



for the love of

# *LOW CARB*

healthy family meals

TASHA DE QUINCEY





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# LOW CARB

An eBook with some  
delicious recipes to  
get you started.

From breakfast to  
dinner.

These are nice and  
easy family  
favourites that  
everyone will enjoy.



# Table of Recipes

4. Granola
5. Smoothie Bowl
6. Quiche
7. Cheese Muffins
8. Toasted cheese sandwich
9. Chicken & Bacon Caesar Salad
10. Chicken Curry
11. Toad in the 'Hole'
12. Immunity 'soup' bowl
13. Pulled Pork

A few notes. Measurements are in measuring cups rather than scales. I find this easier to put a recipe together. They are available from most shops. Keep the recipes simple and serve with vegetables (those from above ground) or a nice salad.

I have stated truvia as a sweetener but you can use any keto friendly sweetener to your taste.

Add salt liberally to each recipe.



# Granola

## Ingredients

2 cups pecans/walnuts  
1/2 cup pumpkin seeds  
1/2 cup sunflower seeds  
1 tbsp. hemp seeds  
3/4 cup desiccated coconut  
1 tbsp. collagen (optional)  
2 tsp vanilla essence  
1/4 cup butter  
3 tbsp. truvia

I also like to add vanilla protein powder and the girls love adding raw cacao butter and raw cacao. This is a perfect base for you to experiment with.

## Method

1. Add all the ingredients, except the butter, to a food processor.
2. Just pulse to break them up so they remain chunky.
3. On a low heat, brown the butter in a frying pan.
4. Add the mixture and toss in the butter until fully coated
4. Cook until the nuts go golden (5mins)
5. Remove from the heat, allow to cool, store in the fridge.





# Smoothie Bowl

## Ingredients

1 cup unsweetened almond milk  
1 avocado  
1 tbsp. nut butter of choice  
1tbsp. grass fed collagen (optional)  
2 tbsp. vanilla protein powder  
Alternative to protein powder:  
1 tsp vanilla essence  
2 tsp truvia

## Method

1. Add all the ingredients to a smoothie blender and blend until fully combined.

If your smoothie is too thick then add some more almond milk. This is a fabulous base smoothie bowl which you can change and make to your liking. You could use coconut milk, add spinach or add cacao powder for a chocolate version. Check the sweetness and add to your own taste.

Top with granola and raw cacao.





# Quiche

## Ingredients

2 tbsp. butter  
2 cups fresh spinach  
4 oz sliced mushrooms  
½ small onion sliced  
1 clove fresh garlic  
5 large eggs  
1 cup double cream  
1 cup of grated cheddar  
1 tbsp. Dijon mustard  
Salt & pepper

This is delicious warm but a great lunch box filler. Change the filling to anything you enjoy like red onion and brie,. Have fun, experiment.

You'll never miss the crust. But you could add one!

## Method

1. Melt the butter in a frying pan and add the onions, fry until caramelised and then add the garlic.
2. Once fragrant add the mushrooms and spinach.
3. Once the spinach has wilted remove from the heat.
4. In a separate bowl, whisk together the eggs, cream, cheese, mustard and salt n pepper.
5. Add the vegetable mix to the egg mixture.
6. Poor into a quiche dish.
7. Bake for 40 minutes.





# Cheese Muffins

## Ingredients

1 cup ground almonds  
1/3 cup coconut flour  
2 eggs  
1 1/2 cups grated cheese  
2 tbsp. greek yoghurt  
1 tsp baking powder  
2 tbsp. melted butter  
salt & pepper

An easy muffin to make  
and great in a lunch box.  
Add onion powder, chives  
or a variety of cheese for  
something different.

## Method

1. Preheat the oven to 180c and line a muffin pan with 6 muffin cases.
2. Whisk the butter, yoghurt and eggs together.
3. Whisk in the ground almonds, coconut flour, baking powder, salt & pepper and cheese
4. Spoon into the 6 muffins and bake for approx. 20/25 minutes until golden on the top.





# Toasted Cheese Sandwich

## Ingredients

### Bread

1/4 cup ground almonds

1/2 tsp baking powder

1 egg

1 tbsp olive oil

Salt

### Filling

Cheese slice

Handful spinach

This is a typical keto microwave bread recipe which you can simply toast with butter. But the list is endless for fillings as a toastie like some bacon with the cheese and spinach.

## Method

1. Grease a ramekin, or something bread shaped that can go in the microwave.
2. Mix all the ingredients together and pour into the ramekin.
3. Microwave on high for roughly 90 seconds
4. Remove and cool then slice in half.
5. Fill with the cheese and spinach and toast either under a grill or a panini style toaster.





