

What have you eaten today?

Low Carb Eating – a collection of the favourite ideas, ingredients and recipes from members of the [Diabetes.co.uk](https://www.diabetes.co.uk) forum

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The Diabetes.co.uk forum offers mutual support to all members following a low carbohydrate way of eating aiming to manage and/or put their diabetes into remission.

This resource has been made possible by the generous contribution of ideas, tips, recipes, help and support from members of the Diabetes.co.uk forum and has been compiled by Michele Gladden (forum name @shelley262) – a member of the Diabetes.co.uk Forum.

Special thanks to all contributors to the Low Carb Forum thread "***What did you eat today?***" – a thread where diabetics, following a Low Carb way of eating, discuss what they eat and share ideas, tips and recipes:

<https://www.diabetes.co.uk/forum/threads/what-have-you-eaten-today.75781/>

This booklet has three main sections:

1. Some popular alternatives to favourite high carb items - including sugar, chocolate, flour, bread, potatoes, rice and pasta.

2. A selection of recipes developed or adapted by DCUK Forum members including sections on:

- **Breakfast/Brunch**
- **Picnics & Packed Lunch ideas**
- **Main Meals**
- **Vegetable Dishes**
- **Cakes and Puddings**

3. Favourite websites used by low carbers – more and more low carb ideas and recipes can be found online – just do a quick internet search and you'll find masses. In this section we have listed the ones that have been mentioned recently, by forum members, as a good source of information and recipes – but remember there are new ones emerging all the time - why not check them out?

Some popular alternatives to

There are a range of food items that are high carb that some members miss when eating low carb. Here are some ideas for alternatives to some of the most missed items - sugar, chocolate, flour, potatoes, rice, pasta and bread that are popular with forum members:

Sugar

Erythritol

Erythritol is a sugar alcohol (or polyol) which has almost zero carb content - is probably the most commonly used alternative sugar used in recipes by forum members.

Erythritol occurs naturally in some fruit and fermented foods but is made commercially from glucose that has been fermented with yeast. It can be bought in granulated or powdered form – and although it is only 70% as sweet as sugar - both forms can be used 'weight by weight' in place of regular sugar, so it is an excellent product to use in baking.

Erythritol is absorbed mainly in the small intestine and then excreted unchanged via urine. Unlike many other sweeteners (including other sugar alcohols such as maltitol and xylitol) erythritol, eaten in small or moderate amounts does not cause gastrointestinal problems for most people or affect their gut flora - as only a small amount gets to the large intestine.

Stevia

Stevia is another popular sweetener used in low carb and sugar free baking. Manufactured from the leaves of the stevia plant, it is available as drops, powder, or is mixed with erythritol to produce a granulated version. However, it is 300 times sweeter than sugar so only a small amount of pure stevia is needed.

Stevia drops are particularly useful when sweetening liquids, sauces and cake batters when you don't want to add bulk or change the balance of a recipe. Stevia drops are also available in various flavours such as chocolate, vanilla, berry etc. Just remember when using it's easy to add too much and if you do you may find there is a slight bitter aftertaste!

Tip

@shelley262 - Erythritol can taste slightly cold on the tongue and not quite sweet enough for some people. A good solution is to add a few drops of stevia liquid sweetener to your baking, when using erythritol, to up the sweetness and round off the flavour.

Xylitol

NB Xylitol is toxic for dogs. Never feed dogs any baked goods made with xylitol.

Xylitol is a sugar alcohol found naturally in fruits and vegetables in small amounts. It is produced commercially from corn cobs or birch trees to make a granulated version to use in drinks or baking - as it can be used weight for weight like sugar. Xylitol is one of the most frequently used sweeteners in sugar-free chewing gum and mouthwash.

Like erythritol, when eating or drinking anything sweetened with xylitol, you may experience a cooling effect in the mouth.

Like many other sugar alcohols, with the exception of erythritol, xylitol may cause stomach upsets and bloating - particularly if eaten in large quantities.

Monk Fruit

Monk fruit, like stevia, is naturally occurring and 200 times sweeter than table sugar. The monk fruit sweetener is made using the pulp of the fruit - which is fermented so removing the sugars but leaving the sweet taste.

Monk fruit, because of its intense sweetness, is usually blended with another sweetener such as Erythritol to produce the granulated version.

Inulin

Inulin is technically a fibrous carbohydrate but as it is not absorbed in the gastrointestinal tract, it doesn't count as a carbohydrate and it acts as useful fibre and as a prebiotic. Inulin has a slightly sweet taste, so some people use it as a sweetener for a variety of things.

Inulin can be bought as a powder often made from artichoke or chicory root and dissolved in liquid - it has very little taste. It's also the only sugar alternative - except for monk fruit - that caramelizes so can be used to give a brown look to baking - see for example its use in the lemon drizzle cake recipe in this booklet.

Tip

- **@magli155** "I've experimented with caramelizing on top of a brulee with a blow torch - I sprinkled one brulee with monk fruit and one with inulin. The inulin was the most brulee like. Caramelized very quickly, having a hard crack and a pleasant burnt toffee taste. Monk Fruit works too. Takes a little longer to caramelize, and still has a crack but not as firm (a bit more torching may help) but a pleasant taste."

High sugar chocolate

Some low carbers miss chocolate bars - many of which have too high a sugar content to be part of a low carb way of eating. Milk chocolate is usually the worst example - with lots of added sugars plus the milk itself is quite high carb.

Chocolate isn't completely off the list though as you can swap it for High Percentage Cocoa Chocolate

Aim to use chocolate with at least 85% cocoa - you can even work up to 100% cocoa which is usually the lowest carb of all. Do check the nutrition panels very carefully though - there can be quite large variations in carb content between different cocoa beans.

Tip

- **@shelley262** – “If you find it difficult to adjust to the higher cocoa chocolate you could melt a low carb 100% cocoa chocolate bar - mix with powdered erythritol (powdered to help it dissolve) or a few stevia drops, just enough to create the desired sweetness - plus you can add nuts if you like them. Then put the melted chocolate mixture onto greaseproof paper or into little sweet cases and allow to set. Transforms it to a milkier choc without the carbs of milk and sugar.”

Some quick chocolate recipes:

- **Chocolate mousse recipe (serves one)** - melt 5 Hotel Chocolat buttons or a square of high percentage cocoa chocolate in the microwave and add a dollop of extra thick double cream. “Bliss, especially the warm chocolate next to the cold cream”. **Forum member @goonergal**
- **Chocolate mousse recipe (serves six)** - melt a 100g high percentage cocoa chocolate bar in a bowl, in the microwave, till just liquid; tip in a dash of fridge temp cream, while using a hand whisk (one of those electric things with 2 removable balloon whisks); add in the rest of the 300ml of double cream and whisk until solid. It doesn't take long. I then portion out into ramekins and store in the fridge. It does set very solid. **Forum member @Brunneria**
- **Quick Chocolate Chia Pudding (serves two)** - mix 250mls of milk (dairy, unsweetened almond or coconut could be used), 2 tablespoons of cocoa powder and 3 tablespoons of chia seeds together and leave it for 20 minutes. Add 2 tablespoons of erythritol and stir well. Cover the bowl with cling film and refrigerate overnight. Popular with many forum members.

For more chocolate recipes - check out the 'Cakes and Puddings' part of this booklet.

Flours

Low carb flours take time to adjust to as they don't behave like wheat flour and so most of them cannot be directly substituted in your old recipes.

