so I just needed to whip it in the blender. The chocolate I could use 85% cocoa chocolate from Lidl. But the choux pastry??

I'm no baker and don't even know how they make the real stuff, let alone a keto one! But I felt a huge amount of clarity about how to create something that would taste pretty close, even if it doesn't puff up:

Coconut flour
Baking powder
Soya milk,
and an egg!

I fried a "pancake" in my tiny egg pan and this is the end result...

Fill it with whipped double cream, and fold it over, and top with melted 85% cocoa chocolate.

It tastes brilliant and I'm delighted with it!



SWEETS

Blackberry Cream Whip



You've got to try this; it's so quick, easy, and delicious:

Fresh double cream

Soft cheese (Philadelphia or similar)

Blackberries

Tiny bit of honey or a couple of dates

Cinnamon

Put the lot in a blender and whizz until thick.

Serve in a glass, dressed with a few blackberries.

Tips

You can also top it with crushed walnuts or pecans.

It's imperative for your health that you do not use cream alternatives instead of fresh cream.

Check the label - if it's not double cream, put it back.



SWEETS

Sugar-free (almost) Ice Cream Bars



This is an adaptation of a recipe I saw on social media.

Great for when the ice cream van comes playing Popeye the Sailor Man in your cul-de-sac but you're not really eating sugar these days and don't want to feel deprived.

Add to a bowl: full fat Greek yogurt, blueberries, crushed pecans and/or walnuts, lemon zest, cinnamon.

Stir it up and put dollops of the mixture onto a freezer-safe tray. (Foil on a baking tray.) Freeze until the outside is frozen.

Melt high cocoa content dark chocolate. (85% has 15% sugar.)

Add a top layer of crunchy almond or peanut butter.

Quickly coat them in chocolate. It's messy.

Either eat immediately while the inside is a bit soft, or store in the freezer and take out an hour or two before serving.



If you'd like more recipes, remember you can get the full ebook or a handy paperback copy to keep in the kitchen or give as a gift on Amazon - search for [Ketogentility](#).

And if you're looking for further steps on your journey toward an elevated healthy lifestyle, please do come over to the website [Ketogentility.co.uk](#) where you'll find an ever-growing blog brimming with suggestions on how to refine your life, along with a shop of lovely items designed to promote vitality.

In good health,

A handwritten signature in blue ink, appearing to read 'Lisa', with a stylized flourish extending from the end.

Lisa Beaumont

Owner & Founder

[Ketogentility.co.uk](#)