

THE KETO

AIR FRYER

COOKBOOK





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INTRODUCTION

Air fryers are one of the newest (and most popular) countertop appliances to hit the market. And if you don't know what they are, let me briefly explain them.

Air fryers are very similar to deep fat fryers. However, air fryers use air to cook food instead of fat. That means you get all of the deep fried taste but without all of the extra fat.

More specifically, air fryers use circulating air at a high temperature to cook food, which is very similar to a convection oven. However, unlike ovens, air fryers don't heat up your entire home when they are in use.

And, unlike oven and deep fat fryers, air fryers take only minutes to preheat. Even better, air fryers take less time to cook than ovens and deep fat fryers.

That means you can have a hot meal on the table within minutes using an air fryer.



WHICH AIR FRYER SHOULD YOU BUY?

There are quite a few different air fryers on the market right now. And if you are wanting to purchase one, all of the different options might be confusing! You'll need to consider your price range and how much you plan to cook in it.

All of the recipes for this cookbook were made using my [Cuisinart TOA-65 AirFryer](#). It has more functions than you might need. And that's okay because there are plenty of other options available.

If you don't have much counter space or plan on cooking in smaller quantities, this 2 quart [Dash Compact Air Fryer](#) might be a good choice for you.

However, if you plan on cooking in larger quantities, this 6 quart [Dash Deluxe Air Fryer](#) might be a better option.

And if you want an one appliance that has multiple uses, then this 8 quart [Instant Pot Duo Crisp + Air Fryer](#) is the perfect choice.

Regardless of which air fryer you purchase, all of the recipes in this cookbook will taste delicious and will be super easy to prepare.



7 MISTAKES TO AVOID WITH YOUR AIR FRYER

1. **You don't preheat your air fryer.** Just like ovens, air fryers need to be preheated to ensure the food is cooked correctly.



Preheating is especially important if you are cooking anything with a batter or coating. Your food will likely end up soggy instead of deliciously crispy if cooked in an air fryer that wasn't preheated.

Most air fryers need to preheat about 10 to 15 minutes before it is ready to be used, but be sure to refer to your air fryer's instruction manual to find out exactly how long you need to preheat.

Simply turn on your air fryer before you start prepping the ingredients, and it should be at temperature by the time you are ready to cook.

- 2. Using the wrong amount of oil when cooking.** Air fryers are great because they give food the deep fat fried flavor without all of the fat.



However, that doesn't mean that you can cook foods without any fat at all. And it also doesn't mean that you need to drown your food in oil either.

For frozen items, a small amount of oil is needed - just a spritz of oil is enough. Avocado oil works great for this!

Fresh meats and vegetables need about $\frac{1}{2}$ teaspoon (2.5 ml) of oil per batch to cook perfectly.

- 3. Overcrowding the air fryer basket.** It's tempting to cook large batches of food at one time, but that is a huge mistake.



Since air fryers work by air circulating around food, it's best to cook in small batches.

Or you could invest in a larger air fryer if you prefer to cook in slightly bigger quantities at one time.

But don't worry because air fryers cook quickly. So, you won't have to wait long amounts of time between batches.

4. **Not giving your air fryer enough space.** Air fryers are a great appliance because most are pretty small and are perfect for small kitchens.



However, since air fryers need air circulation to properly cook food. This means that you shouldn't have your air fryer pushed against a wall while you are cooking.

Instead, be sure to have at least 5-inch (13 cm) of space on all sides while you are cooking.

When you are finished cooking, you can store it in a cabinet, pantry or wherever you prefer.

5. **Cutting meat and vegetables too small.** Yes, the smaller the pieces, the faster the cooking time.



However, air-fryer baskets have pretty wide holes to help the air circulate to cook the food. Unfortunately, this means that very small pieces of food can easily fall through the basket and burn quickly.

Try to cut your meat and vegetables into at least $\frac{1}{2}$ -inch (1.25 cm) pieces to keep them from falling through the basket's holes.

- 6. Not flipping your food during cooking.** To make sure your food cooks evenly, you should always flip your food halfway through the cooking time.



Or if you are making a recipe like the [Cauliflower Fried "Rice"](#) or [Simple Shrimp Fajitas](#), be sure to stir halfway through the cooking to make sure the entire meal cooks evenly.

And you can carefully open your air fryer at any time to check the doneness of your food to make sure it's not cooking too quickly.

7. **Not washing your air fryer often.** Yes, you need to wash your air fryer because bits of food and oil collect after each use.



You can follow your manufacturer's recommendations about how to clean your air fryer but soaking your basket in hot, soapy water is always a good idea.



Safety Note: Never walk away from your air fryer when it's in use or leave it unattended. Unlike an Instant Pot or slow cooker, you need to stay with the air fryer while it is in use.

If your air fryer starts to smoke, unplug it immediately.

Please read your manufacturer's safety recommendations **BEFORE** you use your air fryer.

HOW TO COOK THE BASICS

There are quite a few delicious recipes in this cookbook. However, you can use your air fryer to cook easy meals and side dishes in minutes - no recipes required!



BACON

1. Preheat the air fryer to 400°F (200°C).
2. Place the bacon in a single layer in the air fryer basket or tray and cook for 7 minutes.
3. If the bacon is not crispy to your liking, cook for an additional 1 to 7 minutes.



HARD COOKED EGGS

1. Preheat the air fryer to 250°F (121 °C).
2. Place 6 cold eggs (*with the shell-on*) in the air fryer basket (or wire rack if one was included with your air fryer) and cook for 16 minutes.
3. Carefully remove the eggs from the air fryer and immediately run under cold water until completely cooled to stop the cooking process.



