



A Selection of  
**LOW CARB &  
GLUTEN FREE**

[DivaliciousRecipes.com](http://DivaliciousRecipes.com)



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Hi there! I'm Angela, the cook behind Divalicious Recipes blog.

If you are following a low carb or gluten free diet you can sometimes become trapped in a cycle of the same dishes. Sometimes it's hard to be creative on top of the busy lives that we lead and this can become your downfall as you reach for a quick snack that is not going to do your body any favours.

I've put together a selection of recipes for you ranging from breakfast to desserts. I hope that these recipes show you that following a healthier lifestyle can be enjoyable and you don't have to spend hours in the kitchen. That's what I do for you, creating new yummy treats!

This cookbook contains a selection of recipes from my food blog, Divalicious Recipes, and a few never-seen-before-ones too! I hope you enjoy them as much as I do (and my husband does too!)

Angela.

For more recipes, please visit Divalicious Recipes  
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# Snacks & Appetizers

## Broccoli Nacho Chips



Broccoli is a great alternative to cauliflower when making a low carb dish. I've made nacho chips with cauliflower so thought I'd try it with broccoli. It was so delicious I could have eaten the whole batch in one sitting!

**Servings: 2-4**

**Makes 40-50 chips**

*Nutritional Info entire recipe: 757 Calories, 26g Fat, 60g Protein, 26g Total Carbs, 6g Fibre, 20g Net Carbs*

### Ingredients

1 medium head  
broccoli (about 180g)  
2 eggs  
1 cup (112g) grated  
Mozzarella cheese  
1/2 cup (50g) grated  
Parmesan cheese  
1 teaspoon chilli  
powder (optional) I  
like a bit of spice  
1 teaspoon garlic  
powder  
1 teaspoon onion  
powder  
1/2 teaspoon salt  
1/2 teaspoon black  
pepper

### Instructions

1. Preheat the oven to 220C/450F degrees.
2. Line a baking tray with parchment paper.
3. Cut the broccoli into florets, including the stalks, and place into a food processor. Blitz until the broccoli is small.
4. Place the broccoli in a bowl and add all the other ingredients. Mix well until combined.
5. Spoon the mixture onto the parchment paper and spread out evenly with a spoon.
6. Bake for 20 minutes until golden and firm.
7. Switch off the oven. When the tray is cool enough to handle take the tray out and flip the baked mixture over. Place back in the oven until the oven is cold. This should help crisp the nacho mixture. If it is not as crisp as you would like, put the oven on a low heat and bake for an hour (check to make sure they don't burn though)
8. Cut into strips, then into squares and triangles to make the nachos.

# Garlic Breadsticks



## Ingredients

2 cups almond flour  
3 tblspns butter,  
melted  
1 egg  
1/2 tblspn baking  
powder  
1 tblspn psyllium  
husk powder  
1/4 tspn salt  
1/4 cup boiling water

### *GARLIC BUTTER*

1/4 cup butter,  
softened  
1 tspn garlic powder

**Servings: -**

**Makes 8 Breadsticks**

## Instructions

1. Preheat the oven to 200C/400F degrees.
2. Line a baking tray with parchment paper.
3. Add the garlic powder to the softened butter.
4. Place the almond flour, salt, psyllium husk powder, baking powder in a bowl and mix.
5. Add the melted butter and egg and stir until combined.
6. Add the boiling water and mix until a dough appears.
7. Either cut the mixture into 8 or use wet hands to make 8 balls.
8. Using your hands, (wet hands help), roll the balls into sticks. Place on the baking tray.
9. Bake for 15 minutes, remove from the oven, turn the sticks over, then brush with the garlic butter.
10. Bake for another 5 minutes until firm and golden.

*Nutritional Info per breadstick - 154 Calories, 16g Fat, 2g Protein, 3g Total Carbs, 2g Fibre, 1g Net Carbs*

# Cheese Biscuits

Made with almond flour and have a melt in your mouth texture similar to a cheese straw. The dough mixture can be kept in the refrigerator for a few days before cooking.

You will need to bake them in batches

## Ingredients

1 1/2 cups almond flour

3/4 tsp cayenne powder

3/4 tsp salt

1 1/2 cups Cheddar Cheese, finely grated

6 tbsp butter, cut into pieces and room temperature

## Instructions

1. Mix the almond flour, cayenne pepper and salt in a food processor. Add cheese and butter and blend until a dough forms.

2. Transfer the dough to a sheet of waxed paper and form into a log 1 1/2 inches in diameter. Roll log back and forth on counter to smooth the sides. Roll up tightly in waxed paper and refrigerate until firm, at least 4 hours. The mixture will keep for several days too.

3. Preheat oven to 180C/350F degrees and line a baking sheet with parchment paper. Cut the dough log into 1/4 inch slices and bake for 12-15 minutes, or until spread and edges are starting to brown. Do not place the circles of dough too close as the mixture will spread out.

**Servings:**

**Makes 20 Biscuits**



*Nutritional Info per biscuit - 106 Calories, 10g Fat, 4g Protein, 2g Total Carbs, 1g Fibre, 1g Net Carbs*

# Eggplant Chips with Avocado & Lime

Crispy eggplant chips cooked in spices and served with an avocado and lime dip.



## Ingredients

1 thin eggplant

### *Seasoning*

4-5 tblspns olive oil

2 tblspns ground paprika

1 tblspn ground cayenne pepper

1 tblspn onion powder

2 tspn salt

1/2 tspn ground white pepper

1/2 tspn ground black pepper

1/2 tspn ground cumin

1/2 tspn garlic powder

1/4 tspn dried thyme

1/4 tspn dried basil

1/4 tspn dried oregano

### *Dip*

1 avocado

1 tblspn lime juice

1/4 tspn salt

## Instructions

1. Pre-heat the oven to 180C/350F degrees.

2. Mix the seasoning with the oil in a bowl.

3. Thinly slice the eggplants into about 1/3 inch slices.

4 Dip the eggplants into the seasoned oil mixture and place onto a parchment lined baking sheet.

5. Bake for 25-30 minutes until crispy.

6. For the dip, blend the avocado, salt and lime juice until smooth.

7. Serve the chips with the dip;

*Nutritional Info per chip - 51  
Calories, 5g Fat, 0g Protein, 3g Carbs,  
1g Fibre, 2g Net Carbs*

**Servings: 15 Chips**

# Cherry Tomatoes Stuffed with Guacamole



The colour combination of the red tomato and green guacamole are bright and pleasing to the eye, let alone the flavour combination being pleasing to the taste buds.

