



FreeKetoCookbook.com Bonus Recipe Pack

Thank you for downloading your Free Keto Cookbook Bonus Recipe Pack!

Here are 5 bonus recipes to keep your keto journey exciting, plus a special mystery meal with keto-friendly sides and a keto biscuit to complete your dinner.

1. Skillet Bacon & Sausage Egg Drop

Ingredients:

- 2 slices bacon, diced
- 2 breakfast sausages, diced
- 2 eggs
- 2 tbsp salsa (optional)
- Salt & pepper to taste

Instructions:

1. Cook bacon and sausage in a skillet until browned.
2. Crack eggs directly over the meats and cook until desired doneness.
3. Top with salsa just before serving, or add to the skillet in the last minute to warm gently.
4. Season with salt and pepper and enjoy hot.

2. Cauliflower Crust Keto Pizza

Ingredients:

- 1 small cauliflower head
- 1 egg
- 1/2 cup mozzarella cheese
- Keto-friendly pizza sauce
- Toppings of choice

Instructions:

1. Grate and steam cauliflower, then squeeze excess water.
2. Mix with egg and cheese, form a crust on parchment, bake at 400°F for 15 min.
3. Add sauce, toppings, and cheese, bake for another 10 min, serve warm.

3. Baked Chicken with Veggies & Optional Cream Sauce

Ingredients:

- 2 chicken breasts
- 1 cup bell peppers, sliced
- 1 cup asparagus, trimmed
- Olive oil, salt, pepper
- Optional: 1/4 cup heavy cream, garlic, parmesan

Instructions:

1. Place chicken and veggies on a baking sheet, drizzle with olive oil, salt, and pepper.
2. Bake at 400°F for 20-25 min until chicken is cooked.
3. (Optional) Heat cream, garlic, and parmesan in a pan until thickened and pour over chicken.

4. Keto Strawberry Whipped Cream Dessert

Ingredients:

- 1 cup heavy whipping cream
- 1 tbsp keto-friendly sweetener
- 1/2 tsp vanilla extract
- 1/2 cup strawberries, sliced

Instructions:

1. Whip cream with sweetener and vanilla until stiff peaks form.
2. Top with sliced strawberries and serve chilled.

5. Quick Keto Power Bowl

Ingredients:

- 2 boiled eggs
- 1/2 avocado, sliced
- 1 cup mixed greens
- 2 slices cooked bacon
- Cherry tomatoes, sliced
- Dressing of choice

Instructions:

1. Arrange greens in a bowl, top with eggs, avocado, bacon, and tomatoes.
2. Drizzle with your favorite keto-friendly dressing and enjoy.

6. Mystery Keto Meal: Slow-Cooked BBQ Ribs with Sides

Enjoy fall-off-the-bone tender ribs paired with keto-friendly sides for a complete comfort meal.

Ingredients:

- 1 rack pork ribs
- 1/2 cup sugar-free BBQ sauce
- Salt, pepper, garlic powder
- 1 cup cauliflower florets
- 1 tbsp butter
- 1 cup coleslaw mix (cabbage, carrots)
- 2 tbsp keto-friendly mayonnaise
- 1 tsp apple cider vinegar
- Salt and pepper to taste

Instructions:

1. Season ribs with salt, pepper, and garlic powder. Place in a slow cooker with BBQ sauce. Cook on low for 6-8 hours.
2. Broil ribs for 3-5 minutes for crisp edges if desired.
3. Steam cauliflower, mash with butter, salt, and pepper.
4. Mix coleslaw ingredients with mayo and vinegar.
5. Serve together for a satisfying keto BBQ meal.

7. Keto Cheddar Garlic Biscuits

Ingredients:

- 1 1/2 cups almond flour
- 1 tbsp baking powder
- 1/2 tsp garlic powder
- 2 eggs
- 1/3 cup sour cream
- 1 cup shredded cheddar cheese
- 2 tbsp melted butter

- Pinch of salt

Instructions:

1. Preheat oven to 400°F and line a baking sheet with parchment.
2. Combine dry ingredients, then add eggs, sour cream, cheese, and butter.
3. Mix, scoop onto baking sheet.
4. Bake 12-15 min until golden. Serve warm.