CHICKEN BREASTS (BONELESS, SKINLESS)

1. Preheat the air fryer to 360°F (182°C).
2. Season the chicken breasts with desired seasonings and lightly spray with avocado oil.
3. Cook for 18 minutes, flipping halfway through the cook time.
4. Use an instant-read thermometer to make sure the internal temperature of the chicken reaches 165°F (73°C).

CHICKEN BREASTS (BONE-IN, SKIN-ON)

1. Preheat the air fryer to 400°F (200°C).
2. Season the chicken breasts with desired seasonings and lightly spray with avocado oil.
3. Cook skin side down for 10 minutes.
4. Flip the chicken breasts and continue to cook for 5 to 8 minutes until cooked through.
5. Use an instant-read thermometer to make sure the internal temperature of the chicken reaches 165°F (73°C).



CHICKEN THIGHS (BONELESS, SKINLESS)

1. Preheat the air fryer to 360°F (182°C).
2. Season the chicken thighs with desired seasonings and lightly spray with avocado oil.
3. Cook for 15 minutes, flipping halfway through the cook time.
4. Use an instant-read thermometer to make sure the internal temperature of the chicken reaches 165°F (73°C).

CHICKEN THIGHS (BONE-IN, SKIN-ON)

1. Preheat the air fryer to 380°F (193°C).
2. Season the chicken thighs with desired seasonings and lightly spray with avocado oil.
3. Cook skin side down for 12 minutes.
4. Flip the chicken thighs and continue to cook for 6 minutes until cooked through.
5. Use an instant-read thermometer to make sure the internal temperature of the chicken reaches 165°F (73°C).



CHICKEN SKIN

1. Preheat the air fryer to 400°F (200°C).
2. Pat the skins dry with a clean paper towel and sprinkle with salt.
3. Cook for 12 to 14 minutes until crispy, turning over after 6 minutes of cook time.
4. If needed, cook the skins in batches, removing any excess oil from the bottom of the air fryer between batches.



BEEF STEAKS

1. Preheat the air fryer to 400°F (200°C).
2. Generously season room temperature steaks (*about 1-inch or 2.5 cm thick*) with salt and lightly spray with avocado oil.
3. Cook about 10 minutes for medium-rare and 12 minutes for medium, flipping halfway through the cook time.
4. Remove the steaks from the air fryer and let rest about 5 minutes before serving.



PORK CHOPS

1. Preheat the air fryer to 400°F (200°C).
2. Generously season room temperature pork chops (*about 2-inches or 5 cm thick*) with salt and lightly spray with avocado oil.
3. Cook about 12 minutes, flipping halfway through the cook time.
4. Remove the pork chops from the air fryer and let rest about 5 minutes before serving.



FRESH VEGETABLES

1. Preheat the air fryer to 360°F (180°C).
2. Toss the fresh vegetables in the desired seasonings with 1 teaspoon (5 ml) to 1 Tablespoon (15 ml) of avocado oil (depending on the amount of fresh vegetables you are cooking).
3. Cook about 10 minutes until cooked to your liking, flipping halfway through the cook time.

FROZEN VEGETABLES

1. Preheat the air fryer to 375°F (190°C).
2. Place the frozen vegetables in a single layer in the air fryer and lightly spray with avocado oil.
3. Cook about 10 to 15 minutes until cooked to your liking, flipping once or twice during the cook time.
4. Frozen broccoli, cauliflower, bell peppers, and green beans are the recommended Keto vegetables to cook in an air fryer.

Now, you are ready to start cooking with your air fryer. I hope you enjoy yours as much as I enjoy mine. Cooking delicious and healthy Keto meals in minutes is how fast food was meant to be.



CRISPY “FRIED” CHICKEN DRUMSTICKS

Prep Time: 10 minutes

Cook Time: 25 minutes

Yield: 6 servings

INGREDIENTS

- 12 chicken drumsticks (*with skin on*) (3 lbs or 1.5kg)
- 2 Tablespoons (30 g) salt (*or to taste*)
- 2 Tablespoons (20 g) garlic powder
- 1 Tablespoon (7 g) onion powder
- 1 teaspoon (2 g) paprika powder
- 1 teaspoon (1 g) pepper



INSTRUCTIONS

1. Preheat the air fryer to 400°F (200°C).
2. In a small bowl, mix the seasonings until combined. (*If desired, use any additional seasonings you prefer*). Toss the chicken drumsticks with the seasoning mixture until evenly covered.
3. Place the drumsticks in a single layer, without touching, in the air fryer tray or basket. If needed, cook the drumsticks in 2 batches.
4. Cook the drumsticks for 25 minutes, turning halfway through the cook time, until the skin is golden and crispy. Use a meat thermometer to check the internal temperature of the chicken reaches 165°F (73°C).
5. Carefully remove the drumsticks from the air fryer and serve.

Nutritional Data (estimates) - per serving:

Calories: 250 Fat: 12 g Total Carbs: 3 g Fiber: 1 g Sugar: 1 g Net Carbs: 2 g Protein: 28 g



CRUNCHY ONION RINGS

Prep Time: 10 minutes

Cook Time: 15 minutes

Yield: 6 servings

INGREDIENTS

- 1/2 cup (60 g) almond flour
- 2 teaspoons (4 g) paprika powder
- 1 1/2 teaspoons (8 g) salt
- 1 teaspoon (2 g) cayenne pepper (or to taste, optional)
- 1 teaspoon (3 g) garlic powder
- 1 teaspoon (2 g) onion powder
- 1/2 teaspoon (1 g) black pepper
- 1 egg, whisked
- 1 large onion (8 oz or 220 g), sliced and separated into rings
- Avocado oil, for spraying



INSTRUCTIONS

1. Preheat the air fryer to 300°F (150°C).
2. Combine the dry ingredients in a small bowl. Whisk the egg in a separate small bowl.
3. Dip each onion ring into the whisked egg and then dip it into the almond flour mixture, covering completely. Continue until all of the onion rings are breaded.
4. Place onion rings in a single layer, without touching, in the air fryer basket or tray and lightly spray with the avocado oil. If needed, cook the onion rings in batches.
5. Cook the onion rings for 15 minutes until golden brown, turning over halfway through the cook time.
6. Carefully remove the onion rings from the air fryer and let cool slightly before serving.