## Ingredients

15 cherry tomatoes  
1 tblspn lime juice  
3 ripe avocados  
1 plum tomato, chopped  
(seeds removed)  
2 tblspn spring onion,  
finely chopped  
1/2 tspn fresh coriander  
1 tblspn jalapeno chilli,  
finely chopped  
1/2 tspn salt

## Instructions

1. Cut a thin slice from the top of the tomato and scoop out the seeds with a teaspoon.
2. Pit and peel the avocados and mash the flesh in a bowl.
3. Add the lime juice, tomato, onion, coriander, jalapeno, coriander and salt and mix well.
4. Spoon the mixture into the cherry tomatoes.

**Servings: 1-3**

*Nutritional Info per tomato - 34 Calories, 3g Fat, 1g Protein, 3g Total Carbs, 1g Fibre, 2g Net Carbs*



# Baked Parmesan Zucchini Fries



Zucchini fries baked in Parmesan. Add more seasoning if you want.

## Ingredients

2 zucchinis  
1 egg  
75g dried Parmesan  
cheese

## Instructions

1. Preheat the oven to 180C/350F degrees.
2. Line a baking tray with parchment paper.
3. Cut the zucchini top and bottom off.
4. Cut into long strips. I cut mine into half, then quartered, then cut in half again.
5. Beat the egg in a bowl.
6. Place the Parmesan cheese on a plate and spread evenly.
7. Dip a zucchini stick into the beaten egg.
8. Then dip the zucchini into the Parmesan so it is covered.
9. Double dip if necessary.
10. Place the zucchini sticks on the parchment paper.
11. Bake for 15 minutes, then turn over and bake for a further 10 minutes.



**Servings: 2**  
**Makes 12 Fries**

*Nutritional Information per serving - 224 Calories, 13g Fat, 20g Protein, 8g Total Carbs, 2g Fibre, 6g Net Carbs*

# Breakfast & Brunch



The fresh sage blends well with the cheese and gives the sausage a nice added flavour. I use bread crumbs from my gluten free healthy bread but you could use breadcrumbs from any gluten free bread of your choice.

## Vegetarian Cheese Sausages

### Ingredients

125g strong Cheddar Cheese  
200g gluten free breadcrumbs  
1/2 tspn dried thyme  
2 tspn finely chopped fresh parsley  
1/2 tspn freshly grated nutmeg  
3 Spring onions  
2 eggs  
3 tblspn ground almonds  
2 tspn mustard  
salt and pepper  
oil for shallow frying

**Servings: 1-5**  
**Makes 6 sausages**

### Instructions

1. Add the cheese to the breadcrumbs, mustard, thyme, parsley and onion. Season with salt, pepper and nutmeg. Mix well.
2. Separate one egg and add the yolk to the other egg.
3. Beat well and add to the breadcrumb and cheese mixture.
4. Make little balls of the mixture and shape into sausage shapes.
5. Beat the spare egg white until frothy.
6. Place the almond flour in a shallow bowl.
7. Heat the oil in a frying pan on a gentle heat.
8. Brush the sausages with the egg white and then roll them in the almond flour.
9. Fry the sausages slowly for them to cook all the way through and turn frequently.

*Nutrition: Per Sausage: 212 Calories; 17g Fat; 11g Protein; 6g Carbohydrate; 3g Dietary Fibre; 3g Net Carb*

# Breakfast Muffins



Although these muffins are not exactly exciting to look at they are packed full of flavour and fibre. I think these are perfect muffins to have at breakfast and let's face it, the name "muffin" is just an excuse to eat cake at the beginning of the day. It's a great way to get flax into your day too.

*Nutrition: Per Muffin: 428 Calories; 39g Fat; 13g Protein; 13g Carbohydrate; 10g Dietary Fibre; 3g Net Carb*

## Ingredients

1 cup flax meal  
1 cup almond flour  
1 tspn baking powder  
1/4 tspn salt  
1 tblspn nutmeg, grated  
or ground  
1 tblspn cinnamon  
1 cup erthyritol (or  
sweetener of your choice)  
1/2 cup melted butter  
4 eggs, beaten  
Additional cinnamon and  
melted butter for  
topping (optional)

## Servings: 6 Muffins

## Instructions

1. Preheat the oven to 180c/350F degrees.
2. Mix dry ingredients together well.
3. Add beaten eggs, melted butter and erthyritol (or alternative sweetener) to the dry mixture and mix well. If the mixture is a bit thick, add about 1/4 cup water.
4. Fill muffin cases just over half way with the batter.
5. Bake for 20 minutes until the tops are golden brown. Cool in the pan for a few minutes, then remove.
6. Mix the additional cinnamon and melted butter then dip the tops of the muffin in this mixture (optional)

# Mini Cinnamon Rolls

## Ingredients

1/2 cup (56g) coconut flour  
4 tblspn butter (60g), melted  
2 eggs  
1/4 cup erythritol(50g) (or sugar substitute of your choice)  
4 tblspn (60g) coconut milk  
1/2 cup boiling water  
1 tblspn psyllium powder  
1/2 tspn baking powder  
1/2 tspn salt

## FILLING

3-4 tblspn cinnamon  
4 tspn erythritol (or sugar substitute of your choice)

## TOPPING

2oz cream cheese, softened  
2 tspn vanilla essence  
2 tblspn coconut oil  
1 tblspn ground erythritol (or sugar substitute of your choice)  
1 tbspn water (optional, depending upon how thin you want your topping)

**Servings: 12 Rolls**

## Instructions

1. Pre-heat the oven to 190C/385F degrees and grease your muffin tin.
2. Mix the coconut flour, psyllium powder, baking powder, salt and erythritol together.
3. Add the eggs, butter and coconut milk and blend together so it resembles breadcrumbs or a partial dough.
4. Add the boiling water, gradually, a bit at a time, until you have a dough consistency. (You may not need all the water so don't pour it all in at once).
5. Lay a piece of parchment paper on your kitchen surface.
6. Take a small handful of the dough and make a thick sausage shape. Place this on the parchment paper. Place another piece of parchment paper over the dough and gently roll into a long rectangle, about two inches wide.
7. Trim the edges to make them straight. Sprinkle with cinnamon and erythritol.



