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# Dairy-Free Keto Recipes

KETO-FRIENDLY AND LOW-CARB RECIPES

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# introduction

Creating ketogenic versions of your favorite dishes can be a bit tricky, especially when you first transitioned to this diet lifestyle. You may be wondering how you can take your favorite breaded dish and make a version that complies to this new way of eating?

Now, if you have to (or just personally decide to) add additional dietary restrictions into the mix (such as dairy-free, nut-free, etc.), things get even more challenging.

Luckily, I completely understand having dietary preferences and necessities AND aiming to follow a certain lifestyle. Different ingredients (or a lack thereof) can truly allow us to feel our best! It is all about finding a lifestyle that is easy to stick to and truly works for our bodies.

For those of you that follow a **ketogenic and dairy-free** lifestyle, this eBook is about to be your new favorite resource! Within the pages of this eBook you will find the most decadent, mouthwatering, ketogenic-friendly recipes, all made without dairy!

# recipe icons



**KETO**



**COCONUT-FREE**



**WHOLE30**



**VEGETARIAN**



**PALEO**



**NUT-FREE**



**DAIRY-FREE**



**EGG-FREE**



\*  
NET CARBS  
**2.3g**

## Ingredients

- ½ cup almond flour
- ½ cup ground flax seeds
- 1 tbsp + 1 tsp sesame seeds
- ⅛ tsp salt
- 1 large egg, beaten
- ¾ tsp oregano
- ⅛ tsp ground thyme
- Avocado oil cooking spray
- Coarse salt
- Freshly ground pepper



# low-carb crackers

## Instructions

1. Preheat oven to 325 degrees.
2. To a mixing bowl, add all dry ingredients excluding coarse salt and ground pepper and whisk until well-combined. Add egg and, using hands, knead together until all ingredients are fully incorporated.
3. Spray two pieces of parchment paper with cooking spray. Lay one piece down, spray side up, placing dough in center. Lay the other piece down, spray side down so it touches the dough, and lightly press down.
4. Using a rolling pin, roll dough until it is an even layer. The dough should be quite thin.

Remove and discard the top piece of parchment paper. Carefully slide a baking tray beneath the parchment paper with dough on top.

5. Using a knife, gently cut crackers into desired size. (It seems to work best to press the knife down and bring it back up after each cut, rather than slicing straight through). Sprinkle coarse salt and black pepper to top of dough.
6. Bake crackers for 15-18 minutes. Remove crackers from oven and allow to cool completely before breaking apart and eating.

## Nutrition Facts

**Yields:** 30 Crackers  
**Serving Size:** 6 Crackers

**Calories:** 139

**Fat:** 10.5g

**Total Carbs:** 6.1g

**Protein:** 6.1g



\*  
NET CARBS  
**4.9g**

## Ingredients

- 2 cups almond flour
- 2/3 cup classic monk fruit sweetener
- 1/4 cup coconut flour
- 1 tsp cream of tartar
- 1/2 tsp baking soda
- 1/4 tsp salt
- 6 large eggs
- 2 egg whites (approximately 1/3 cup egg whites)
- 3 tbsp dairy-free mayonnaise
- 1 tbsp lemon extract
- 1/2 tsp pure vanilla extract
- Zest of one large lemon
- 1 cup blueberries, divided (approximately 150 grams)



# low-carb lemon blueberry bread

## Instructions

1. Preheat oven to 350 degrees and spray 9x5 inch bread pan with non-stick cooking spray or line with parchment paper.
2. In a mixing bowl, whisk dry ingredients together.
3. To mixing bowl, add eggs, egg whites, mayonnaise, lemon extract, vanilla extract, and lemon zest. Mix with electric mixer until all ingredients are well-combined.
4. Stir in 3/4 cup blueberries.
5. Transfer dough to prepared bread pan.
6. Bake bread for 20 minutes, remove from oven, top dough with remaining blueberries, and return pan to oven.
7. Bake bread for 50 minutes.
8. Remove from oven and allow bread to cool for 2 hours.
9. Carefully remove bread from pan, slice, and enjoy!