Nutritional Data (estimates) - per serving:

Calories: 76 Fat: 5 g Total Carbs: 6 g Fiber: 2 g Sugar: 2 g Net Carbs: 4 g Protein: 3ss g



SIMPLE SHRIMP FAJITAS

Prep Time: 10 minutes

Cook Time: 12 minutes

Yield: 2 servings

INGREDIENTS

- 2 Tablespoons (30 ml) avocado oil
- 1 Tablespoon (6 g) paprika
- 1 teaspoon (3 g) garlic powder
- 1 teaspoon (2 g) onion powder
- 1 teaspoon (2 g) cumin powder
- 1 teaspoon (1 g) dried oregano
- 1/2 lb (225 g) raw shrimp, shell and tail removed
- 1/2 medium red bell pepper (2 oz or 60 g), sliced
- 1/4 medium onion (1 oz or 28 g), sliced
- 1/2 jalapeno pepper (1/2 oz or 15 g), seeds removed and sliced (optional)
- Salt and pepper, to taste



INSTRUCTIONS

1. Preheat the air fryer to 400°F (200°C).
2. Combine the avocado oil with the paprika, garlic powder, onion powder, cumin powder, and dried oregano. Season with salt and pepper, to taste. Toss the shrimp with half of the spice mixture. Toss the bell pepper and onion with the remaining spice mixture.
3. Place the vegetables into the air fryer basket tray and cook for 7 minutes.
4. Turn the vegetables over and move to the side slightly. Place the shrimp in the air fryer basket or tray with the vegetables and cook for an additional 5 minutes until the shrimp are cooked through.
5. Serve the shrimp with the vegetables and enjoy with guacamole, if desired.

Nutritional Data (estimates) - per serving:

Calories: 262 Fat: 16 g Total Carbs: 6 g Fiber: 3 g Sugar: 2 g Net Carbs: 3 g Protein: 23 g



GREEK CHICKEN SKEWERS

Prep Time: 10 minutes

Cook Time: 20 minutes

Yield: 4 servings

INGREDIENTS

- 2 chicken breasts (14 oz or 400 g), cut into about 1-inch (2.5 cm) pieces
- 1 zucchini (4 oz or 120 g), sliced
- 1 medium bell pepper (4 oz or 120 g), chopped
- ¼ medium onion (1 oz or 28 g), chopped

For the marinade:

- ¼ cup (60 ml) olive oil
- 2 Tablespoons (30 ml) red wine vinegar
- 1 Tablespoon (3 g) dried oregano
- 1 teaspoon (5 g) salt
- ½ teaspoon (1 g) pepper



INSTRUCTIONS

1. Combine the marinade ingredients in a large bowl. Add the chicken, zucchini, bell pepper, and onion to the bowl and marinate in the refrigerator for at least 10 minutes or up to 1 day.
2. When ready to cook, preheat the air fryer to 350°F (175°C) and place the chicken and vegetables onto the skewers. Discard the marinade.
3. Place the skewers in a single layer, without touching, in the air fryer tray or basket. If needed, cook the skewers in 2 batches.
4. Cook the skewers for 10 minutes. Turn over the skewers and cook for an additional 5 to 10 minutes (depending on the size of the chicken pieces) until the chicken is golden brown. Use a meat thermometer to check the internal temperature of the chicken reaches 165°F (73°C).
5. Carefully remove the skewers from the air fryer and serve with a side salad, if desired.

NOTE

- Soak wood skewers in filtered water for about 5 minutes before placing the chicken and vegetables on them.

Nutritional Data (estimates) - per serving:

Calories: 327 Fat: 24 g Total Carbs: 3 g Fiber: 1 g Sugar: 2 g Net Carbs: 2 g Protein: 24 g



CRISPY BACON BRUSSELS SPROUTS SALAD

Prep Time: 10 minutes
Cook Time: 20 minutes
Yield: 2 servings

INGREDIENTS

- 2 slices of bacon (2 oz or 56 g)
- 15 large Brussels sprouts (10 oz or 285 g), green outer leaves only
- 1/2 Tablespoon (8 ml) olive oil
- Dash of salt, to taste



INSTRUCTIONS

To cook the bacon:

1. Preheat the air fryer to 400°F (200°C).
2. Place bacon on the air fryer tray and cook for 10 min for thin slices or 13 minutes for thicker slices until crispy.
3. Remove the bacon from the air fryer. Chop into small pieces and set aside until ready to use.

For the Brussels sprouts:

4. Preheat the air fryer to 300°F (150°C).
5. Toss the Brussels sprouts leaves with the olive oil and salt to taste.
6. Evenly spread the Brussels sprouts leaves on the air fryer tray. Cook for 7 minutes until the leaves are slightly crispy. *(If the Brussels sprouts are cooked longer, they will likely burn).*
7. Remove the Brussels sprouts from the air fryer and let cool slightly. Toss the Brussels sprouts with the chopped bacon and serve.