Rather than trying to adapt your favourite flour based recipes when you are starting out as a low carb baker, why not use low carb recipes that have been tested, and follow the ingredients list and instructions closely whilst you get used to how these alternative flours behave? You'll find some recipes to get started on your low carb baking journey in the cakes and puddings section of this booklet.

Almond Flour/Ground Almonds

Almond flour/ground almonds have a carb count of 6g per 100g making them a good low carb flour alternative.

Almond flour is typically made from blanched almonds which have had the skins removed, and is ground more finely than ground almonds

Ground almonds have a coarser grind and skins are usually left on.

If you've got a good grinder you can grind your own - either blanched ones to make almond flour, or with skins on to make ground almonds.

The majority of low carbers on the forum use ground almonds rather than the finer almond flour as it tends to be cheaper to buy and in practice it works much the same in most recipes in this booklet.

Coconut Flour

Coconut flour has a carb content of 16g per 100g so it is higher than almond flour – however it is often used in small amounts.

Coconut flour also absorbs more liquid than any other low carb flour so generally less of it is needed in recipes than traditional and other low carb flours.

Recipes using coconut flour also often need the addition of more eggs to add more lightness and rise to any baked goods using coconut flour.

Ground Flaxseed

Flaxseed is also known as linseed and can be bought either in the seed form or already milled.

Golden flaxseeds have a carb content of 1.5g per 100g and ground flaxseed has a carb content of 3g per 100g making flaxseeds one of the lowest of all the low carb flours.

What's unusual about baking with flax meal is that not only can it replace flour in recipes, but it can also replace eggs in recipes for vegans or those who are allergic to eggs.

To replace 1 egg, mix a tablespoon of ground flaxseed with three tablespoons of water and allow it to swell. If a recipe is heavily based on eggs, this substitution will not work as eggs have qualities which may be needed in a particular recipe, such as adding lightness and emulsification. It works very well in recipes for low carb crispbreads and crackers; where when one egg is in the ingredient list you can replace with flaxseed and extra liquid.

Tip

Other seeds can also be bought milled or you can grind them yourself if you have a robust electric grinder. They will behave similar to flaxseed and can be used 1:1 in place of almond flour/meal - but do check out the liquid needed if using any ground seed as a replacement to almond flour as most ground seeds, like coconut flour, need more liquid adding.

Psyllium husk

Psyllium husk has less than 0.2g of carb per 100g is therefore almost zero carb. Psyllium is a soluble fiber that can be used to add fibre to the diet and is usually found in the form of husk but can also be bought as granules, capsules or powder. Psyllium in husk form is the one used for most recipes. Psyllium powder can be mixed with liquids and can also thicken soups and casseroles.

Psyllium husk is not suitable as a total flour substitute - it is more of an addition used to assist low carb flour. It is generally used in small quantities alongside low carb flours. In baking, psyllium husk can be used to add volume and act as a thickener helping a recipe to bind together - so giving baked goods a more crumb like texture that is useful for cakes in particular. It is also used in many alternative bread recipes.

What about bread?

Bread replacements are under frequent discussion on the forum – mainly because making comparable bread alternatives seems to be difficult! The most popular bread recipes used by forum members are from the Diet Doctor website www.dietdoctor.com - other popular sites are listed at end of this booklet.

Some members buy low carb versions of manufactured breads some of which are available from supermarkets - others are only available online (for example 'Lo-Dough' or low carb bagels and wraps – just google low carb bread!). Do check out the nutrition panel very carefully though before you buy as even if it is called a 'low carb' or high protein' or 'high GI' bread, it may still have a relatively high carb content. It depends too how many carbs per day you are aiming for.

These manufactured low carb bread product get mixed responses from members and you may need to try a few to find one that suits you.

Other members just find it easier to ditch bread completely – some find that, if they ate a lot of bread before going low carb, it's easier to look at non-bread like alternatives such as making a wrap from a thin omelette or using salad leaves to make a sandwich – it will be a personal choice.

Tips

- **@bulkbiker** says – "Were you a big bread eater pre low carb? If so I would try my best to avoid bread like substitutes or "low carb breads" for a few months and see if you can wean yourself off them. If you want a sandwich like meal then just eat the fillings and not the bread. So cheese sandwiched in ham or vice versa. I found that bread like things triggered a semi-binge eating experience for me even after 2 years of not having bread. I made some low carb flax seed slices but ate the lot in 2 sittings with butter. That bread like feel was a trigger for me to overeat."
- **@rachox** says "I occasionally eat a slice of 'HiLo' bread, I get it from Sainsbury's. It just 5g carb per slice but the slices are small. I did find as I progressed along my low carb journey that cravings for high carb foods have diminished." Other forum members recommend 'LivLife' from Waitrose/Ocado at 3.8g per slice

Quick Microwave Breads

Many forum members recommend quick microwave breads and there are a range of recipes online:

- **@DJC3** recommends <http://jenniferbanz.com/90-second-microwave-bread>
- **@jayney27** recommends this microwave mug bread www.dietdoctor.com/recipes/low-carb-mug-bread

Potatoes, Pasta and Rice

Many people use carbohydrates such as potatoes, pasta and rice as fillers and often as a 'background' to a meal – the blandish taste counterbalancing the stronger flavours of a meal. So what do forum members use instead of these high carb items?

Cabbage (4.1g of carbs per 100g) can be used to create a 'bed' to put curries or sauces on, so replacing pasta or rice. Cabbage can be cooked and then just buttered or can be stir-fried to produce a more crispy 'bed' for a meal. This can be done with another green vegetable – **spinach (1.5g of carbs per 100g)** for example is a popular choice and can have seeds added to give it more substance as spinach wilts a lot when cooked!

Cauliflower (3g of carbs per 100g) or Broccoli (1.8g of carbs) are popular replacements to rice when made into grain shapes by grating or using a food processor (a 200g portion of cooked rice would contain about 60g of carbs.) Cauliflower mash too is often used as a replacement for potato mash.

Celeriac (2.3g of carb per 100g) is a wonderful replacement for potatoes (17.5g of carb per 100g) and parsnips (12.5g of carb per 100g). It can be used as an alternative to potatoes in most potato recipes including mash, roast and chips.

Courgettes – also known as Zucchini are very low carb at 1.8 g of carb per 100g. They are a good replacement in particular for pasta (One cup of cooked pasta has 20g of carb while 100g of uncooked pasta has 74 g of carbs. Courgettes make brilliant substitute pasta when cut into thin strips with a peeler, sliced thinly into small strips or, if you have one, you can use a spiralizer (or they can be bought pre-prepared.)

Tips

- **@debandez** – "I use green beans for some dishes as a spaghetti substitute - for example as a base for pasta sauces such as Bolognese."
(Green beans are 7g of carb per 100g)
- **Courgettes** can also be sliced to make a 'lasagne' replacing the pasta layer or an alternative would be to make bigger slices using butternut squash. **Butternut squash (8.3g of carbohydrate per 100g)** can also be cut into replacement spaghetti like courgettes.
- Many supermarkets now sell **fresh or frozen low carb alternatives to rice and pasta** including cauliflower/broccoli rice and courgette and butternut squash 'spaghetti'. There are also **dried bean pasta** versions of spaghetti and fettucine (at around 13.1 g of carb per 100g – but a 50g portion is adequate)

Breakfast/ Brunch

Low Carb Chocolate Granola

Carb content 3.5g per 50g portion (Not including anything added on your serving such as soft fruit, yoghurt or cream – see nutrition panel, measure and add carb count in for accuracy).

