

ST. PATRICK'S DAY KETO COOKBOOK

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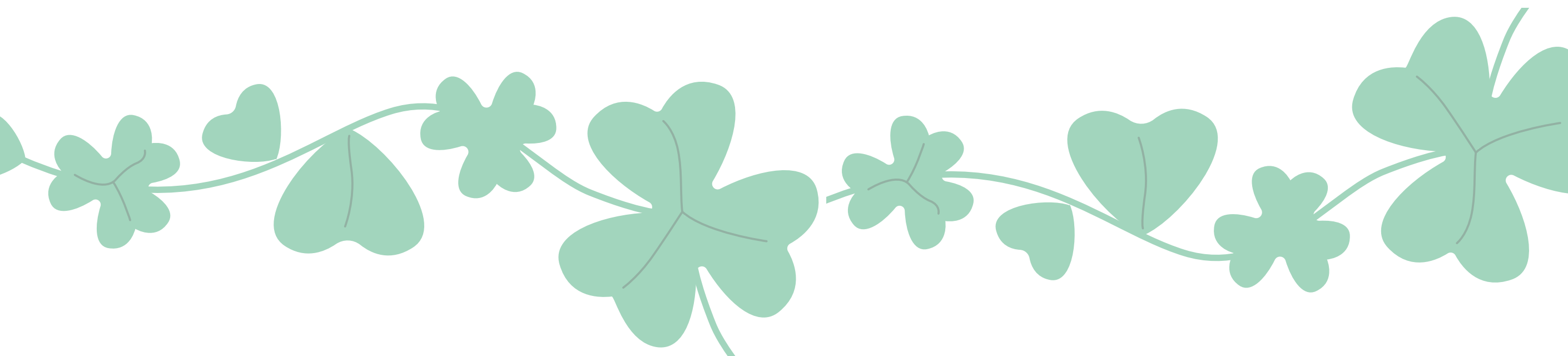
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Green Pancakes



FOR MORE RECIPES, VISIT [KETOGENIC.COM](https://ketogenic.com)

INGREDIENTS

- 4 oz of softened cream cheese
- 1/4 cup coconut flour
- 1 tablespoon of psyllium husk
- 3 tablespoons of granulated stevia blend
- 1/2 cup unsweetened coconut milk
- 3 large eggs
- Pinch of sea salt
- 1 teaspoon of baking powder
- 1/2 teaspoon of Vanilla extract

Frosting

- 4 oz of softened cream cheese
- 1 tablespoon of softened unsalted butter
- 1/4 cup of powdered stevia swerve (dependent on taste)
- 2 tablespoon of unsweetened almond milk
- 1/2 teaspoon of vanilla extract
- Green coloring or 1/2 teaspoon of spinach powder

INSTRUCTIONS

1. In a mixing bowl, whisk the cream cheese and the eggs until a creamy batter has been obtained.
2. Add the coconut flour, stevia, baking powder and sea salt and continue whisking.
3. Once all the ingredients are integrated, add the coconut milk little by little and lastly add the vanilla extract.
4. Let the batter sit for 5 minutes until the coconut flour has absorbed all the liquid.
5. In a previously heated and oiled griddle, add the batter with a 1/4 measuring cup.
6. Cook each side for 2-3 minutes and serve with your favorite toppings.
7. In a medium bowl, mix swerve, cream cheese and butter with an electric mixer on low speed.
8. Stir in vanilla and 1 tablespoon of almond milk.
9. Gradually beat in just enough remaining milk to make frosting smooth and spreadable. If frosting is too thick, beat in more milk, a few drops at a time.
10. Add color of your choice.
11. Add frosting to a piping bag and decorate pancakes.