Nutritional Data (estimates) - per serving:

Calories: 218 Fat: 17 g Total Carbs: 15 g Fiber: 8 g Sugar: 0 g Net Carbs: 7 g Protein: 3 g



POPCORN SHRIMP

Prep Time: 10 minutes

Cook Time: 5 minutes

Yield: 6 servings

INGREDIENTS

- 1 lb (450 g) small shrimp, peeled and deveined
- 1 egg, whisked
- 1/2 cup (60 g) almond flour
- 1 Tablespoon (6 g) paprika powder
- 2 teaspoons (6 g) garlic powder
- 2 teaspoons (4 g) onion powder
- 2 teaspoons (4 g) cayenne pepper (*or to taste, optional*)
- 2 teaspoons (10 g) salt
- 1/2 teaspoon (1 g) pepper
- Avocado oil, for spraying



INSTRUCTIONS

1. Preheat the air fryer to 400°F (200°C).
2. Combine the dry ingredients in a small bowl. Whisk the egg in a separate small bowl.
3. Dip each shrimp into the whisked egg and then dip it into the almond flour mixture, covering completely. Continue until all of the shrimp are breaded.
4. Place the breaded shrimp in a single layer, without touching, in the air fryer basket or tray and lightly spray with the avocado oil. If needed, cook the shrimp in 2 batches.
5. Cook the shrimp for 5 minutes, until golden brown, turning over halfway through the cook time.
6. Carefully remove the shrimp from the air fryer and let cool slightly before serving.

Nutritional Data (estimates) - per serving:

Calories: 139 Fat: 6 g Total Carbs: 3 g Fiber: 2 g Sugar: 1 g Net Carbs: 1 g Protein: 18 g



EASY CRISPY SKIN SALMON FILETS

Prep Time: 5 minutes

Cook Time: 7 minutes

Yield: 4 servings

INGREDIENTS

- 4 filets of salmon (*with skin on*), fresh or defrosted (1.5 lb or 680 g)
- 2 Tablespoons (30 ml) avocado oil
- 1 Tablespoon (15 g) salt
- Dash of black pepper
- Additional seasonings (*of your choice*)

INSTRUCTIONS

1. Preheat the air fryer to 370°F (190°C). Pat dry the salmon filets with a clean paper towel.
2. Combine the avocado oil with the salt, pepper, and any additional seasonings you may prefer. Place the salmon filets in the seasoning mixture and cover completely.
3. Place the salmon, skin side up, in the air fryer basket or tray and cook for 10 minutes until the skin is crispy.
4. Carefully remove the salmon from the air fryer and serve immediately with a light salad, if desired.

Nutritional Data (estimates) - per serving:

Calories: 504 Fat: 37 g Total Carbs: 0 g Fiber: 0 g Sugar: 0 g Net Carbs: 0 g Protein: 42 g



SCOTCH EGGS

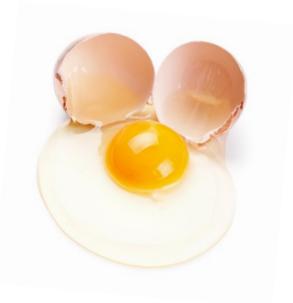
Prep Time: 15 minutes

Cook Time: 15 minutes

Yield: 4 servings

INGREDIENTS

- 4 hard boiled eggs, peeled
- 1 lb (450 g) ground pork sausage (or use ground pork with 1 Tablespoon Italian seasoning)
- 1/4 cup (30 g) almond flour
- 2 Tablespoons (14 g) flax meal
- 2 Tablespoons (30 ml) olive oil or avocado oil, divided
- 1 Tablespoon (3 g) Italian seasoning
- Salt and pepper, to taste



INSTRUCTIONS

1. Preheat the air fryer to 375°F (190°C).
2. In a large bowl, combine the pork sausage, almond flour, flax meal, 1 Tablespoon (15 ml) of olive oil or avocado oil, and Italian seasoning in a bowl.
3. Divide the meat mixture into 4 portions and cover each hard boiled egg with 1 portion of the meat mixture.
4. Place the eggs into the air fryer basket or tray, without touching, and brush the eggs with the remaining 1 Tablespoon (15 ml) of olive oil or avocado oil.
5. Cook the eggs for 15 to 17 minutes until the sausage is browned. Check with a meat thermometer that the sausage layer reaches a temperature of 160°F (70°C).
6. Carefully remove the Scotch eggs from the air fryer and let cool slightly before serving.

Nutritional Data (estimates) - per serving:

Calories: 310 Fat: 20 g Total Carbs: 2 g Fiber: 2 g Sugar: 0 g Net Carbs: 0 g Protein: 32 g



CAULIFLOWER FRIED “RICE”

Prep Time: 10 minutes

Cook Time: 12 minutes

Yield: 4 servings

INGREDIENTS

- 1/2 cauliflower (11 oz or 300 g), processed into small “rice-like” pieces
- 1/4 medium red bell pepper (1 oz or 30 g), diced
- 1/4 medium green bell pepper (1 oz or 30 g), diced
- 1 jalapeno pepper (1 oz or 30 g), seeds removed and diced (optional)
- 1/2 green onion, diced
- 1 Tablespoon (15 ml) gluten-free tamari sauce or coconut aminos
- 1 Tablespoon (15 ml) avocado oil
- 1 clove of garlic, minced
- Salt, to taste

INSTRUCTIONS

1. Preheat the air fryer for 350°F (175°C). Line the air fryer tray or basket with parchment paper.
2. In a large bowl, combine all of the ingredients until fully mixed.
3. Spread the vegetable mixture in a single layer in the air fryer tray or basket. If needed, cook the “rice” in 2 batches if you have a smaller air fryer.
4. Cook the “rice” for 12 minutes until the vegetables have softened slightly, stirring halfway through the cook time.
5. Carefully remove the fried “rice” from the air fryer and serve.