Ingredients:

- 25g coconut oil melted
- 1 tbsp. unsweetened cocoa powder
- 1 tbsp. granulated sweetener of choice
- 1/2 tsp. cinnamon
- 200 g unsweetened desiccated/shredded coconut
- 50 g pumpkin seeds
- 50 g sunflower seeds
- 100 g mixed nuts coarsely chopped
- 50g milled flax seed
- 50 g whole flaxseeds
- 25g 100% chocolate coarsely chopped (I used 10 Hotel Chocolat 100% chocolate buttons in this recipe (counted as 2g of carb). If using other chocolate you'll need to check the nutrition panel and add in.)

Method

1. Melt the coconut oil in a glass bowl then stir the sweetener, cinnamon and cocoa powder into it.
2. In a large baking tray, mix all the seeds, nuts, coconut and chocolate pieces together.
3. Pour the chocolate coconut oil over the chocolate, coconut, seed and nut mix then stir well so all the granola is coated with the chocolate coconut oil.
4. Bake at 180C/ 350F/gas mark 6 for 28 minutes until crispy and brown. The mixture burns VERY easily, so set a timer and turn the mixture every 4 minutes.
5. Serve with Greek yoghurt and berries or with cream or low carb ice cream.

Forum member @rachox

Other 'cereal' alternative ideas:

- **Coconut Porridge** is a favourite Diet doctor breakfast recipe on the forum see: www.dietdoctor.com/recipes/keto-coconut-porridge
- **You can also soak some chia seeds** overnight in milk or water and when ready to eat it add sweetener, flavouring, and cream to taste – **@Prem51**.
- Or why not simply mix some **full-fat yoghurt with ground flaxseeds** - **@Scimama**

2 Weeks of Eggs- quick egg recipes

Carb content per egg is 1.1g on average – may be higher or lower depending on size of eggs used. You need to add on carbs for toppings.

One forum member has two scrambled eggs most days for breakfast. He says "It's simple and quick. From fridge to face in 3 minutes flat. Rule is that the topping has to be quick. Here is two weeks' worth of choices"

Monday - Black pepper

Tuesday - Chorizo

Wednesday - Torn up basil leaves

Thursday - Tabasco

Friday - Smoked Salmon (fish on Friday!)

Saturday - Parma Ham

Sunday - Cheese (Red Leicester, or Applewood smoked go well)

Monday - Garlic salt

Tuesday - Rose Harissa Paste

Wednesday - Pesto

Thursday - Chopped up red bell pepper

Friday - Mackerel flakes (bought pre-cooked)

Saturday - Black olives

Sunday - Worcestershire sauce

Forum member @rhubarb73

Quick Cheesy, Eggy, Corned Beef 'thingies' – Mexican inspired version.

Chop some pepper and onion finely and soften in a mini frying pan. Add a few drops of hot sauce then some chopped chorizo. Cut about 4 small tomatoes into quarters then add to the pan to soften. Make sure it doesn't burn. Get 2 slices of corned beef and crumble into the pan. Let it soften. Make a well in the centre of the mix and crack an egg into it. Keep on the hob until the egg white starts to cook. Transfer to a hot grill for as long as you want your egg cooked. Before it is cooked fully take out from the grill, add a dash of cream, sprinkle with grated cheese and return to the grill until bubbling and delicious. Sprinkle of parsley and serve. Adapted by Forum member **@maglil55** original idea by **@Brunneria**.

Fluffy Omelette

Carb content, using 2 eggs, is 2.2 carbs.

Fillings will also need to be added to carb content of the omelette

Ingredients:

- Eggs (2 or 3)
- Seasonings
- 1 tbsp Butter
- Fillings of choice (feta cheese, grated cheddar, ham, cooked asparagus all work well)

Method:

1. Separate eggs.
2. Lightly beat yolks with seasoning.
3. Whip egg whites until stiff.
4. Fold yolks into beaten egg whites.
5. Gently stir through filling of choice.
6. Melt most of the butter in a smallish nonstick frying pan over medium heat.
7. Pour egg mixture into pan, shake slightly to cover the base and even out.
8. Leave for 2-3 minutes.
9. Gently lift an edge to check if the bottom is cooked. Then slide the remaining butter under the omelette and carefully flip it over to finish cooking on the other side.

Forum member @DJC3

Tips

- **@maglil55** – instead of flipping the omelette in the pan you could just simply pop it under a hot grill to finish it off. It also rises more under the grill.
- **@shelley262** - You need to add carb figures for individual fillings used in the omelettes, some are almost zero - such as seasonings - others are higher - such as asparagus at 3.9 g per 100g.

Eggs - at one gram of carb each - are a very popular ingredient for low carb eating and cooking. Many forum members regularly have eggs for breakfast – fried with bacon or high percentage pork sausage, boiled, scrambled or made into an omelette.

Pancakes

The total carbs for the entire mixture is around 7 grams

Ingredients

- Quarter of cup of coconut flour (16 grams of carbs per 100g)
- Teaspoon of baking powder
- 2 eggs
- Half a cup of coconut milk or replace with a 50/50 mixture of full-fat cream cheese and yoghurt, or nut milk
- Teaspoon of vanilla extract
- Optional extras:
- Tablespoon of cocoa powder (Lidl's has 8.7 g of carb per 100g)
- Optional – a little sea or Himalayan salt

If making flatter pancakes put on two nonstick pans on a low to mid heat. If making deeper pancakes put on two nonstick pans on a low to mid heat – you'll need pancake rings, and max heat oven. If you are going to use a pancake/waffle maker put this on at least medium heat.

Method

Add to a mixing bowl:

1. Quarter of a cup of coconut flour (I use Organic Coconut Flour 16 grams of carbs per 100).
2. Teaspoon of baking powder
3. For chocolate version, add tablespoon of cocoa powder.
4. Two eggs.
5. Half a cup of coconut milk or a quarter of a cup of cream cheese with a quarter cup of full fat Greek Yogurt or nut milk.
6. Teaspoon of vanilla extract.
7. If using - add a little sea or Himalayan salt.
8. Whisk until everything is mixed (if you have an electric whisk all the better). The consistency should be similar to yogurt. If your mixture is too thick keep adding a little coconut or nut milk or water. Either add some fat to the pan (anything but vegetable oil), I use a little MCT oil or brush the pancake / waffle maker with fat.
9. Add mixture asap to either pan or pancake / waffle maker, as coconut flour is very absorbent. For the flatter pan-fried pancakes turn when bubbles begin to occur. For the deep pancakes add the pan to the oven until the top is firm, remove from oven (make sure you have gloves or a towel), turn the pancake and add a little more fat to finish the cook in around a minute and half.