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8. Using the bottom parchment paper, roll up the dough like a Swiss roll.
- 9 Cut into half and place each "roll" in the muffin tin (or on parchment lined baking tin).
10. Repeat until all the dough is used.
11. Bake for 20-25 minutes until golden.
12. To make the filling, blend the cream cheese, vanilla essence and ground erythritol together.
13. Add the coconut oil, then add water to achieve the consistency you desire.
14. Either pipe or drizzle over your buns. Or smear like butter!

***Nutritional Information per roll (without the topping) - 87 calories, 7g Fat, 2g Protein, Total Carbs 5g, Fibre 3g, Net Carbs 2g.***

# Tomato, Artichoke, Feta & Basil Frittata



## Ingredients

5 eggs  
1 onion, peeled and chopped  
1 clove garlic, peeled and chopped  
185g artichokes (marinated from a jar)  
1/4 cup (30g) Feta cheese  
2 tblspns fresh basil, chopped  
1/3 cup cherry tomatoes (about 10-12)  
1 tblspn olive oil  
1/4 tspn salt  
1/4 tspn black pepper

## Instructions

1. Heat the oil in a small frying pan (I use a 7 inch pan) and add the onion and garlic. Cook for about 4 minutes until tender.
2. Add the artichokes, tomatoes and basil and cook for a further 4 minutes.
3. Beat the eggs in a bowl and season.
4. Crumble the feta and add to the eggs.
5. Pour the egg mixture into the pan and cook for about 5-7 minutes until the base is firm and cooked.
6. Place the pan until a grill, on a medium heat and cook for 7-10 minutes until firm and golden.

*Nutritional Info per quarter - 165 Calories, 11g Fat, 8g Total Carbs, 4g Net Carbs, 4g Fibre, 10g Protein*

# Souffle Omelette with Goats Cheese & Spinach



A soufflé omelette is an amazing way to get a decent sized omelette out of just 2 eggs

***Nutrition: Per Serving: 677 Calories; 52g Fat; 42g Protein; 11g Carbohydrate; 4g Dietary Fibre; 7g Net Carb***

## Ingredients

- 1 red pepper, deseeded and cut into quarters
- 2 eggs, separated
- 1 tblspn mixed fresh herbs (oregano, chives, flat leaf parsley or any other of your choice).
- 15g butter
- 50g spinach
- 150g goats cheese
- pepper

## Instructions

1. Preheat the grill. Place the pepper, skin side up, under the grill and cook until the skin blackens. Allow to cool and peel off the skin and cut the pepper into strips.
2. Beat the egg yolks with 2 tblspn of cold water, then stir in the chopped herbs and pepper.
3. Whisk the egg whites until stiff, then fold in the yolk mixture.
4. Melt the butter into a frying pan, then spoon in the egg mixture. Cook over a moderate heat for 3-4 minutes until the underside is golden. Remove from the heat and place until the hot grill for 2-3 minutes until lightly brown.
5. Place the spinach and pepper strips over the top of the soufflé omelette then scatter with the goats cheese.
6. Return to the grill and cook for a further 3-4 minutes until the cheese has softened and melted.
7. Fold the omelette in half,

# Soups & Salads



I've used raspberries in a salad so thought I'd try strawberries. Throw in a creamy avocado, a few spinach leaves and voila!

*Nutritional Info per serving: 236 Calories, 20g Fat, 9g Protein, 8g Total Carbs, 4g Fibre, 4g Net Carbs*

## Strawberry, Spinach, Avocado and Goats Cheese Salad

### Ingredients

1 cup of strawberries cut in half

1 Avocado, cut into chunks

3 cups baby spinach  
4oz goats cheese, cut into small ¼ inch pieces

¼ small red onion, sliced thinly

### Dressing

1 tblspn balsamic vinegar

1 tblspn olive oil

Juice of ½ lime

salt and pepper to taste

### Instructions

1. Put all the dressing ingredients in a bowl and whisk gently to combine.
2. Place the salad dressings in a serving bowl.
3. Pour the dressing over the salad and gently toss.

**Servings: 2-3**



# Zucchini and Basil Soup



## Ingredients

2 large zucchini, trimmed and cut into chunks  
1 onion, peeled and chopped  
2 cloves of garlic, peeled and chopped  
2-3 tbsps coconut oil (or oil of your choice)  
3 cups vegetable stock  
1/3 cup basil leaves  
Salt and pepper to taste

## Instructions

1. Heat the oil in a large saucepan.
2. Add the onion and garlic and cook on a medium heat for 3-5 minutes until soft.
3. Add the zucchini and cook for a further 5 minutes, stirring occasionally.
4. Add the stock, bring to the boil and simmer for 15 minutes.
5. Add the basil and blend with a hand blender or in a food processor.
6. Season to taste.

This is a simple soup, full of the flavours of summer. It's also a great way to use up all your excess summer zucchini's.

**Servings: 4 Servings**

*Nutritional Info per serving - 87 Calories, 7g Fat, 2g Protein, 6g Total Carbs, 2g Fibre, 4g Net Carbs*

# Avocado, Tomato, Cucumber & Feta Salad



## Ingredients

2 tomatoes  
1 cucumber  
1 avocado, stone  
and skin removed  
75g Feta cheese  
2 spring onions,  
trimmed and finely  
chopped

## *DRESSING*

2 tblspns fresh basil,  
finely chopped  
1 tblspn fresh  
parsley, finely  
chopped  
1 tblspn red wine  
vinegar  
2 tblspn lemon juice  
2 tblspn olive oil  
1/2 tspn garlic  
powder  
1/2 tspn salt  
1/2 tspn pepper

## Instructions

1. Deseed the tomatoes and cut into small chunks.
2. Peel the cucumber, remove the seeds and cut into small chunks.
3. Cut the avocado into small pieces.
4. Place the tomatoes, cucumber, avocado and spring onion in a bowl.
5. Crumble the feta into the bowl.
6. Mix the dressing ingredients together and pour over the salad.
7. Lightly toss the salad so that there is an even coverage.