Nutritional Data (estimates) - per serving:

Calories: 56 Fat: 4 g Total Carbs: 5 g Fiber: 2 g Sugar: 2 g Net Carbs: 3 g Protein: 2 g



"FAUX" TATO CHIPS

Prep Time: 10 minutes

Cook Time: 2 hours

Yield: 2 servings

INGREDIENTS

- 1/4 head of cauliflower (5 oz or 150 g), broken into florets
- 1 Tablespoon (7 g) flax meal
- 1/2 Tablespoon (8 ml) coconut oil
- 1/2 teaspoon (2 g) garlic powder
- Dash of salt



INSTRUCTIONS

1. Preheat the air fryer to 200°F (100°C).
2. Steam the cauliflower florets until softened, about 10 minutes. Drain well.
3. Place the steamed cauliflower, flax meal, coconut oil, and garlic powder in a food processor or high-speed blender and combine to form a dough.
4. Form the cauliflower dough into small balls. Place each ball between 2 pieces of parchment paper and use a rolling pin to flatten as thin as possible.
5. Lightly grease a piece of parchment paper and place it in the air fryer tray or basket. Place the flattened cauliflower dough on the parchment paper, without touching, and cook for 1 hour. Carefully turn over the cauliflower pieces and continue to cook for 40 minutes until crispy. If needed, cook the chips in several batches.
6. Carefully remove the chips from the air fryer and let cool slightly before serving.

Nutritional Data (estimates) - per serving:

Calories: 68 Fat: 5 g Total Carbs: 5 g Fiber: 3 g Sugar: 2 g Net Carbs: 2 g Protein: 2 g



GARLIC CHICKEN NUGGETS

Prep Time: 10 minutes

Cook Time: 10 minutes

Yield: 2 servings

INGREDIENTS

- 1/2 cup (60 ml) almond flour
- 1 Tablespoon (10 g) garlic powder
- 1 Tablespoon (7 g) onion powder
- 1 teaspoon (2 g) paprika
- 1 egg, whisked
- 1 chicken breast (200 g), cut into nugget sizes (approx. 1-inch or 2.5 cm pieces but cut thin so that the nugget cook faster)
- Salt and pepper, to taste



INSTRUCTIONS

1. Preheat the air fryer to 375°F (190°C).
2. Combine the dry ingredients in a small bowl. Whisk the egg in a separate small bowl.
3. Dip each nugget into the whisked egg and then dip it into the almond flour mixture, covering completely. Continue until all of the nuggets are breaded.
4. Lightly grease the air fryer basket or tray. Place the breaded nuggets in a single layer, without touching, in the air fryer basket or tray. If needed, cook the nuggets in 2 batches.
5. Cook the nuggets for 10 minutes, turning over halfway through the cook time, until golden brown. Use a meat thermometer to check the internal temperature of the chicken reaches 165°F (73°C).
6. Carefully remove the nuggets from the air fryer and serve with [Easy Keto Ketchup](#), if desired.

Nutritional Data (estimates) - per serving:

Calories: 390 Fat: 24 g Total Carbs: 11 g Fiber: 4 g Sugar: 3 g Net Carbs: 7 g Protein: 32 g



SAUERKRAUT AVOCADO BURGERS

Prep Time: 10 minutes

Cook Time: 10 minutes

Yield: 4 servings

INGREDIENTS

- 1 lb (450 g) ground beef
- 5 white mushrooms (2 oz or 50 g), finely chopped
- 1/4 medium onion (1 oz or 28 g), finely chopped
- 1/2 teaspoon (3 g) salt
- Dash of pepper
- 1 teaspoon (5 ml) avocado oil
- 1 egg, whisked
- 1 avocado (4 oz or 200 g), sliced, to serve with
- 1/2 cup (70 g) sauerkraut, drained well, to serve with



INSTRUCTIONS

1. Set the airfryer to 375°F (190°C).
2. In a large bowl, combine the ground beef, mushrooms, onions, salt, pepper, avocado oil, and egg. Form the mixture into 8 small patties.
3. Place onto a wire rack with the air fryer tray under it to catch any drippings. Place the burgers in a single layer, without touching, on the air fryer tray. If needed, cook the burgers in 2 batches.
4. Cook the burgers for 8 to 9 minutes, flipping halfway through the cook time, until lightly browned on top and cooked to your liking. Use a meat thermometer to check the internal temperature of the burgers, reaching 135°F (57°C) for medium and 145°F (63°C) for medium-well.
5. Carefully remove the burgers from the air fryer and let cool slightly. Serve the burgers with sauerkraut and avocado slices.

Nutritional Data (estimates) - per serving:

Calories: 433 Fat: 34 g Total Carbs: 8 g Fiber: 6 g Sugar: 2 g Net Carbs: 2 g Protein: 23 g



CHOCOLATE COLLAGEN BROWNIE CUPCAKES

Prep Time: 10 minutes

Cook Time: 15 minutes

Yield: 6 servings

INGREDIENTS

For the cupcakes

- 3/4 cup (90 g) almond flour
- 1/2 cup (120 ml) ghee or coconut oil, melted
- 1 1/4 cup (120 g) CoBionic Indulgence chocolate collagen* (see recipe note)
- 2 eggs, whisked
- 1 teaspoon (5 ml) vanilla extract

For the frosting

- 1/4 cup (60 ml) unsweetened almond butter
- 2 Tablespoons (12 g) CoBionic Indulgence chocolate collagen** (see recipe note)
- 6 raspberries, for topping (optional)

INSTRUCTIONS

1. Preheat the air fryer to 325°F (163°C).
2. In a medium bowl, combine the cupcake ingredients to form a batter. Pour the batter into 6 greased silicone baking cups or air fryer-safe ramekins. (Alternatively, use 3 paper muffin cups layered together for each cupcake.)
3. Place the baking cups or ramekins in the air fryer basket or tray and cook for 12 minutes until the cupcakes are cooked through and a toothpick inserted into the middle of the cupcakes comes out clean.
4. Carefully remove the cupcakes from the air fryer and let cool completely.
5. Meanwhile, make the frosting by combining the almond butter with the Indulgence to form a thick paste.
6. Spread an equal amount of frosting over the cooled cupcakes. Place an optional raspberry on each cupcake and serve.