Forum member @mbaker

Picnic & Packed Lunch Ideas

Lots of food can be precooked, stored in a container in fridge and taken to work or out to a picnic - popular choices include:

- **Boiled eggs** – great dipped in mayonnaise too.
- **Cheeses** – avoid any reduced fat cheeses. Cheese such as parmesan or strong cheddar can also be sliced thinly and then melted and browned in a hot oven for a few mins and then cooled. As they cool they crisp up for snacks.
- **Tinned fish** such as mackerel in olive oil or salmon.
- **Cold cooked meats** – including bacon or sausages - just avoid any pre-cooked meats with dressings or coatings for example honey roast or breaded ham, or sweet cure bacon, or low pork sausage with added filler.
- **Salads** – for example chopped avocado covered with lemon juice to stop it browning and mixed with chopped walnuts and mixed with mayonnaise. Seeds can be added to salads to give them more bulk. If buying a ready-made salad keep an eye out for those added dressings – best to choose one where you add the dressing yourself, so you can leave it out if high carb.
- **Pork scratchings/ pork crunch** – ready-made bags widely available.
- **Nuts** - especially the lower carb walnuts, almonds and brazil nuts.
- **High percentage cocoa chocolate** – work up from 85% cocoa.
- **High fat yoghurts** – but check the carb content, lower fat ones are often high in carbs.
- **Make a thin Omelette** to cool and use as a wrap for a filling of your choice or you can use lettuce leaves as a wrap.
- **Chorizo or salami crisps** – thin slices put between pieces of kitchen towel and microwave on high for 90 seconds and then cooled to crisp up for snacks.
- **Crispy roast kale snacks** – see recipe in vegetable section.
- **Low carb baked goods** such as seeded crispbreads, low carb cakes and breads. See recipe for low carb seeded crispbreads in this section. There are also a range of commercial low carb breads and bars out there – just check the nutritional panel very carefully for both the number of carbs per bar and also the type of any sweeteners used as some people do have a blood sugar rise from some sweeteners. Fructose and honey are often listed as natural sugars but will raise your blood sugars just the same as normal sugar!
- Some supermarkets are now selling snacks which look like good low carb options such as 'high protein pots' or tapas or prepared salads – however double check the nutrition panel and check especially for any hidden sugars in dressings or coatings.

Many mainstream recipes for snacks or picnic food can also be adapted to make them low carb.

A few popular picnic or snack recipes on the forum:

Chicken wings with Parmesan and Pork coating.

Serves 2

Carb content is around 1g per portion - but hard to calculate since a lot of the egg and ground almonds are left behind.

Ingredients

- 8 chicken wings (the 'double' ones with both wing pieces attached (double quantities if single wings))
- 35g bag of Pork scratchings or Crunch (I guess any pork crackling would work), blitzed to a crumb
- 25g grated Parmesan
- Garlic salt, pepper, mixed herbs (any additions to suit taste)
- 1 egg, beaten
- small bowl of ground almonds (or similar)

Method

1. Combine pork crunch, Parmesan, garlic salt, pepper, herbs and add to a small bowl.
2. Dust wings in ground almonds.
3. Dip in egg.
4. Roll in pork/Parmesan mix.
5. Bake in oven, gas 5 for about 30 minutes.

Tips

- A good picnic food too as they're good cold – I successfully took them to a cricket match.
- This crumb method can be used as a coating for other food that you want to seal for example fish cakes, fish or other pieces of chicken.

Forum member @goonergal

Seeded Crispbreads

Total of mixture is 11 grams of carb. The mixture makes 35 thin crispbreads at 0.31g each - if you use an 8 cm pastry cutter. If you make more/less then reduce/increase the carb calculation accordingly.

Ingredients

- 120 grams of milled flaxseed (also called linseed)
- 60 grams of mixed seeds either ready mixed or mix your own selection
- 20 grams of psyllium husk
- 350 mls of warm water
- Salt and pepper to taste – I use a teaspoon of each
- Olive oil for rolling and shaping at the end

Method

1. Preheat oven to 180C (160C fan) / 350F/ gas mark 6.
2. Mix all ingredients thoroughly together, including the warm water, and leave to stand for about 20 mins. It will start out as a very wet mixture but will swell into a 'play-dough' type mix.
3. Meanwhile put baking parchment onto 2 large baking trays and oil lightly
4. I then use a large piece of oiled baking parchment or greaseproof paper on a surface to work with the mixture. You need to spread the mix out as much as possible - you can use an oiled rolling pin and or use your hands oiling them first with a little olive oil. I aim for paper thin – if it cracks you can usually press from another direction and mend the gap! You are aiming for a big rectangular shape and it's worth spending time with this very fiddly job to get even shapes and thickness.
5. Then cut the flattened out mixture with a sharp knife or oiled pastry cutters (metal may work better) into crispbread or cracker shapes - using a knife to transfer each cracker/crispbread onto the ready prepared baking trays. They don't spread so you can place them quite close together on the tray – you'll need the space if you have rolled them out as thinly as possible.
6. Cook for 45 mins.
7. Turn off oven but leave in oven whilst it cools, this crisps them up well. Then transfer to cooling tray. Make sure they are completely crisp and cold before transferring to a tin. They should then keep crisp for several weeks all ready for a snack/picnic or light lunch.

Tips

- To save waste I often keep the oiled baking parchment and reuse it.
- The rolling and cutting out makes this recipe a fiddly one – you'll need patience but I think it's worth it – I've always got a tin of these around.

Forum member @shelley262

Low Carb High Fibre Flapjacks or Chocolate Bars

The flapjacks/bars are made in a mould – the amounts below works for a 10 space mini loaf silicone mould (each mould 7cms by 4cms)

Carb content for Flapjacks is mainly the ground flaxseed, which with other dry ingredients totals 5g for all 10 bars = 0.5g per flapjack

Carb content for Chocolate Bars depends on the chocolate used so for example 85% choc is on average 22g per 100g and so would add 33g to total making mix 38g for all 10 bars = 3.8g of carb per chocolate bar. This could be reduced by using a 100% chocolate - but check nutrition on the bar of choice.

Ingredients

For Flapjacks/ Basic mix for chocolate bars

- **Dry mix** - 20g of Psyllium husk, 150g of ground flaxseed and 30g Of inulin mixed in large mixing bowl
- **For caramel** - 120g of butter, 50g of Inulin and 120g of erythritol **OR skip this process, it can be hard to get it right** - and use a sweetened zero carb caramel syrup and the 120g butter.

For chocolate bars (optional)

- 150g of 85% cocoa, or higher, dark chocolate

Method

1. Have dry ingredients ready in large mixing bowl
2. **If making caramel** - melt the butter in a pan then add the inulin and dissolve followed by the erythritol. It will crystallise if you don't keep stirring. You'll need to keep heat low until sweetener dissolves. Then raise temp slightly and lightly bubble while stirring until the mix turns a light caramel colour. NB don't over cook - it will be difficult to work with and may make flapjack/bars too chewy, you're aiming for flavour it doesn't need to be thickened!
3. **If using commercial caramel sauce** -melt the butter in a pan and take off heat and cool and then add enough of the sauce to the butter to give flavour and sweetness to personal taste.
4. Mix the caramel sauce into dry mixture until it is combined
5. Divide mix into 10 and press into loaf tins - put in fridge to cool and set.
6. **If making chocolate high fibre bars** - once caramel and dry mix combined leave to one side to cool a bit. Meanwhile melt the dark chocolate and then mix into the flapjack mixture. Then divide into moulds and put in fridge to cool and set.

Forum member @ianpsurs

Main Meals

Most forum members make a main meal up from a choice of a protein such as meat, fish, eggs, cheese or low carb vegetables. Choice of protein is based on your likes or way of eating but if you eat meat and/or fish do take a look at the more fatty meats (such as 20% mince or pork belly) or the more oily fishes (such as mackerel) as well as being tasty, and more filling when eating low carb, they are often cheaper to buy too.

Depending on choice of meat, fish or vegetables, cooking methods used include:

Cooking fish in foil parcels with butter and lemon in the oven at 180C (Fan 160)/350F/Gas mark 6 – for about 20 mins, check as time needed depends on how thick the fish is.

Fish can also be fried in butter on the hob and then lemon added to the butter once the fish is cooked to make a lemon butter sauce.