**Servings: 1-2**



*Nutritional Information (per half the recipe) - 368 Calories, 32g Fat, 8g Protein, 15g Total Carbs, 7g Fibre, 8g Net Carbs*

# Broccoli and Coconut Milk Soup

This broccoli and coconut milk soup is a bowl of creamy gorgeousness! This soup would also be suitable for anyone with a dairy intolerance with the use of coconut milk.

## Ingredients

2 tblspns coconut oil  
  
1 head of broccoli, cut into florets  
  
1 onion, chopped  
  
1 bayleaf  
  
2 garlic cloves, chopped  
  
1 cup vegetable stock  
  
1 tin of coconut milk (equal to about 2 cups)  
  
salt and pepper.

## Instructions

1. Heat the coconut oil in a saucepan on a medium heat. Add the onion and garlic and cook for 7-10 minutes until soft.
2. Add the broccoli, stock, coconut milk and bayleaf. Season to taste.
3. Simmer for 15-20 minutes.
4. Remove the bayleaf.
5. Blend until smooth, using either a hand blender or blender.
6. Slurp, eat and enjoy!



**Servings: 4 Servings**

*Nutritional Info per serving - 310 Calories, 31g Fat, 4g Protein, 9g Total Carbs, 2g Fibre, 7g Net Carbs*



## Cauliflower & Egg Salad

This is a great substitute for a creamy potato salad and uses the wonderful cauliflower! It tastes better after sitting for a few hours (in the refrigerator of course!).

### Ingredients

1 large cauliflower  
4 hard boiled eggs  
1 carrot, peeled and  
grated  
1/2 onion, peeled and  
finely chopped  
1 red pepper, deseeded  
and finely chopped  
2-3 tblspn fresh dill (or  
other fresh herb)  
1/3 cup mayonnaise  
(home made is best of  
course)  
1/3 cup buttermilk  
1 tblspn mustard  
salt and pepper to taste

**Servings: 2-4**

### Instructions

1. Grate the cauliflower and cook in in a frying pan to cook off the water until it is tender.
2. Mash 3 of the hard boiled eggs (or chop them into small pieces)
3. Mix the cauliflower, egg, carrot, onion and red pepper together. Season with the salt and pepper. Add the dill.
4. Mix the mayonnaise, buttermilk and mustard into the cauliflower mixture and blend well.
5. Let sit for a few hours (in the fridge!).
6. Decorate with the other hard boiled egg.

*Nutritional Info per serving - 145 Calories, 8g Fat, 8g Protein, 11g Total Carbs, 3g Fibre, 8g Net Carbs*

# Avocado and Lime Coleslaw

Avocado is used in place of mayonnaise in this coleslaw recipe. It's creamy, tangy and just delicious.

## Ingredients

1 Avocado  
1/2 head white cabbage,  
thinly sliced  
4 spring onions, trimmed  
and finely chopped  
1/2 cup fresh coriander  
(cilantro), chopped  
2 tblspn apple cider  
vinegar  
Juice of 1 lime  
1 tblspn mustard  
1/2 tspn salt  
1/4 tspn pepper  
2 tblspn olive oil  
1/2 tspn garlic powder

## Instructions

1. Place the avocado, apple cider vinegar, lime juice, mustard, oil and seasonings into a blender or food processor and blitz until smooth.
2. In a bowl, add the cabbage and spring onions.
3. Pour the avocado mixture over the cabbage and mix thoroughly.
4. Add the coriander and gently stir.



**Servings: 2-4 Servings**

*Nutrition: Per Serving: 129 Calories; 12g Fat; 1g Protein; 6g Carbohydrate; 3g Dietary Fibre; 3g Net Carb*

# Chargrilled Cauliflower Salad with Tahini & Herb Dressing

Cauliflower cooked on the BBQ is a great change. Pour a tahini and herb dressing over it and you have yourself a tasty dish.



## Ingredients

1 cauliflower, cut into florets

2 tblspn olive oil

### *Tahini Dressing*

4 tblspns tahini

1 garlic clove

1/3 cup olive oil

1/4 tspn sesame oil

1 tspn lemon juice

1 tblspn flat leaf parsley, finely chopped

1/2 tspn lemon zest

## Instructions

1. Make the tahini dressing by whisking all the ingredients together well.
2. Brush the cauliflower florets in oil and cook on a medium bbq. Chargrill for about 6-8 minutes until golden brown on both sides.
3. Drizzle the dressing over the cauliflower.

**Servings: 2-3 Servings**

*Nutritional Info per serving - 371 Calories, 37g Fat, 5g Protein, 9g Total Carbs, 4g Fibre, 5g Net Carbs*

# Warm Cauliflower Salad

This salad is normally served warm, but is just as delicious at room temperature.

## Ingredients

1 head of cauliflower, cut into florets  
1 clove of garlic, peeled  
2 tbsps capers  
1 1/2 tbsps lemon juice  
1/4 cup olive oil  
1/4 tspn black pepper  
1/4 tspn salt  
1/4 cup fresh parsley, chopped  
2-3 tbsps olive oil (for roasting)

**Servings: 2 Servings**

## Instructions

1. Pre-heat the oven to 220C/425F degrees.
2. Toss the cauliflower in the tablespoons of olive oil and roast for about 20 minutes under golden.
3. Meanwhile, mash the garlic.
4. Chop the capers and add to the garlic.
5. Mix with the lemon juice and olive oil. Season with the salt and pepper.
6. When the cauliflower is roasted, toss it in the dressing.
7. Sprinkle the parsley over the dish.



*Nutrition: Per serving: 275 Calories; 28g Fat; 3g Protein; 7g Carbohydrate; 3g Dietary Fibre; 4g Net Carb*

# Meatless Monday



The cauliflower is cut into four large slices and roasted. Then served with a tomato sauce and olive relish on the side. It can be a great supper dish or perhaps a starter?