# Chicken & Bacon Caesar Salad

## Ingredients

2 Roast chicken breasts  
chopped  
10 slices smoked streaky  
bacon cooked crispy and in  
pieces  
2 large Romaine lettuces  
chopped

### **SAUCE:**

1 50g anchovies tin in olive oil  
2 tsp Dijon mustard  
1 egg  
1 tsp garlic powder  
2 tbsp. parmesan cheese  
Salt & pepper  
2 tbsp. apple cider vinegar  
250ml light olive oil

## Method

1. In a tall jar add the anchovies, egg, mustard, apple cider vinegar, garlic powder, salt & pepper then the olive oil last
2. Using a handheld whisk, starting at the bottom of the jar, mix all the ingredients by gently lifting and dropping the blender until it is all combined.
3. Mix in the parmesan cheese.
4. In a large bowl add the chicken, lettuce, bacon and stir in the sauce.

Top with extra paremsan cheese





# Chicken Curry

## Ingredients

500g chicken breast  
1 tbsp. olive oil  
5 tbsp. butter  
1 onion chopped  
1/2 tsp garlic granules  
1 tsp chili powder  
1 tsp garam masala  
1 tsp ground turmeric  
1 tsp ground ginger  
1/2 cup chicken stock (bone  
broth if you have some)  
2 tbsp. tomato paste  
3/4 cup coconut milk

## Method

1. Season the chicken well.
2. In a large saucepan add the oil and 2 tbsp. butter.
3. Fry the chicken for about 10 minutes.
4. Remove from the pan and set aside the chicken along with the sauce.
5. Using the remaining butter, fry the onions until golden.
6. Mix the spices together and add to the onions. Stir in well for 30 seconds.
7. Add 1/4 cup of stock and scrape all the bottom for any stuck bits.
8. Return the chicken and sauce along with the rest of the stock.
9. Bring to a boil and then simmer for 15 mins.
10. Add the tomato sauce and give it a good stir.
11. Stir in the coconut milk and leave to simmer for 15 minutes and then serve.

Add mushrooms, even  
peas if your children love  
them. This is delicious and  
not too hot. A family  
favourite.







# Toad in the 'Hole'

## Ingredients

1/2 cup unsweetened  
almond milk  
1/2 cup arrow root  
powder  
4 eggs  
Salt  
12 sausages

This is a fabulous traditional  
dish but just check the  
ingredients on your sausages.

## Method

1. Preheat the oven to 200c
2. Add the sausages to a deep oven proof dish and cook them for 20 minutes
3. Whisk together the rest of the ingredients and once the sausages are cooked pour the mixture over the sausages
4. Bake for 10-15 minutes until the 'yorkshire pudding' has risen and golden.





# Immunity 'Soup' Bowl

## Ingredients

2 tbsp. olive oil  
1 can of chopped tomatoes  
1/2 green chili finely chopped  
2 cloves garlic crushed  
1tbsp apple cider vinegar  
1/2 thumb size of ginger  
crushed  
1 tsp turmeric  
1 cup chopped spinach  
1/2-1 cup grated cheese  
2 eggs  
salt & pepper

I had no idea what to call this but  
its perfect for comfort, when you  
have a cold and just improving  
your immune system. Its lush too!  
My girls love it with toasted low  
carb bread and butter

## Method

- 1.Heat the olive oil in a frying pan in a medium heat
- 2.Add the chili, garlic and ginger until fragrant
- 3.Pour in the can of tomatoes, apple cider vinegar, turmeric, salt & pepper and give a good stir
- 4.Once its bubbling mix in the cheese
- 5.Make a couple of holes and crack in the eggs.
- 6.Cook them on a low heat until done (roughly 10 minutes)



# Pulled Pork

## Ingredients

pork joint  
1 onion chopped  
2 cups bone broth  
1 garlic bulb  
Romaine lettuce  
1/2 tsp rosemary  
1/2 tsp oregano  
1 tsp sage  
1/2 tsp thyme  
1/2 tsp coriander seeds  
crushed

This is my hubbies recipe, he loves cooking this. His top tip is to remove the crackling and roast for a few extra minutes whilst shredding the meat.

## Method

1. Pre heat the oven to 140c
2. Keeping the garlic bulb whole, chop the top off.
3. Add the onions and garlic (even the chopped bits) to the tin.
4. Mix the herbs together and with a little olive oil rub the mix into the skin
5. Place the pork on top of the onions
6. Pour in the broth.
7. Slow cook for about 6 hours.
8. Turn up the heat to 200c and crisp up the skin.
9. Take off the crackling and shred the meat with a fork.
10. Serve in romaine lettuce leaves





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