NOTES

- *If you are not using CoBionic Indulgence for the cupcakes, you can substitute it with 3/4 cup (72 g) unsweetened cacao powder, 1/2 cup (96 g) erythritol, and dash of sea salt.
- ***If you are not using CoBionic Indulgence for the frosting, use 2 Tablespoons (12 g) unsweetened cacao powder and erythritol, to taste.

Nutritional Data (estimates) - per serving:

Calories: 405 Fat: 35 g Total Carbs: 9 g Fiber: 5 g Sugar: 1 g Net Carbs: 4 g Protein: 19 g



BREADED SHRIMP WITH KETO KETCHUP

Prep Time: 10 minutes

Cook Time: 7 minutes

Yield: 2 servings

INGREDIENTS

- 8 large shrimp or prawns (4 oz or 113 g), shells removed but with tails-on
- 1 egg, whisked
- 1/4 cup (30 g) almond flour
- 1/2 teaspoon (2 g) onion powder
- 1/2 teaspoon (1 g) paprika
- 1/2 teaspoon (3 g) salt
- Dash of pepper



INSTRUCTIONS

1. Preheat the air fryer to 375°F (190°C).
2. Combine the almond flour, onion powder, paprika, salt and pepper in a small bowl. Whisk the egg in a separate small bowl.
3. Dip each shrimp into the whisked egg and then dip it into the almond flour mixture, covering completely. Continue until all of the shrimp are breaded.
4. Place the breaded shrimp in a single layer, without touching, in the lightly greased air fryer basket or tray.
5. Cook the shrimp for 7 minutes, until golden brown, turning over halfway through the cook time.
6. Carefully remove the shrimp from the air fryer and let cool slightly before serving with [Easy Keto Ketchup](#).

Nutritional Data (estimates) - per serving:

Calories: 160 Fat: 9 g Total Carbs: 3 g Fiber: 2 g Sugar: 1 g Net Carbs: 1 g Protein: 17 g

EASY KETO KETCHUP

Yield: 12 servings (approx 2 Tablespoons or 30 ml per serving)

- 1 can (14 oz or 400 g) diced tomatoes
 - 1 teaspoon (1 g) Italian seasoning
 - 1 whole star anise (or 1/2 teaspoon Chinese five-spice powder)
 - 1/2 Tablespoon (7 ml) white vinegar
 - Erythritol, to taste (optional)
 - Salt and pepper, to taste
1. Pour the can of diced tomatoes into a small saucepan.
 2. Fill the can with water and empty the water into the saucepan along with the Italian seasoning and star anise. Simmer over very low heat for 1 hour, stirring frequently to prevent the sauce from burning.
 3. Remove the pan from the heat and add the white vinegar and optional erythritol, if desired. Season with salt and pepper, to taste. Remove the star anise and discard.
 4. Allow the mixture to cool completely. Blend the mixture using a blender or food processor to create a smooth sauce.
 5. Store the ketchup in an airtight container in the refrigerator for up to 4 days.

Nutritional Data (estimates) - per serving:

Calories: 9 Fat: 0 g Total Carbs: 2 g Fiber: 1 g Sugar: 1 g Net Carbs: 1 g Protein: 0 g



CHOCOLATE COOKIE SANDWICHES

Prep Time: 10 minutes

Cook Time: 15 minutes

Yield: 6 servings

INGREDIENTS

For the cookies

- 3/4 cup (90 g) almond flour
- 1/2 cup (120 ml) ghee or coconut oil, melted
- 1 1/4 cup (120 g) CoBionic Indulgence chocolate collagen* (see recipe note)
- 2 eggs, whisked
- 1 teaspoon (5 ml) vanilla extract



For the filling

- 1/4 cup (60 ml) unsweetened almond butter
- 2 Tablespoons (12 g) CoBionic Indulgence chocolate collagen** (see recipe note)

INSTRUCTIONS

1. Preheat the air fryer to 325°F (163°C).
2. In a medium bowl, combine the cookie ingredients to form a batter.
3. Lightly grease a piece of parchment paper and place it in the air fryer tray or basket. Use a spoon to scoop the batter to make 12 small cookies. Place the dough in the air fryer, without touching, and gently press the batter to flatten into cookies. If needed, cook the cookies in several batches.
4. Cook for 7 minutes until the cookies have a crisp outer shell. Carefully remove the cookies from the air fryer and let cool completely.
5. Meanwhile, make the filling by combining the almond butter with the Indulgence to form a thick paste.
6. Spread an equal amount of filling on the bottoms of 6 cooled cookies and press the bottoms of the remaining 6 cookies onto the fillings to make 6 cookie sandwiches.

NOTES

- *If you are not using CoBionic Indulgence for the cookies, you can substitute it with 3/4 cup (72 g) unsweetened cacao powder, 1/2 cup (96 g) erythritol, and dash of sea salt.
- **If you are not using CoBionic Indulgence for the filling, use 2 Tablespoons (12 g) unsweetened cacao powder and erythritol, to taste.

