

Great Keto Baking Recipes The Whole Family Will Love



Great Keto Baking Recipes the whole family will love: Recipes To Satisfy Your Craving by Jeff Kinney

★★★★★ 5 out of 5

Language : English

File size : 45050 KB

Print length : 122 pages

Lending : Enabled

Screen Reader: Supported



If you're following a ketogenic diet, you know that baking can be a challenge. Traditional baking ingredients like flour and sugar are high in carbs, which can throw you out of ketosis. But that doesn't mean you have to give up on your favorite baked goods! There are plenty of delicious and easy keto baking recipes that you can enjoy.

Here are a few of our favorites:

Keto Chocolate Chip Cookies



These cookies are the perfect treat for satisfying your sweet tooth. They're made with almond flour, coconut flour, and sugar-free chocolate chips, so they're low in carbs and high in healthy fats.

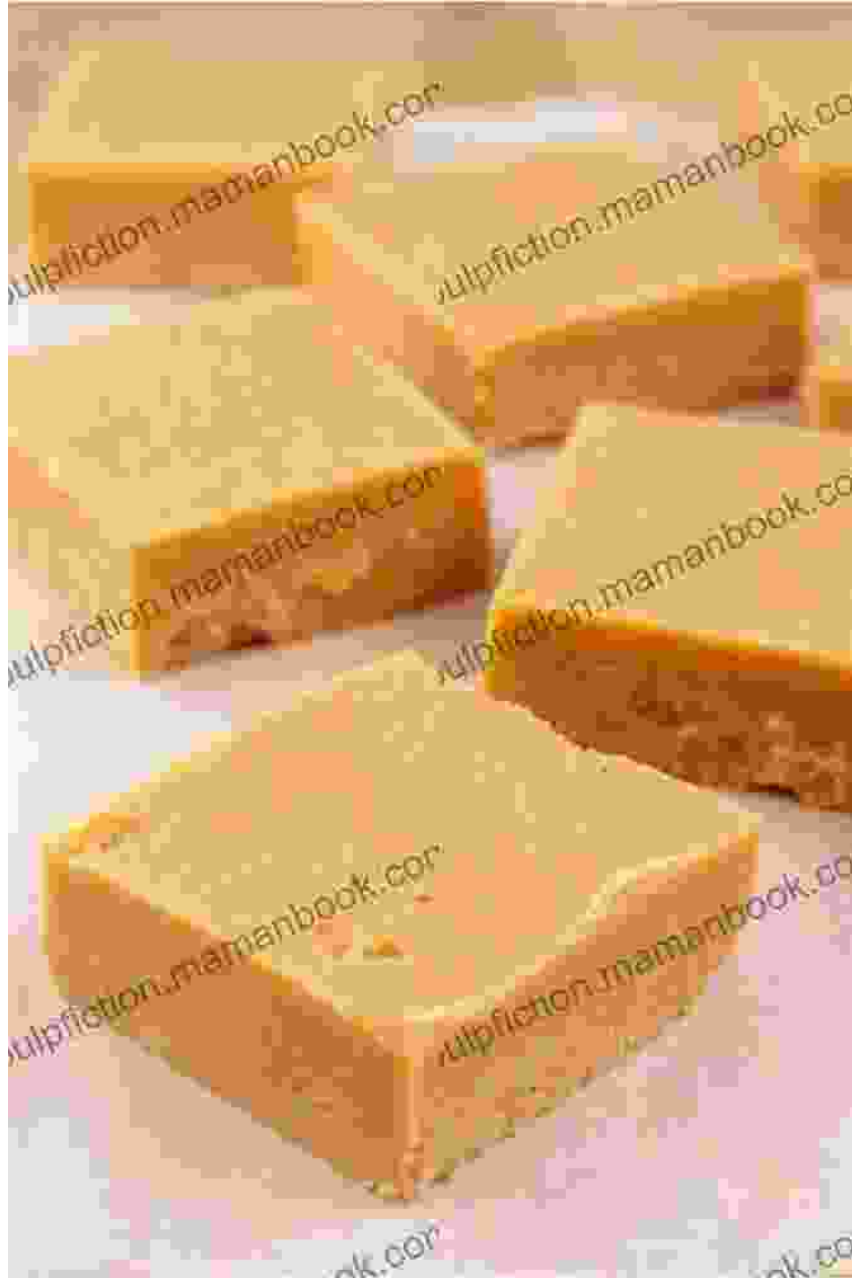
Ingredients:

* 1 cup almond flour * 1/2 cup coconut flour * 1/2 teaspoon baking soda * 1/4 teaspoon salt * 1/2 cup unsalted butter, softened * 1/4 cup sugar-free chocolate chips * 1/4 cup chopped walnuts (optional)

Instructions:

1. Preheat oven to 350 degrees F (175 degrees C). 2. Line a baking sheet with parchment paper. 3. In a medium bowl, combine the almond flour, coconut flour, baking soda, and salt. 4. In a separate bowl, cream together the butter and sugar-free chocolate chips until light and fluffy. 5. Add the dry ingredients to the wet ingredients and mix until just combined. 6. Stir in the chopped walnuts, if desired. 7. Drop the dough by rounded tablespoons onto the prepared baking sheet. 8. Bake for 10-12 minutes, or until the edges are golden brown. 9. Let cool on the baking sheet for a few minutes before transferring to a wire rack to cool completely.

Keto Peanut Butter Bars



These bars are a great source of protein and healthy fats. They're made with peanut butter, almond flour, and sugar-free chocolate chips, so they're perfect for a quick and easy snack.

Ingredients:

* 1 cup peanut butter * 1/2 cup almond flour * 1/4 cup sugar-free chocolate chips * 1/4 cup chopped peanuts (optional)

Instructions:

1. Line a 9x13 inch baking pan with parchment paper. 2. In a medium bowl, combine the peanut butter, almond flour, and sugar-free chocolate chips. 3. Press the mixture into the prepared baking pan. 4. Sprinkle the chopped peanuts on top, if desired. 5. Refrigerate for at least 2 hours, or until firm. 6. Cut into bars and enjoy!

Keto Cheesecake



This cheesecake is a delicious and decadent treat that's perfect for any occasion. It's made with cream cheese, heavy cream, and sugar-free sweetener, so it's low in carbs and high in fat.

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