Cooking casseroles – a particularly useful method for long slow-cook meats such as stewing beef, pork ribs or lamb shoulder. Use a low carb stock (around 600 mls) – either homemade or check out the lowest carb stock cubes - add a few above-ground vegetables and seasonings to taste. Cook the casserole either very slowly during the day using a slow cooker or in a low temperature oven (usually 160C/140F/Gas mark 3) for 3 hours.

For a quicker method of cooking long slow cook meats you can use a modern pressure cooker (or multi-pot such as the Instant Pot which has a pressure cooker function).

Cooking lower fat meat or fish - meat and fish which has a lower fat content, such as lean steak or chicken breast strips, often needs to be sealed and cooked by a quick method such as frying on the hob using a fat that you can bring to a high temperature such as lard, butter or coconut oil.

Stir frying in fat on the hob is also a good method to use for mixing and matching ingredients - either just vegetables or add in meat or fish and seasonings to taste.

Adapting Recipes

Many forum members adapt their favourite recipes for cooking the main part of their meal. Just remember when adapting to check out for any high carb additions such as fruit and sugar, or potatoes, or pasta, and look to replace them with alternatives.

So for example the following are **tips for cooking roast pork belly**, either as a joint or in slices, based on recipes and developed with experience:

- **@shelley262** - the night before cooking a pork belly joint I like to add a marinade. My favourite is a mixture of fennel seeds and peppercorns which I grind, add some garlic salt on onion powder and a couple of tablespoons of olive oil, and rub into to meat. Rubbing salt and olive oil into the pork belly skin before cooking and then adding lemon juice after the first 30 mins of cooking a joint can help the crackling to go crispy.
- **@maglil55** - To get pork belly tender you slow cook and render the fat later by crisping it. I would do a joint at 160C fan for a couple of hours followed by another 30 mins at 210C. You can rub the fat with olive oil and rock salt or a spice mix is good too. I tend to cook it on a wire rack inside a roasting tin. If the fat isn't crispy enough you can always put it under a grill but keep an eye on it.
- **@Brunneria** - I sometimes cook pork belly in ¾ inch slices with no skin. I usually roast it for 30-40 mins at 180 degrees with sea salt or other seasonings (such as garlic and ginger, piri piri or lime). This method cooks the meat and the fat goes brown.

Tips for fats for low carb cooking

It's very important when you cook the low carb way to eat enough fat, but be very careful about the fats you use especially for methods like frying or roasting at high temperatures when some oils, including cold pressed olive oil become unstable.

The following are all examples of fats which are used for high temperature frying or roasting by many forum members:

Saturated fats that harden when cold but melt when heated:

- Butter or Ghee (ghee - a clarified butter doesn't burn but still tastes buttery.
- Lard
- Coconut Oil

Unsaturated cold pressed oils that respond fairly well to higher temperatures

- Avocado oil
- Rapeseed oil (but avoid the non cold-pressed manufactured ones!)
- Macadamia nut oil

Generally many forum members keep their more expensive cold pressed oils to use in, for example, dressings, sauces, mayonnaise and lower temperature baking/cooking.

Manufactured vegetable oils are generally avoided by forum members when cooking or baking.

Brined Chicken (adapted from a brined buttermilk chicken recipe on www.eatingwell.com)

4 portions

Ingredients:

- 4 chicken legs or assortment of thighs/drumsticks, skin on, bone in
- 600ml double cream
- 2 generous tablespoons of salt
- Shallot/small onion finely chopped
- 3 cloves garlic, chopped
- Fresh or dried herbs to taste (I use oregano, mixed herbs, rosemary)
- Black pepper to taste

Method

1. Add all ingredients – except the chicken – to a bowl and stir until the salt has dissolved.
2. Put mixture into a sealable plastic bag (or bags if you don't have a large enough one), add chicken.
3. Marinate in fridge – at least 4 hours and preferably overnight/up to 24 hours.
4. To cook chicken, place in baking dish and bake at 190C (170C fan)/ 375F/ Gas mark 5 for approximately 40 minutes.
5. The brined uncooked chicken freezes well, so you can freeze surplus portions after the brining stage and cook when required.

Forum member @goonergal

Missing Fast Food?

Forum member @maglil55 has some great advice for anyone missing fast food when following a low carb way of eating: "People often have this idea that life will never be the same again – no more burgers, pizzas, or curries – you get the idea! Whereas, in fact, you can make better and often quick versions of fast food yourself using the 100s of recipes out there online. Why not start your search online for recipes or take a look at the two recommended below?"

Fathead Pizza – the recipe on diet doctor is one of many see:

www.dietdoctor.com/fathead-pizza-worlds-best-keto-pizza

Burgers – you'll find 20 recipes for burgers on this site alone – we promise they're delicious even without the bun:

<https://www.ibreatheimhungry.com/37-best-keto-burger-recipes-low-carb/>

You'll also find recipes on the popular websites recommended by forum members and listed on the last few pages of this booklet – just search for the low carb version of your favourite fast food online.

Vegetable Dishes

Cauliflower and Broccoli

Cauliflower (3g of carbs per 100g) or **Broccoli** (1.8g of carbs) are popular replacements to other, higher carbohydrate, vegetables.

They are also used - when made into grain shapes - as replacements for rice (a 200g in weight portion of cooked rice would contain about 60g of carbs.)

Many of the following recipes can be made with either broccoli or cauliflower, or a mix of the two.

Roast Spicy Cauliflower

Ingredients

- 1 head cauliflower
- Large knob of butter
- Seasonings to taste: use whatever Indian spices or curry powder you like and adjust amounts to taste

Method

1. Prepare cauliflower by stripping off the leaves, core it to remove most of its woody centre but leave all the florets connected. Trim the base slightly to enable it to sit nice and flat.
2. Parboil the cauliflower for about 4 minutes until it softens slightly. Then put to one side.
3. Preheat oven to 200C (180C fan) / 392F/ Gas mark 6.
4. Melt a big knob of butter in a pan and then add whatever Indian spices you like - to taste. Cook them together for a couple of minutes without burning them.
5. Put head of cauliflower into a roasting tin.
6. Paint the butter and spices mix over the cauliflower head.
7. Put in preheated oven for 20 – 30 minutes until head of cauliflower is softened.

Forum member @bulkbiker

Roast Broccoli

Ingredients

- 1 head broccoli
- 2-3 tablespoons of olive oil
- Sea salt

Method

1. Preheat oven to 180C (160C fan) / 350F/ gas mark 6.
2. Cut broccoli into even size smallish florettes.
3. Toss in olive oil.
4. Spread on roasting tray and sprinkle with sea salt.
5. Roast for 15-20 mins.
6. Check now and then, I like it when it has just slightly 'caught' and is a bit charred and crispy.

Forum member @DJC3

Cauliflower Rice

Ingredients

- 1 head cauliflower
- 1-2 tablespoons olive oil (optional)
- 1 teaspoon cumin seeds (optional)

Method

Cauliflower can be 'riced' by either grating using a cheese grater, or using a food processor and blitzing for a few seconds.

Cook your cauliflower rice by either:

a) microwaving in a loosely covered bowl for 1-2 mins depending on how soft or 'al dente' you like it. Then season to taste.

or

b) frying (my preferred method) - heat the oil in a nonstick pan. Add cumin seeds and shake for a few seconds. Throw in the riced cauliflower and cook over medium heat for 2-5 minutes until it's cooked to your liking. Then season to taste.