Nutritional Data (estimates) - per serving:

Calories: 398 Fat: 35 g Total Carbs: 7 g Fiber: 4 g Sugar: 1 g Net Carbs: 3 g Protein: 19 g

PEPPERONI MEATBALLS

Prep Time: 10 minutes

Cook Time: 15 minutes

Yield: 4 servings

INGREDIENTS

- 2/3 lb (302 g) ground beef or ground pork
- 1/3 lb (148 g) pepperoni slices
- 1 egg, whisked
- 1/4 medium onion (1 oz or 28 g), chopped
- 1/4 cup (4 g) chopped fresh parsley
- 2 Tablespoons (30 ml) avocado oil
- 1/2 teaspoon (3 g) salt
- Dash of pepper

INSTRUCTIONS

1. Preheat the air fryer to 400°F (200°C).
2. Place all of the ingredients in a food processor and pulse until completely combined. *(Alternatively, finely chop the pepperoni and mix the ingredients by hand until completely combined.)*
3. With clean hands, form the meat mixture into small meatballs and place in a single layer, without touching, in the air fryer basket or tray.
4. Cook the meatballs for 10 to 12 minutes until cooked through. Use a meat thermometer to check the internal temperature of the meatballs reach 165°F (73°C).
5. Carefully remove the meatballs from the air fryer and let cool slightly before serving.

Nutritional Data (estimates) - per serving:

Calories: 461 Fat: 40 g Total Carbs: 1 g Fiber: 0 g Sugar: 0 g Net Carbs: 1 g Protein: 22 g

GHEE-STUFFED BURGERS

Prep Time: 10 minutes

Cook Time: 10 minutes

Yield: 4 servings

INGREDIENTS

- 1 lb (450 g) ground beef (or other ground meat)
- 1 teaspoon (3 g) garlic powder
- 1 teaspoon (1 g) Italian seasoning
- 1/2 teaspoon (3 g) salt
- Dash of black pepper
- 1/4 cup of ghee, refrigerated and divided into 8 (1/2 Tablespoons or 2.5 ml) pieces
- **Optional toppings:** avocado slices, tomato slices, onion slices, mustard, mayo

INSTRUCTIONS

1. Preheat the air fryer to 375°F (190°C).
2. In a large bowl, combine the ground beef, garlic powder, Italian seasoning, salt and pepper.
3. Form the mixture into 8 small patties. Fold a piece of refrigerated ghee into the middle of each patty and press the meat mixture on the sides to ensure the ghee is completely sealed.
4. Place onto a wire rack with the air fryer tray under it to catch any drippings. Place the burgers in a single layer, without touching, on the air fryer tray. If needed, cook the burgers in 2 batches.
5. Cook the burgers for 8 to 10 minutes, flipping halfway through the cook time, until slightly browned on top and cooked to your liking. Use a meat thermometer to check the internal temperature of the burgers, reaching 135°F (57°C) for medium and 145°F (63°C) for medium-well.
6. Carefully remove the burgers from the air fryer and let cool slightly. Serve the burgers with the optional toppings, if desired.

Nutritional Data (estimates) - per serving:

Calories: 419 Fat: 38 g Total Carbs: 1 g Fiber: 0 g Sugar: 0 g Net Carbs: 1 g Protein: 19 g

SIMPLE BACON AND EGG CUPS

Prep Time: 10 minutes

Cook Time: 10 minutes

Yield: 2 servings

INGREDIENTS

- 3 eggs, whisked
- 2 [slices of bacon](#) (2 oz or 56 g), cooked and finely chopped
- 1/2 medium bell pepper (2 oz or 60 g), finely diced
- 1/4 medium onion (1 oz or 28 g), finely diced
- 1 Tablespoon (15 ml) unsweetened coconut milk or almond milk
- 2 Tablespoons (2 g) chopped fresh parsley
- Dash of salt and pepper



INSTRUCTIONS

1. Preheat the air fryer for 300°F (150°C).
2. Combine all of the ingredients in a medium bowl. Pour the egg mixture into 4 greased silicone baking cups or air fryer-safe ramekins.
3. Place the baking cups or ramekins in the air fryer basket or tray and cook for 11 to 12 minutes until the eggs are set.
4. Carefully remove the egg cups from the air fryer and let cool slightly before enjoying as a snack or for breakfast. If desired, remove the egg cups from the baking cups or ramekins and freeze in an airtight container to enjoy later.

Nutritional Data (estimates) - per serving:

Calories: 236 Fat: 19 g Total Carbs: 3 g Fiber: 1 g Sugar: 1 g Net Carbs: 2 g Protein: 12 g



CRISPY CAULIFLOWER BITES

Prep Time: 10 minutes

Cook Time: 7 minutes

Yield: 4 servings

INGREDIENTS

- 1/2 cauliflower (300 g), chopped into small florets
- 2 Tablespoons (30 ml) avocado oil
- 1 teaspoon (5 g) salt
- 1/2 teaspoon (1 g) pepper
- 1/4 cup (30 g) almond flour
- 2 Tablespoons (10 g) garlic powder
- 1 teaspoon (2 g) cumin powder
- Dash of chili powder, to taste (optional)

INSTRUCTIONS

1. Preheat the air fryer to 350°F (175°C). Pat dry the cauliflower florets with a clean paper towel if they are wet. *(Be sure to chop the florets small to ensure a fast cook time.)*
2. In a large bowl, toss the florets with the avocado oil, salt, and pepper until completely coated.
3. In a separate large bowl, combine the almond flour, garlic powder, cumin powder, and optional chili pepper. Add the coated florets into the dry mixture and toss for 1 minute until the florets are evenly covered with the almond flour mixture.
4. Place the breaded florets in a single layer in a lightly greased air fryer basket or tray. If needed, cook the florets in 2 batches.
5. Cook the florets for 5 to 7 minutes, until lightly browned and tender, turning over halfway through the cook time.
6. Carefully remove the cauliflower from the air fryer and let cool slightly before serving.