*Nutritional Information per serving – 291 Calories, 26g Fat, 5g Protein, 15g Total Carbs, 7g Fibre, 8g Net Carbs*

## Cauliflower Steaks with Olive & Tomato

### Ingredients

1 cauliflower head, leaves removed but core intact  
1/2 cup pitted black olives  
3 sun-dried tomatoes, finely chopped  
3 garlic cloves, peeled and sliced  
2 plum tomatoes, cored and quartered  
1 tspn lemon juice  
3 tblspns olive oil  
2 tblspns flat-leaf parsley, chopped  
salt and pepper

**Servings: 2**

### Instructions

1. Preheat the oven to 200C/400F degrees.
2. Cut the cauliflower into 4 large slices, and put aside any florets that will break loose and chop them finely.
3. Mix the chopped florets with the olives, sun-dried tomatoes, 1 tblspn oil, parsley and lemon juice. Season with salt and pepper.
4. Heat the remaining olive oil in a large frying pan.
5. Cook the cauliflower slices until golden brown on each side.
6. Place the cauliflower slices, garlic and tomatoes onto a baking sheet lined tray and bake for 25 minutes.
7. Remove from the oven and place the roasted garlic and tomatoes into a blender and blitz until smooth.
8. Place the tomato sauce over a plate, and top with the cauliflower slice.
9. Add the olive and sun-dried tomato mix to the plate.

# Almond Meal Pulp & Zucchini Falafels

## Ingredients

1/2 cup almond meal pulp (the left over from making almond milk)  
20g coconut flour  
1 tspn baking soda  
2 cloves garlic, peeled and finely chopped  
1/2 onion, peeled and finely chopped  
1 cup zucchini grated  
1 tblspn fresh parsley, chopped  
2 tblspn fresh coriander, chopped  
1 tspn ground cumin  
1/2 tspn cayenne pepper  
2 tspn ground coriander  
1/2 tspn salt  
1/2 tspn pepper  
3-4 tblspn olive oil

**Servings: 10-12 Balls**

## Instructions

1. Place all of the ingredients, except the baking soda and coconut flour in a food processor and blitz until combined.
2. Spoon the mixture into a bowl and add the baking soda and coconut. Mix well. Add more coconut flour if required.
3. Take about a tablespoon of the mixture, and make into balls, flattening slightly.
4. Place in the fridge for at least 30 minutes to firm.
5. Heat the olive oil on a medium heat in a frying pan.
6. Fry the falafel on both side for until golden and firm.



Almond meal pulp and zucchini falafels are a great way to use up left over almond meal after you've made almond milk.

Almond flour IS NOT a substitution.

*Nutritional Info per falafel - 81 Calories, 7g Fat, 2g Protein, 4g Total Carbs, 2g Fibre, 2g Net Carbs*

# Cauliflower and Walnut Crust Quiche



A low carb and paleo quiche crust made out of cauliflower and walnuts.



*Nutrition: Whole Crust only: 594 Calories; 49g Fat; 27g Protein; 25g Carbohydrate; 12g Dietary Fibre; 13g Net Carb*

## Ingredients

1 cauliflower, cut into florets  
1/2 cup walnuts  
2 eggs  
1 tblspn onion powder (optional)  
1 tblspn garlic powder (optional)  
1/2 tspn salt  
1/2 tspn pepper

## *Filling (guideline only..use your favourites!)*

6 -8 large eggs  
10 cherry tomatoes  
1 tin artichokes  
1/2 tspn salt  
1/2 tspn pepper

**Servings: 2-4**

## Instructions

1. Grate the cauliflower or process in a food processor for a “rice like” texture.
2. Place in a microwave safe bowl, cover with cling film and cook for 7 minutes.
3. Remove, let it cool and then squeeze the water from the cauliflower mixture (I use a nut bag but you could use a tea towel for this too).
4. Pre-heat the oven to 375F/190C.
5. Place the walnuts in a food processor and blitz until finely chopped.
6. In a bowl, combine the cauliflower, walnuts, eggs and any flavourings. Season with the salt and pepper. Mix well.
7. Line a tin/dish with greaseproof paper.
8. Using a spoon, press the cauliflower mixture into the tin and around the edges. I simply place the mixture into the tin, then spread it out with a spoon until even.
9. Bake in the oven for 20 minutes until firm and slightly golden. Remove from the oven and keep the oven on at the same temperature.
10. Beat the eggs for your filling in a bowl. Season with the salt and pepper
11. Place the vegetable fillings over your Quiche case and pour the egg mixture over.
12. Bake in the oven for 35 minutes until the egg mixture is golden and firm.

# Lemon Ricotta Gnocchi

This lemon ricotta gnocchi dish is made in the pan making it a quick and easy dish to make. Great if you are in a rush too!

## Ingredients

1 cup (246g) Ricotta cheese  
1/2 cup (50g) grated Parmesan cheese  
1 egg yolk  
Zest of one lemon  
1 tspn salt  
2 tblspn coconut flour  
1 tblspn parsley, chopped  
2 tblspn butter  
1 tblspn olive oil

## Servings:

1-2

## Instructions

1. Combine the Ricotta, Parmesan, egg yolk, lemon zest, parsley and salt in a bowl and mix well.
2. Add the coconut flour and combine well.
3. Take small amounts of the dough and roll into pieces, about the side of a walnut and flatten.
4. Heat the butter and oil in a frying pan.
5. Add the Gnocchi and fry on each side for 2 minutes, until golden brown.
6. Serve with a sprinkling of lemon zest, parsley and Parmesan.



*Nutritional Info per gnocchi - 74 Calories, 6g Fat, 4g Protein, 1.3g Total Carbs, 0.3g Fibre, 1g Net Carbs*

# Zucchini & Halloumi Balls

Zucchini and halloumi cheese are blended together to make little balls of deliciousness. I served mine with a marinara sauce but they would be lovely just by themselves, or with a lemon butter over them.