Forum member @DJC3

Cauliflower Mash

Ingredients

- 1 head cauliflower
- 50g butter
- 150 ml double cream
- 50-100g grated hard cheese (optional)

Method

1. Break cauliflower into florets.
2. Put in microwaveable bowl and dot with butter.
3. Pour on about 100ml cream.
4. Loosely cover (I use a sheet of kitchen roll - stops the splatter).
5. Cook on high for about 7 mins but check every couple of minutes and mix it around.
6. Add the rest of the cream and give a final minute or two. The cauliflower should be soft by now and most of the cream will have been absorbed.
7. 'Mash' in a Food processor or by using a potato masher or stick blender.
8. Stir in the optional cheese after mashing but while it's still hot.

Forum member @DJC3

Cauliflower Cheese

Ingredients

- 1 head cauliflower
- 200ml double cream
- 50g butter
- At least 100g grated hard cheese

Method

Preheat oven to 180C (160C fan) / 350F/ gas mark 6

1. Break cauliflower into florets
2. Place into microwaveable bowl
3. Dot with the butter and pour over 1/2 the cream.
4. Cook on high power for 7 minutes, but check and stir every minute or 2.
5. Once cauliflower is soft and the cream is mostly absorbed, transfer to ovenproof dish.
6. Pour over remainder of cream and sprinkle grated cheese on top.
7. Bake in oven for 10-15 mins until cheese is bubbling and starting to brown.

Forum member @DJC3

Celeriac dishes

Celeriac (2.3g of carb per 100g) is a popular replacement to the more 'carby' vegetables such as potatoes (17.5g of carb per 100g) and parsnips (12.5g of carb per 100g). Note too that some members use these Celeriac recipes with turnip (2g of carb per 100g) or swede (2.3g of carb per 100g).

NB Individual carb contents are not given below for each recipe as each whole celeriac is not a standard size and they also need peeling before calculating – weigh the celeriac when prepared and then work up the figures based on the 2.3g per 100g of celeriac formula and divide by number of portions served.

Missing Fish and chips?

Why not try out this recipe from forum member **@NewTD2**

"You can still have fish and chips but a low carb version.

Recipe:

- Cod or Haddock soaked in eggs, salt and pepper. Use almond flour for coating then put in the oven or shallow fry.
- Use Celeriac for chips. Peel, Cut in chip sizes, boil for 10 minutes then deep fry or in the oven for 20 minutes gas mark 200 till golden brown."

The following 3 methods of cooking celeriac are popular on the forum:

Roast or Chipped Celeriac

Ingredients

- 1 celeriac
- A glug of fat of choice for high temperature cooking such as coconut oil

Method

1. Preheat oven to 180C (160C fan) / 350F/ gas mark 6.
2. Peel celeriac and cut into chunks or chip shapes.
3. Parboil in a pan of salted water for 5 mins.
4. Put oil or fat into roasting pan in the hot oven.
5. Once oil is hot - add the drained celeriac potatoes/chips.
6. Roast for around 30 - 40 mins until crisp on the outside. (check if using smaller pieces or chips as may only need about 25 mins)

Forum member @DJC3

Celeriac Dauphinoise

Remember to check the carbs for the cheese you use – some cheeses have more for example Gruyere cheese like many hard cheeses has 0 grams of carb whereas full fat soft cheese has 4 grams per 100g and lower fat versions often are higher in carb.

You'll also need to add in the carbs in the double cream which has 1.6g of carb per 100mls.

Ingredients

- 1 celeriac
- A squeeze of lemon juice
- 1pt or 500mls of double cream
- 2-3 cloves garlic
- 200g Gruyere cheese (or other hard cheese)

Method

1. Preheat oven to 170 C (150C fan)/ 338F / Gas mark 3.
2. Peel and Slice celeriac very thinly.
3. Keep in a bowl of cold water with a squeeze of lemon juice added (to stop it discolouring) until it's all prepared.
4. Drain and put in a saucepan with the cream and garlic.
5. Bring to a simmer, cover and cook for 5 mins.
6. Pour into a baking tray; shake to give an even layer.
7. Cover with grated cheese and bake for around 30 mins until celeriac is softened and cheese is golden and bubbly.

Forum member @DJC3

Tip

@shelley262 - you can do a celeriac boulangere too - just use 500mls of vegetable stock instead of the cream and make sure you finish off with plenty of knobs of butter on the top.

A traditional boulangere would be topped by breadcrumbs but this would add carb content so maybe use low carb bread whizzed into breadcrumbs or stick with a cheese topping!

Celeriac Parmentier

Ingredients

- 1 celeriac
- 3 tablespoons of olive oil
- 2-3 sprigs rosemary
- 2-3 garlic cloves
- 50g (approx.) of butter

Method

1. Preheat oven to 200C (180C fan) / 392F/ Gas mark 6.
2. Put oil in a roasting tin to heat up.
3. Meanwhile peel celeriac and cut into smallish dice (approx. 1 cm square).
4. Add diced celeriac to oil in roasting tin and cook for 20 mins.
5. Melt butter and stir in crushed garlic and rosemary.
6. Pour melted butter over celeriac and continue roasting for another 15 mins or so.

Forum member @DJC3

Tips

- You can prepare celeriac ahead by cutting it into shapes required such as roast sized, chips or smaller chunks and open freeze. Once frozen these celeriac chips/roasties/chunks can be bagged and then used as needed for these celeriac recipes
- **@shelley262** – “I usually have a bag of different shapes of peeled celeriac in my freezer and use them for a range of recipes. I also throw some chunks of celeriac into my home made curries they almost taste like the potato (aloo) used in many curries as they take on the curry flavours in the dish.”
- Celeriac can also be substituted for potatoes in a range of other traditional recipes such as grated celeriac used to make a rosti or boiled and made into mash.
- **@ianpsurs** – “Celeriac is also a useful salad ingredient. A popular recipe in my family is for celeriac remoulade.”
<https://www.bbcgoodfood.com/recipes/celeriac-remoulade>
- Celeriac can also be used in coleslaw to replace the traditional higher carb carrot

Courgettes

Also known as zucchini, courgettes make brilliant substitute pasta when cut into thin strips with a peeler, sliced thinly into small strips or, if you have one, you can use a spiralizer (or they can be bought pre-prepared)

Courgettes are very low carb at 1.8 g of carb per 100g as compared to a portion of cooked pasta where one cup has 20g of carb or 74 g of carbs per 100g of uncooked pasta.

Courgetti Carbonara

Serves 2

Ingredients

- 1 large or 2 small courgettes
- 1/4 pt double cream
- 1 large egg
- Large handful grated parmesan (approx 120g)
- 8 rashers dry cured streaky bacon, snipped into small pieces - Or use cubed pancetta.
- 250g mushrooms (optional, not strictly used in Carbonara but I like them)

Method

1. Fry the bacon in a little fat of your choice.
2. Add the mushrooms towards the end of cooking time and continue cooking until everything is done to your liking.
3. Slice into thin strips – you could use a vegetable peeler or spiralise the courgettes (or buy them pre-prepared).
4. Beat egg lightly and mix in cream.
5. Gently sautee the courgetti in butter until softened.
6. Take the courgetti off the heat and then add the bacon and mushrooms, the egg and cream mixture, and the grated parmesan, stir until well combined.
7. The retained heat will cook the egg and thicken the sauce.

Forum member @DJC3

Roasting Vegetables

Tips

A mix of low carb vegetables can be mixed with olive oil and seasonings and roasted, and either served as a main dish or a vegetable side.