NUTRITION FACTS

Serving Size: 1 **Servings:** 4 **316g** Calories **27.5g** Fat **5.2g** Net Carbs **9g** Protein





Spinach Soup



FOR MORE RECIPES, VISIT [KETOGENIC.COM](https://ketogenic.com)

INGREDIENTS

- 1 ½ cup of free range chicken broth
- 1 (10 oz) package frozen chopped spinach
- 3 tablespoons butter
- 1 stick of celery
- 3 cups of unsweetened coconut milk
- 1 tablespoon dried minced onion
- 1 bunch of minced cilantro
- 2 tablespoons of coconut flour
- salt and pepper to taste

NUTRITION FACTS

Serving Size: 1 bowl

Servings: 4

139 Calories

12.6g Fat

4.6g Net Carbs

4.7g Protein

INSTRUCTIONS

1. In a medium saucepan, combine water, bouillon, and spinach.
2. Bring to a boil, and cook until spinach is tender.
3. Melt butter in a large saucepan over medium heat.
4. Stir in flour, and cook for 2 minutes.
5. Gradually whisk in milk.
6. Season with minced onion, salt, and pepper.
7. Cook, stirring constantly until thickened.
8. Stir in spinach mixture.





Green Smoothie



FOR MORE RECIPES, VISIT [KETOGENIC.COM](https://ketogenic.com)

INGREDIENTS

- Stalk of Celery
- ½ cucumber
- ½ Avocado
- 1 scoop of vanilla protein powder (optional)
- 1 Tablespoon Almond or Peanut Butter
- 1-2 packets of stevia
- 2 cups of Spinach
- 6 oz of unsweetened coconut milk
- 7 cubes of ice

NUTRITION FACTS

Serving Size: 1

Servings: 2

173 Calories

17.3g Fat

5g Net Carbs

47.3g Protein

INSTRUCTIONS

Blend all the ingredients in the blender until smooth.





St. Patty's Day Cupcakes



FOR MORE RECIPES, VISIT [KETOGENIC.COM](https://ketogenic.com)

INGREDIENTS

Cupcakes

- 1 ¼ cups almond flour
- 2 eggs
- 1 tbsp coconut oil, melted
- ¼ cup stevia
- 1 tsp baking soda
- 1 tsp vanilla extract
- ¼ cup unsweetened almond milk
- natural food coloring

Frosting

- 6 oz cream cheese, softened
- 1 tbsp butter, melted
- ⅓ cup powdered stevia or confectioners Swerve
- 1 tsp vanilla extract natural food coloring

INSTRUCTIONS

1. Preheat the oven to 375°F and grease a cupcake tin.
2. In a bowl, whisk together the dry ingredients and set aside.
3. In a separate bowl, whisk together the wet ingredients for 2 minutes.
4. Slowly mix the dry mix into the wet ingredient bowl, stirring until well combined.
5. Evenly pour the batter into 9 of the cupcake molds.
6. Bake for 15 minutes or until done. Note: To test if it is done, insert a toothpick into the center. If it comes out clean, it is done.
7. Allow the cupcakes to completely cool before frosting.
8. In a mixing bowl, combine the cream cheese and butter until well combined.
9. Add in the remaining frosting ingredients and mix until well combined.
10. Pipe the frosting and ice the cupcakes with an even amount of frosting.

NUTRITION FACTS

Serving Size: 1 **Servings:** 9 **202g** Calories **18.2g** Fat **3.6g** Net Carbs **6.1g** Protein





St. Patrick's Day Mousse



FOR MORE RECIPES, VISIT [KETOGENIC.COM](https://ketogenic.com)

INGREDIENTS

- 2 cups heavy whipping cream
- 8 tbsp confectioners Swerve
- 2 drops natural green food coloring
- ½ tsp vanilla extract
- whipped cream (optional)

INSTRUCTIONS

1. In a chilled bowl, whip the heavy whipping cream with swerve and vanilla extract until firm.
2. Add drops of green coloring and continue whisking until you have the desired tone of green.
3. Serve and add a dollop of whipping cream (optional).
4. Keep in the fridge until ready to eat.

NUTRITION FACTS

Serving Size: 1

Servings: 4

444 Calories

48g Fat

1g Net Carbs

2g Protein



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