## Ingredients

3 medium zucchini  
1 onion, peeled and finely chopped  
3 garlic cloves, finely chopped  
100g Halloumi cheese, grated  
1 egg, beaten  
2 tblspns fresh mint, finely chopped  
2 tblspns fresh parsley, finely chopped  
1 tblspn thyme, finely chopped  
1 lemon, finely grated  
2-3 tblspns coconut flour  
salt and pepper  
3 tblspns olive oi

**Servings: 1-2**

**Makes 10 Balls**

## Instructions

1. Grate the zucchini and place in a colander, sprinkle with salt and leave for 30 minutes.
2. Squeeze out all of the water from the grated zucchini and place in a bowl.
3. Add the herbs, halloumi, garlic, egg and lemon zest and mix well. Season to taste.
4. Add the coconut flour and if the mixture is not firm enough, add some more!
5. Roll the mixture into small balls and chill for at least 30 minutes in the fridge.
6. Heat the olive oil in a frying pan.
7. Fry the balls and keep turning them until golden brown on all sides.
8. Eat and enjoy!

*Nutritional Info per ball - 101 Calories, 7g Fat, 4g Protein, 5g Total Carbs, 2g Fibre, 3g Net Carbs*

# Muffins & Cupcakes

## Flaxseed & Pumpkin Muffins

These muffins are very moist and remind me slightly of a carrot cake. I served mine with a vanilla cream cheese topping but that is optional.



**Servings:**  
**Makes 9 Muffins**

*Nutritional info per muffin – 216 calories, 20g Fat, 6g Protein, 7g Carbs, 5g Fibre, 2g Net Carbs*

### Ingredients

1 cup ground flaxseed  
1/2 cup pumpkin puree  
1/2 cup erythritol (or sugar substitute of your choice)  
3 eggs  
1/2 cup butter, melted  
1 tspn baking powder  
1 tspn vanilla essence  
1 tspn ground cinnamon  
1/2 tspn ground all spice  
1 tspn ground ginger  
1/4 tspn ground cloves  
1/4 tspn ground nutmeg  
1/4 tspn salt

### *TOPPING (optional)*

25g cream cheese, at room temperature  
25g butter, at room temperature  
2 tspn vanilla essence  
2 tblspn ground erythritol (or sweetener of your choice)

### Instructions

1. Preheat the oven to 180C/350F degrees.
2. Grease a muffin tin (it makes 9 muffins) or use muffin cases.
3. Place all the dry ingredients in a bowl and mix well.
4. Add the butter, eggs, pumpkin and vanilla and stir until combine thoroughly.
5. Spoon the mixture into the muffin tin.
6. Bake for 20-30 minutes until the tops are firm.
7. To make the topping, simply blend all of the topping ingredients together until smooth (I use a hand blender but a fork and elbow power is good too!).
8. When the muffins are cool, spread the topping over them.

# Mini Berry Muffins

## Ingredients

1/4 cup (28g) coconut flour  
1/4 cup (56g) butter, melted  
1/4 cup (54) erythritol (or sugar substitute of your choice)  
2 tblspns coconut milk  
1/4 cup (31g) raspberries  
1/4 cup (37g) blueberries  
3 eggs  
1/2 tspn vanilla essence  
1/2 tspn baking powder  
1/4 tspn salt  
Topping  
3 oz (84g) cream cheese, softened  
1 tspn vanilla essence  
2 tblspns erythritol (or sugar substitute of your choice)  
2 tblspns desiccated coconut (unsweetened)

## Servings:

**Makes 20 Mini Muffins**



*Nutritional info per mini muffin - 64 Calories, 5g Fat, 1g Total Carbs, 1g Net Carbs, 1g Fibre, 2g Protein*

## Instructions

1. Pre-heat the oven to 200C/400F degrees.
2. Blend together the butter, eggs, erythritol, coconut milk, and vanilla essence.
3. Add the coconut flour, baking powder and salt, and whisk until there are no lumps and there is a smooth batter.
4. Gently add the berries and mix well.
5. Spoon a large teaspoon of the mixture into cupcake cups. You may want to move the berries about to ensure even coverage.
6. Bake for 20 minutes and allow to cool.
7. Blend the topping ingredients together until smooth and there are no lumps. Add any extra cream cheese if the mixture is too weak.
8. Pipe or spoon over the muffin tops and sprinkle the desiccated coconut over the topping.

# Coffee Butterfly Cakes

## Ingredients

1/4 cup coconut flour  
1/4 cup butter, melted  
1/4 cup erythritol (or sugar substitute)  
3 eggs  
2 tblspns coconut milk  
1/2 tspn baking powder  
1/4 tspn salt  
1 tblspn vanilla essence

## Filling

1/4 cup cream cheese  
1/4 cup butter, softened  
3 tbsps. strong coffee  
2 tblspns ethyritol (or sugar substitute)

**Servings:**

**Makes 6 Muffins**

*Nutritional Info per cupcake - 244  
Calories, 23g Fat, 5g Protein, 5g  
Total Carbs, 2g Fibre, 3g Net  
Carbs*

## Instructions

Pre-heat the oven to 200C/400F degrees.

Blend together the butter, eggs, erythritol, coconut milk and vanilla essence.

Add the coconut flour, baking powder and salt, and whisk until there are no lumps and there is a smooth batter.

Pour into cupcake cups or a greased muffin tray.

Bake for 20 minutes and allow to cool.

Mix the filling ingredients together until smooth and the coffee colour is even. You may want to add more coffee to taste.

Cut a small circle out of the top of the cupcake, cut into two horizontally and place aside. Spoon the filling into the hole in the middle of the cupcake. Place the two pieces of the cupcake top on top of the filling with the top edges facing each other.

Butterfly cupcakes are the cupcakes of my childhood and something I rarely see now. As children we used to bake or make sweets on a Sunday afternoon and that has installed in me a need for a sweet tooth on a Sunday afternoon which I try desperately to change by eating well and healthier. So, I made a healthier sugar-free solution to this craving with a nostalgic nod to years ago.



# Chocolate Chilli Cupcakes with Lime Cream Cheese Topping

The spice of chilli goes surprisingly well with chocolate...it gives it a little kick but does not overpower it. You do not notice the chilli at first bite, but it suddenly creeps up on you as a delicious surprise.