As a main dish - Preheat oven to 220C/400F/Gas mark 9. Prepare vegetables and roast in hot oven for up to 50 mins or until soft, golden and cooked through – some vegetables, especially if cut in small pieces, may need as little as 30 mins

As a vegetable side - The roast vegetables can be cooked in the oven towards the end of cooking time of your joint of meat, whole chicken or fish in foil parcel.

Kale Crisps

Ingredients

- 1 bag chopped kale
- 1-2 tablespoons of Olive oil
- Salt and pepper
- Chili flakes (optional)

Method

1. Preheat oven to 160C (140C fan oven) /320F /Gas mark 3.
2. Toss kale in olive oil - massage in lightly so all the leaves are covered.
3. Spread in a single layer on a roasting tray. (You'll need to do it in batches or use two or three trays).
4. Season well with salt and pepper and optional chili.
5. Bake for 10-15 mins approx, shaking halfway until kale is crispy but not burnt.

Forum member @DJC3

Cakes and Puddings

Chocolate Olive Oil Cake

Adapted from the original - www.nigella.com/recipes/chocolate-olive-oil-cake

Total cake is between 19 and 23 grams of carb. Carb count is affected by the type of cocoa or chocolate used - to work out your cake's total carbs check the nutrition panel on the cocoa or chocolate used.

Preheat oven to 170C (150 fan) / 350F/ gas mark 5

Use a 9 inch cake tin and line with a liner, or you can divide into two loaf tins.

Ingredients:

- 150mls of olive oil
- 50g of 85% cocoa chocolate (or higher: I use 100%) or cocoa powder
- 125mls boiling water or prepared espresso coffee
- 150g of ground almonds
- Half a teaspoon bicarbonate of soda and a pinch of salt
- 200g of granulated sweetener (I use Erythritol)
- 3 large eggs

Method

1. Melt chocolate or weigh out cocoa powder and then mix melted chocolate or cocoa powder with hot water or coffee and put on one side to cool.
2. Separate the eggs - putting whites into a separate bowl - whisk whites with pinch of salt to soft peaks and put on one side.
3. In mixer put sweetener and egg yolks and beat for about 3 mins until it looks like a pale-primrose thickened cream, add olive oil towards the end.
4. Turn speed down and pour in choc mix - beating and scraping it down as you go.
5. Then add the ground almonds and bicarbonate of soda and beat slowly until combined.
6. Fold the whisked egg whites into the cake batter.
7. Put in the tin and bake for 40 -45 mins until the sides are set and the very centre on top looks slightly damp, but cake tester is mainly clean.
8. Let it cool on wire rack in tin initially and then take out - can be eaten warm or cold.

Adapted by Forum members @goonergal and @shelley262

Lemon Courgette (Zucchini) Cake

Lemon zucchini/courgette cake is 25 grams of carb for total cake – so if divided into 10 slices will work out at 2.5 grams of carb per portion

Preheat oven to 170C (150 fan) / 350F/ gas mark 5

Line and grease large loaf tin

Ingredients

- 250g erythritol
- 90ml olive oil
- 2 eggs
- 75ml unsweetened almond milk
- Juice and zest of 1 large lemon
- 225g courgettes, grated
- 215g ground almonds
- 45g chia seeds
- 1 tsp vanilla extract
- 2 tsp baking powder
- half teaspoon salt

Method

1. Combine ground almonds, baking powder and salt and set aside.
2. Whisk erythritol and olive oil in a large bowl.
3. Add eggs and almond milk to bowl and whisk again.
4. Stir in the lemon juice and vanilla extract followed by the almonds, baking powder and salt.
5. Fold in courgettes and lemon zest.
6. Add chia seeds and stir.
7. Bake for around 55 minutes.

Forum member @goonergal

Tips

@goonergal – “the grated courgette can be drained to take out some of the excess water. Watch out too for the size of the lemon - a very large one could make the mixture too wet.”

@jayney27 – “I divided the mixture into a silicone mould that makes 10 mini loaves - so that portion control is easier.”

@maglil55 - Whenever a baked goods recipe uses eggs why not separate the eggs before you start baking and whisk the egg whites separately to soft peaks then put to one side and fold in to the mixture at the end? This adds lightness to the cake or loaf, often needed when almond or coconut flour is used.

Lemon Drizzle Cake

Total cake is 32 grams of carb so each loaf tin cake is 16 grams.

Preheat oven to 180C (160C fan) / 350F/ gas mark 6

Line 2 loaf tins with greaseproof paper

Ingredients

- 100g butter
- 200g erythritol
- 100g full fat cream cheese
- 100g ground almonds
- 40g coconut flour
- 10g Psyllium Husk
- 1 and a half teaspoons of Baking Powder
- 3 lemons zest and juice
- 5 eggs – separated

Plus for 'drizzle' topping - 4 teaspoons of inulin powder – and if you like a sweetish topping, a few drops of liquid stevia

Method

1. Get two big bowls and electric beaters out.
2. Zest the 3 lemons and juice them ready.
3. Separate the eggs into two bowls.
4. Weigh out the dry ingredients and put to one side.
5. Whisk the egg whites to soft peaks.
6. Whisk the butter, egg yolks, cream cheese and sweetener mixture until combined pale and creamy.
7. Add all the lemon zest and dry ingredients and whisk together.
8. Slowly add enough lemon juice to make it look like cake mix.
9. Fold in egg whites.
10. Divide into the two tins and put into oven for 55 mins.
11. Meanwhile mix 4 teaspoons of inulin with remaining lemon juice and a few drops of stevia and allow to stand.
12. After 55 mins up temp to 200C and then pour the lemon juice inulin icing on top and return to oven for 10 mins while it caramelizes.
13. Take out and leave to cool – one loaf can be frozen for later.

Forum member @shelley262

Low Carb Microwave Muffins

Carb count will depend on the flavor of muffin chosen. The basic mixture using all ground almonds is a total of 15 grams just add in the carb content of your chosen flavor of muffin.

You will need a silicone microwavable muffin tin with 9cm spaces for 7 to 8 muffins

Basic ingredients:

- 200g of ground almonds (or 200g ground hazelnuts or a mixture of (golden) flax seed, and ground almonds(about 60/40 proportion wise)
- 75g softened butter
- 3 eggs
- 1-1.5 teaspoon baking powder

Plus according to what I fancy baking, sweet or savoury, I add a selection from:

- Low carb sweetener to taste (I use Surkin)
- 2-3 teaspoons cocoa powder
- Cinnamon - to taste
- blueberries
- vanilla essence
- chocolate extract
- orange extract
- a little diluted ground coffee or coffee flavouring
- chopped nuts
- grated baby carrots
- grated courgettes
- grated parmesan and/or cheddar
- paprika – to taste
- mustard powder – to taste
- salt, pepper
- olives
- herbs, fresh or dried

Method

- Mix dry ingredients, add butter and beaten eggs and blend well.
- Fill muffin cases and microwave for 2.5 - 3 mins until done - cocktail stick poked into middle comes out clean. Cool on cake rack.
- Once cold I keep them in closed containers in fridge, but usually add a piece of kitchen roll on top to absorb any excess moisture.

Some variations

Cookies – “I cook cookies in the microwave on a silicon baking mat with greaseproof paper on top. For cookies omit the eggs and baking powder and possibly reduce quantity of butter slightly - these are mixed and rolled into little balls for cooking. (You can also use cool chopped butter and just mix until crumbly to make crumble) Roll into between 7 and 10 little balls, flatten tops slightly with fork. They may do better if they're chilled in the fridge before cooking as they end to spread a bit. Cook for 2.5 to 3 mins or until done. Slide the greaseproof and cookies off the silicon mat, place them on cake rack and cool well as they can be rather fragile/crumbly until properly set.”