## Nutrition Facts

**Yields:** 10 Slices  
**Serving Size:** 1 Slice

**Calories:** 207

**Fat:** 16.4g

**Total Carbs:** 21.1g

**Protein:** 9.1g



# nut-free dairy-free creamy cold brew keto coffee

## Ingredients

- 12 oz cold brew coffee, room temperature
- 2 ice cubes
- 1 tbsp collagen
- 1 scoop MCT oil powder

## Optional addition:

- 1 packet Four Sigmatic "Achieve" Mushroom Coffee Mix

## Instructions

1. To a high-speed blender, add all ingredients. Blend on high until mixture is frothy, about 1 minute. Pour mixture into glass and enjoy!



## Nutrition Facts

**Yields:** 1 Serving

**Serving Size:** 1 Serving

**Calories:** 96

**Total Carbs:** 2.2g

**Fat:** 7g

**Protein:** 6.3g



# spicy salmon poppers

## Ingredients

### Poppers:

- 24 oz canned salmon
- 5 eggs
- ¾ cup (80g) finely ground pork rinds
- ½ medium jalapeño (~20g), finely chopped
- ¼ cup mayonnaise
- ¾ tsp garlic powder
- ½ tsp dried dill

### Lemon Dill Aioli:

- ¼ cup + 2 tbsp mayonnaise
- 1 tbsp lemon juice
- 1 tbsp mustard
- 1 tbsp apple cider vinegar
- 2 tsp dried dill
- ¼ tsp lemon zest
- ¼ tsp garlic powder
- 1/16 tsp (pinch) salt

### Optional garnishes:

- Fresh dill
- Jalapeño slices
- Lemon wedge

## Instructions

- 1.** To a mixing bowl, combine all popper ingredients excluding avocado oil using hands or electric mixer. Form into 24 equal size balls\* and gently press flat.
- 2.** Over medium heat in a pan, add avocado oil. Once oil is hot, add 4-6 poppers to pan and cook on each side until golden brown, about 4-5 minutes. Continue until all poppers are cooked.
- 3.** For the aioli, to a small bowl, add all ingredients and stir until well-incorporated.
- 4.** Serve poppers hot with aioli on the side or drizzled on top. Add optional garnishes as desired.



\*  
NET CARBS  
**1.2g**

## Nutrition Facts

**Yields:** 24 Poppers

**Serving Size:** 4 (40g) Poppers + Aioli

**Calories:** 441

**Total Carbs:** 1.4g

**Fat:** 30.7g

**Protein:** 39.8g



# buffalo deviled eggs

## Ingredients

### Buffalo Seasoning:

- 2 ¼ tsp paprika
- 2 tsp garlic powder
- 1 ¾ tsp ground mustard
- ½ tsp ground cayenne pepper
- ¼ tsp chili powder
- ¼ tsp ground cumin
- ¼ tsp onion powder
- ¼ tsp salt
- ⅛ tsp black pepper

### Deviled Eggs:

- 12 eggs
- ¼ cup + 3 tbsp mayonnaise
- 2 tsp dijon mustard

### Optional garnishes:

- ½ tsp paprika
- Fresh green onion, finely chopped

## Instructions

1. In a medium pot, fully submerge eggs in water and, over medium high heat, bring water to a rolling boil. Reduce heat to medium low, cover pot with lid, and boil eggs for 10 minutes. Meanwhile, prepare ice bath in a large bowl. Remove pot from heat and carefully drain water from pot and immediately transfer eggs to ice bath. Allow eggs to cool off in ice bath for 10 minutes.
2. Meanwhile, to a medium mixing bowl, add buffalo seasoning spices, mayonnaise, and mustard. Set aside.
3. After eggs have cooled, peel shells away from eggs and slice eggs in half lengthwise. Remove yolks from whites and transfer yolks to bowl of buffalo seasoning, mayonnaise, and mustard. Using an electric mixer, mix together yolks, spices, mayonnaise, and mustard until smooth and well-combined.
4. Transfer yolk mixture to piping bag and pipe into egg whites (Alternatively, if you do not have a piping bag, spoon a dollop of mixture into yolks). Top deviled eggs with optional garnishes as desired.

\*  
NET CARBS  
**0.9g**



## Nutrition Facts

**Yields:** 24 Deviled Eggs

**Serving Size:** 2 Deviled Eggs

**Calories:** 136

**Total Carbs:** 1.2g

**Fat:** 12g

**Protein:** 6.5g

want more keto recipes?

**CHECK OUT MY KETO DINNER FAVORITES EBOOK**