**Servings: Makes 6 Cupcakes**

*Nutritional Info per cupcake - 553 Calories, 54g Fat, 13g Protein, 11g Net Carbs, 5g Fibre, 6g Net Carbs*

## Ingredients

2 cups almond flour  
2 tspn baking powder  
1/4 tspn salt  
1/2 cup butter, melted  
4 eggs  
1/4 cup water  
1/4 cup erythritol (or sugar substitute of your choice...honey is nice, but not low carb)  
1/4 cup cocoa powder  
1/2 tspn cayenne pepper  
1/4 tspn cinnamon

## *Cream Cheese Topping*

1/2 cup butter, softened  
1/2 cup cream cheese, softened  
1/4 cup erythritol, ground (or other sugar substitute)  
2 tblspn coconut milk  
zest and juice of 1 lime

## Instructions

Preheat the oven to 180C/350F degrees.  
Mix the almond flour, baking soda and salt together.  
In another bowl mix the butter, water, eggs, erythritol and spices.  
Combine the wet and dry ingredients together, and stir well.  
Pour the mixture into cupcake cases in a muffin/cupcake tin.  
Bake for 20 to 23 minutes until firm.  
Whilst the cakes are cooling make the cream cheese topping  
Blend the butter, cream cheese and erythritol in a bowl until smooth and creamy.  
Add the coconut milk a tablespoon at a time.  
Add the lime juice and half of the zest and blend until smooth.  
Smother (or pipe if you are neater) the topping over the top of the cupcakes.  
Sprinkle the remaining lime zest over the topping.

# Lemon and Chia Seed Muffins

A popular muffin is lemon and poppy seed, so I thought I would try chia seed instead of the poppy seed. As a bonus I added a cream cheese filling too!

## Ingredients

2 cups almond flour  
1/4 cup melted butter  
2 tspn baking powder  
2 tblspn chia seeds  
4 eggs  
1/4 cup erythritol (or other sugar substitute)  
1/2 tspn salt  
Juice and rind from 2 lemons

## Filling

1/2 cup cream cheese, softened  
2 tblspn ground erythritol (or other sugar substitute)  
Juice of 1/2 lemon

## Instructions

1. Preheat the oven to 180C/350F degrees.
2. Mix the dry ingredients together.
- 3 Add the melted butter, eggs and lemon juice with the rind and stir thoroughly.
4. Add the chia seeds and stir.
5. To make the filling, simple blend the cream cheese, lemon juice and erythritol together until blended.
6. Lightly grease a muffin tin.
7. Spoon the mixture into the muffin tin about half way.
- 8 Spoon about a large teaspoon of the cream cheese filling into the centre of the cake mixture.
9. Place the remaining muffin batter over the filling and smooth out so that the filling is covered.
10. Bake for 20-25 minutes.



**Servings:**  
**Makes 8 Muffins**

*Nutritional Info per muffin- 290 Calories, 25g Fat, 10g Protein, 10g Total Carbs, 5g Fibre, 5g Net Carbs*

# Coconut and Lime Cupcakes

These cupcakes are the delicious combination of coconut and lime which is a favourite flavour combo of mine.



## Ingredients

3 eggs  
1/4 cup coconut oil  
1/2 cup coconut milk  
1/4 cup erythritol  
(or sugar substitute of your choice)  
1/4 cup coconut flour  
Zest and juice of 1 lime  
1/2 cup dried coconut  
1/2 tspn baking powder  
1/4 tspn salt

**Servings:**  
**Makes 8-10**  
**Cupcakes**

## Instructions

1. Preheat the oven to 180C/350F degrees.
2. Beat the eggs well, stir in the coconut oil, lime zest, lime juice and coconut milk.
3. In a separate bowl mix the dry ingredients.
4. Stir the dry ingredients into the wet and mix well. If the batter seems too thick add more coconut milk. It should resemble cake/pancake batter.
5. Place the batter into cupcake cases 3/4 of the way up and bake for 20 minutes until the tops spring back lightly when touched.
6. Remove and cool in the pan.
7. Decorate with a cream cheese butter topping and limes if desired (I added coconut milk to my topping).

*Nutritional info per muffin – 216 calories, 20g Fat, 6g Protein, 7g Carbs, 5g Fibre, 2g Net Carbs*

# Desserts & Cakes

## Coconut and Blueberry Cheesecake

This coconut and blueberry cheesecake has a crust that is made with coconut instead of a low carb flour or biscuit. It looks too good to eat!

*Nutritional Info per slice (based on 10 slices) – 535 Calories, 50g Fat, 9g Protein, 16g Total Carbs, 7g Fibre, 9g Net Carbs*

### Ingredients

4 cups desiccated coconut  
1 cup erythritol (or other sugar replacement)  
2 egg whites  
3 eggs  
1/4 cup butter, melted  
3 x 8 oz packets of cream cheese  
2 tspn vanilla essence  
2 cups blueberries (I used fresh but you could use frozen).  
1 -2 tblspns coconut oil

### Instructions

1. Preheat the oven to 180C/350F degrees.
2. Lightly grease a 7 inch spring form cake with the coconut oil.
3. In a large bowl, mix the desiccated coconut, melted butter, egg whites and 1/2 cup erythritol (or other sugar replacement) and mix well with your hands.
4. Ensuring that your hands are damp, press the coconut mixture into the cake tin and press the mixture firmly along the sides and the base.
5. Cover the top edges with silver foil (to prevent the edges burning)
6. Bake in the oven for 20 minutes. Remove and set aside to cool.
7. Blend the cream cheese with a whisk.
8. Add the erythritol (or sugar substitution) and vanilla essence and blend.
9. Using the whisk, add the eggs one by one to the mixture.
10. Mix in 1 cup of the blueberries by spoon.
11. Place the mixture into the coconut shell and bake in the oven for 50 minutes.
12. Chill in the fridge overnight.
13. Decorate with the remaining blueberries.

**Servings: 4-6**

**Makes 8-10 slices**



# Flourless Chocolate Cake

This chocolate cake is rich, gooey and also amazing the next day. I would advise that you serve it with a dollop of cream to freshen the palate as this is very rich. Very decadent, very rich and no flour.