For chocolate cookies:

- butter (not too soft for this!)
- ground hazelnuts
- artificial sweetener
- cocoa powder
- cinnamon
- and maybe a little vanilla essence, choc essence, or ground nutmeg

For almond cookies:

- butter (not too soft for this!)
- ground almonds
- artificial sweetener
- vanilla essence

Fruit Crumble

“You can also use cool chopped butter and just mix until crumbly to make crumble and use as a topping for fruit. My favourite is hazelnut choc crumble with blackberries and apple.

I investigated online recipes for ‘muffins in a mug’ and ‘one minute (microwave) muffins’ when I first started low carb, and, as a result of experimentation, came up with my own version.

I more or less doubled up the ingredients given for a mug and instead of a mug I cook them in 7 or 8 silicone (large/9cm) muffin cases in the microwave for 2.5 to 3 minutes. They last up to a week in the fridge. Once you've got the hang of them, the ingredients and additions can be varied to suit your tastes, and I make a variety of both sweet and savoury ones.

My muffins are now one of my staple low carb foods, one of my favourite in both muffin and cookie versions being chocolate hazelnut.”

Forum member @robbitty

Blackberry Clafoutis

Serves 6

Carb content of whole pudding made with blackberries is 32g – 5.3g of carb per portion

This pudding can also be made from different fruits which will give different carb content. Per 100g of fruit - carb content is:

Blackberries 10g

Strawberries 8g (whole pudding 28g – 4.6g per portion)

Raspberries 12g (whole pudding 36g – 6.0 g per portion)

Ingredients

- 200g blackberries (could also use other fruit see carb content above)
- 150ml double cream
- 2 large eggs
- 100g ground almonds or almond flour
- 100g erythritol or inulin (inulin is less sweet but may work if fruit is sweet)
- 30g unsalted butter
- (Optional 1 teaspoon of vanilla extract)

Method

1. Preheat oven to 180C (160C fan) / 350F/gas mark 6 and butter a baking dish, place berries in the bottom of the dish you can add some extra sweetener to taste if fruit is sharp.
2. In a bowl combine eggs, almonds, cream and optional vanilla, melt the butter and stir into the mixture.
3. Gently fold in the sweetener.
4. Pour the mixture over the blackberries and bake for 30-35 minutes until golden.

Forum Member @bubbsie

Tips

- **@shelley262** – Before mixing I separated the egg whites into a bowl and whisked with a pinch of salt to soft peaks and put to one side. I then whisked all the other ingredients together and finally folded in the egg whites to lighten the mixture. I used a silicone small loaf shapes mould that made the mixture into 10 small loaves. I also reduced the fruit content by one third and then put a tenth into the bottom of each mould. This method gives portion control and reduces carb content per portion to 2.7g per portion for the blackberry version.

Quick Puddings

Lazy Almond and Chocolate Dessert

Serves one

Lazy dessert is 2.3g carbs

Ingredients

- 40ml extra thick double cream
- 12g crunchy almond butter
- 2 Hotel Chocolat 100% chopped/broken up buttons (if using a chopped up square of different % cocoa chocolate check out the nutrition panel for carb content it may well be more)

Method

Stick cream in ramekin, stir in almond butter, break up chocolate and add - that's it. Dessert in 30 seconds and very easily adapted to personal tastes.

Forum member @goonergal

Sugar Free Jelly

Need to make ahead but quick to do the day before or early on the day needed.

Prepare sugar free jelly according to instructions – usually dissolve the crystals in half a pint of boiling water and then add half a pint of cold water. You can set as one large jelly or divide into small bowls or cups for individual portion. Adding a few berries to the jelly will add some extra flavour and remember to serve with double cream!

Tips

@shelley262 I make lemon and lime jelly sharper and more flavoursome by adding a bit of extra lemon zest and replacing some of the cold water with lemon or lime juice. The set jelly can be served with cream.

I sometimes also beat a bit of cream in when mixing the jelly to make a lemon and lime mousse – it turns into a creamy texture and sets in layers with jelly at the bottom and a creamy 'mousse like' top.

Lemon Possets

Serves 6

Carb content per portion of lemon posset is 1.7grams

Ingredients

- 600 ml double cream
- 140 g Erythritol
- 2 large lemons, juice and grated zest
- To serve
- 1 large lemon, pared zest only

Method

1. Put the double cream in a large pan with the sweetener.
2. Bring slowly to the boil and simmer for 3 minutes.
3. Take it off the heat, add the lemon juice and zest and whisk well.
4. Pour into 6 ramekins and refrigerate for at least 2-3 hours. They can be done the day before and left overnight to set.
5. Sprinkle with the pared lemon zest before serving.

Forum member @shelley262

Favourite websites used by low carbers

Looking for more ideas and recipes?

In addition to the 'What have you eaten today?' thread there are a couple of threads on the DCUK forum with lots more recipes see:

<https://www.diabetes.co.uk/forum/threads/low-carb-recipes.4871/>

&

<https://www.diabetes.co.uk/forum/threads/vegetarian-vegan-low-carb-recipe-in-dex.61859>

Other useful online resources mentioned by forum members:

Starting out?

www.diabetes.co.uk

As well as the resources on its main website and within its forum DCUK also offers a 'Low Carb programme' – a one-off subscription gives access to a 10 week programme to support anyone starting out on a low carb way of eating. You can also explore a library of resources offered as part of the programme - including meal plans, food swaps and FAQs.

www.dietdoctor.com

An international site supporting low carb eating – available in a premium paid version, or free to access limited content. All recipes are accessible to non-members. This site also has a cornucopia of information about the science behind why low carb eating works and how to get started. It also offers a free two week keto challenge with recipes and shopping lists provided.

Some other websites popular on the forum to try with ideas and recipes for cooking and baking the low carb way:

<https://alldayidreamaboutfood.com>

www.betterthanbreadketo.com

www.ditchthecarbs.com

www.everydaysugarfree.co.uk

www.ibreatheimhungry.com

www.lowcarbspark.com

www.mypcoskitchen.com/category/all-recipes/

www.sugarfreemom.com

www.thesugarfreerevolution.com

www.wholesomeyum.com/recipe-index/

Tips

Forum member @ianpspurs recommends an alternative to fried chicken which has no breadcrumbs or vegetable oil:

<http://www.hemsleyandhemsley.com/recipe/pablos-chicken/>

Forum member @maglil55 recommends the wonderful collection of Asian-inspired recipes on:

www.betterthanbreadketo.com

Forum member @david0079 recommends a couple of recipes from his favourite sites:

Pork stroganoff from the sugar free revolution site:

<https://thesugarfreerevolution.com/recipe/pork-stroganoff/>

and the slow cooker low carb no-bean chilli from the sugar free mom site:

<https://www.sugarfreemom.com/recipes/slow-cooker-low-carb-no-bean-chili/>

Video Recipes

Forum members also put links on the forum to useful video clips including some recipe ones. For example **forum member @mbaker** recommends a Flaxseed bread baking video by Dr S Myhill see:

<https://www.youtube.com/watch?v=bjwjUXxELb0>

If you like watching video demonstrations of cooking rather than reading recipes why not do searches for your low carb recipes on YouTube?

Many low Carb recipe sites too - such as www.dietdoctor.com - often post video versions of their most popular recipes.