## Ingredients

450g (2 1/2 cups / 15 1/2 oz) dark chocolate (70% cocoa solids minimum), melted

115g (1/2 cup / 4oz) butter, cut into pieces (add into the chocolate when melting)

6 eggs, separated

115g (1/2 cup / 4oz) erythritol (or sweetener of your choice)

1 tblspn vanilla

## Instructions

1. Preheat the oven to 180C/350F degrees.
2. Line a 20 cm spring form cake tin with baking parchment.
3. Whisk the egg whites until stiff. In another bowl, whisk the egg yolks and erythritol until the mixture is thick and pale.
4. Whisk the melted chocolate in with the egg yolks and vanilla.
5. Fold in the egg whites.
6. Put the mixture into the cake tin and bake for 25 minutes until set in the centre. Cool in the tin and remove the paper.



**Servings: 4-6**  
**Makes 10-16 slices**

*Nutritional Info base per slice (cake cut into 16 slices) - 243 Calories, 19g Fat, 4g Protein, Total Carbs 13g, 3g Fibre, 10g Net Carbs*

# Coconut Flan

This coconut flan only has three ingredients and looks wonderful when cooked..



**Servings: 6**

## Ingredients

6 egg yolks

6 tblspns erythritol (or other sugar substitute)

6 tblspns grated/desiccated coconut (unsweetened)

Butter for greasing the pan

## Instructions

1. Preheat the oven to 180C/350F degrees.
2. Butter the pan (either a min muffin or donut pan).
3. Place the egg yolks and erythritol in a bowl and whisk well.
4. Gradually add the coconut and whisk thoroughly.
5. Spoon the mixture into the donut or muffin pan and bake in a Bain Marie (double bath) for 30 minutes, until the top is golden.
6. Remove from the oven and cool slightly before removing from the pan.

*Nutritional Info per flan – 129  
Calories, 11g Fat, 5g Protein, 2g Total  
Carbs, 1g Fibre, 1g Net Carbs*



# Lemon Almond Cake

A low carb and gluten free lemon almond cake that only has three ingredients. The lemon is boiled first, giving a delightful aroma in the kitchen.

## Ingredients

2 lemons, unwaxed (and organic if available)

6 eggs

200g erythritol (or other sugar substitute)

250g ground almonds

**Servings: 4-6**

**Makes 8 slices**

## Instructions

1. Wash the lemons, put them in a pan, cover with water and bring to the boil. Leave to cook gently for about 45 minutes. Leave to cool. Drain the lemons and cut them into pieces to remove any pips. Put the lemons into a food processor and whizz to a puree.
2. Preheat the oven to 150C/300F degrees.
3. Line a 20cm spring form cake tin with baking parchment.
4. Whisk the eggs and erythritol together for about 5 minutes until they are very pale and thick.
5. Whisk in the lemon puree, then fold in the ground almonds.
6. Pour the mixture into the cake tin and bake for 1 1/4 hours or until a cocktail stick inserted into the centre of the cake comes out clean. If it gets too brown, cover lightly with a piece of greaseproof paper.
7. Cool the cake in the tin, then turn over carefully and remove the paper.



*Nutritional Info per slice:  
225 Calories, 18g Fat, 11g  
Protein, 10g Total Carbs, 5g  
Fibre, 5g Net Carbs*

# Blackberry & Lime Cheesecake



*Nutritional Info per slice - 532  
Calories, 50g Fat, 10g Protein, 16g  
Total Carbs, 5g Fibre, 11g Net Carbs*

## Ingredients

### *BASE*

2 cups (230g)  
hazelnut flour  
1/3 cup (76g) butter  
2 tblspn sugar  
substitute

### *FILLING*

2 x 8oz (448g) cream  
cheese, softened at  
room temperature  
250ml cream  
12oz (350g)  
fresh/frozen  
blackberries  
Juice and rind of 2  
limes  
1/2 cup sugar  
substitute  
2 eggs

**Servings: 4-6**  
**Makes 8 slices**

## Instructions

1. Preheat the oven to 180C/350F degrees.
2. Line the bottom of a spring-form cake tin with greaseproof or parchment paper.
3. Melt the butter in a saucepan.
4. Add the hazelnut flour and sugar substitute. Mix thoroughly until the mixture looks like glossy breadcrumbs.
5. Spoon the mixture into the cake tin and use a spoon to spread evenly, pressing the mixture down evenly.
6. Bake in the oven for 15 minutes.
7. Remove from the oven and place in the fridge to cool.
8. Place the cream cheese in a bowl and blend with the sugar substitute. I used a hand blender.
9. Add the eggs, cream, lime juice, lime rind and continue to blend until smooth.
10. In a separate bowl or even a jug, use a hand blender to blitz the blackberries until smooth.
11. Add the blackberry mixture to the cream cheese mixture and stir thoroughly until even in colour.
12. Pour over the hazelnut base and bake in the oven for 30-40 minutes until the centre has a slight firmness. (Don't worry about too much wobble).
13. Allow to cool, then place in the fridge overnight.

# Peanut Butter Pie

A low carb peanut butter pie made with a crust of almond flour that is very rich and delicious.

## Ingredients

2 cups almond flour  
6 tblspns butter, melted  
4 tblspns erythritol (or other sugar substitute)  
1 cup heavy cream  
8oz cream cheese (room temperature)  
1¼ cups peanut butter (smooth)  
½ cup erythritol (or other sugar substitute)  
1 tblspn cinnamon

**Servings: 4-6**  
**Makes 8 slices**

## Instructions

1. Preheat the oven to 180C/350F degrees.
2. Butter/grease a pie pan/tin
3. Mix the almond flour, melted butter and 4 tablespoons of erythritol well.
4. Spoon the mixture into the pie dish and spread it evenly to form a crust.
5. Bake in the oven for 15 minutes.
6. Remove and allow to cool.
7. Whisk the cream to thick peaks.
8. In another bowl, mix the cream cheese, erythritol, peanut butter and cinnamon.
9. Fold the cream into the peanut mixture gently and blend well.
10. Spread the mixture into the pie case.
11. Cover with cling film and place in the freezer for at least an hour.
12. Remove from the freezer 15 minutes before eating. (although we ate some straight from the freezer..delicious)



*Nutritional Info per slice - 351 Calories,  
34g Fat, 8g Protein, Total Carbs 7g, 3g  
Fibre, 4g Net Carbs*

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## Disclaimer

The recommendations given in this book are intended solely as education and information. Always consult a medical practitioner before embarking on a diet.

The nutritional information has been calculated using the Self Nutritional Data website.

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*Angela*