Nutritional Data (estimates) - per serving:

Calories: 125 Fat: 10 g Total Carbs: 8 g Fiber: 3 g Sugar: 3 g Net Carbs: 5 g Protein: 3 g

CAULIFLOWER TOTS

Prep Time: 10 minutes

Cook Time: 10 minutes

Yield: 4 servings

INGREDIENTS

- 1/2 head of cauliflower (11 oz or 300 g), broken into florets
- 1/4 medium onion (1 oz or 28 g), chopped
- 1 egg, whisked
- 1/2 cup (60 g) almond flour
- 1/4 cup (28 g) flax meal
- 1 Tablespoon (15 ml) avocado oil
- Salt and pepper, to taste



INSTRUCTIONS

1. Preheat the air fryer to 375°F (190°C).
2. Place the cauliflower florets and onions in a food processor and pulse to form very small pieces. Using a cheesecloth or clean paper towel, squeeze out excess water as much as possible.
3. In a medium bowl, combine the cauliflower mixture with the remaining ingredients to form a rough paste. If needed, add 1 to 2 tablespoons of water if the mixture is too dry. Form the mixture into small oblong-shaped tots.
4. Lightly grease a piece of parchment paper and place it in the air fryer tray or basket.
5. Place the cauliflower tots on the parchment paper, without touching, and cook for 10 to 12 minutes until lightly browned, turning over halfway through the cook time.
6. Form small tots from the mixture and place onto a parchment paper lined tray or basket.
7. Carefully remove the cauliflower tots from the air fryer and let cool slightly before serving with ranch dressing, if desired.

Nutritional Data (estimates) - per serving:

Calories: 170 Fat: 14 g Total Carbs: 9 g Fiber: 5 g Sugar: 3 g Net Carbs: 4 g Protein: 7 g



TANDOORI CHICKEN

Prep Time: 5 minutes
Cook Time: 25 minutes
Yield: 4 servings

INGREDIENTS

- 8 chicken drumsticks (2.2 lb or 1 kg), skin removed* (see recipe note)
- 1/4 cup (112 g) unsweetened coconut yogurt (or 1/2 cup [120 ml] canned unsweetened coconut milk)
- 1/4 cup (28 g) curry powder
- 2 teaspoon (4 g) cinnamon powder
- 1 Tablespoon (3 g) dried basil (optional)
- 2 teaspoons (10 g) salt
- Dash of pepper



INSTRUCTIONS

1. In a large bowl, combine the coconut yogurt, curry powder, cinnamon powder, optional dried basil, salt and pepper. Place the drumsticks in the marinade and combine until the chicken is completely coated. Marinate in the refrigerator for 1 to 2 hours.
2. When ready to cook, preheat the air fryer at 350°F (175°C). Remove the drumsticks from the marinade and discard.
3. Place the drumsticks in a single layer, without touching, in the air fryer tray or basket and lightly spray with avocado oil. If needed, cook the drumsticks in 2 batches.
4. Cook the drumsticks for 20 to 25 minutes, turning halfway through the cook time. Use a meat thermometer to check the internal temperature of the chicken reaches 165°F (73°C).
5. Carefully remove the drumsticks from the air fryer and serve with [Cauliflower Fried "Rice,"](#) if desired.

NOTES

- *To cook the chicken skins, preheat the air fryer to 400°F (200°C). Pat the skins dry with a clean paper towel and sprinkle with salt. Place the skin in the air fryer basket or tray and cook for 12 to 14 minutes until crispy, turning over after 6 minutes of cook time. (If needed, cook the skins in batches, removing any excess oil from the bottom of the air fryer between batches).

Nutritional Data (estimates) - per serving:

Calories: 312 Fat: 17 g Total Carbs: 6 g Fiber: 2 g Sugar: 0 g Net Carbs: 4 g Protein: 29 g



HERB CRUSTED TUNA SALAD

Prep Time: 5 minutes

Cook Time: 7 minutes

Yield: 4 servings

INGREDIENTS

- 2 tuna steaks (about 1-inch or 2.5 cm thick) (1 lb or 450 g)

For the tuna seasoning:

- 1 Tablespoon (3 g) Italian seasoning
- 1 teaspoon (5 g) salt
- 1 teaspoon (1 g) pepper

For the salad:

- 1 head of romaine lettuce (200 g), chopped
- 1 small tomato (90 g), sliced
- 1 avocado (200 g), sliced



For the dressing:

- 3 Tablespoons (45 ml) olive oil
- 2 teaspoons (10 ml) apple cider vinegar
- 1 teaspoon (1 g) Italian seasoning
- 1 teaspoon (5 ml) stone ground mustard

INSTRUCTIONS

1. Preheat the air fryer to 350°F (175°C).
2. Combine the tuna seasonings in a bowl. Place the tuna steaks in the bowl and cover completely with the seasoning mixture.
3. Place the tuna steaks onto the air fryer tray and cook for 7 minutes. *(The tuna should still be pink in the middle.)* Let rest for a few minutes before slicing.
4. Meanwhile, in a large bowl, whisk to combine the salad dressing ingredients. Add the salad ingredients to the bowl and toss to combine.
5. Divide the salad between 4 plates. Top the salads with an equal amount of sliced tuna and serve.

Nutritional Data (estimates) - per serving:

Calories: 328 Fat: 21 g Total Carbs: 7 g Fiber: 4 g Sugar: 1 g Net Carbs: 3 g Protein: 29 g



PEPPERY CALAMARI RINGS

Prep Time: 10 minutes

Cook Time: 10 minutes

Yield: 2 servings

INGREDIENTS

- 1/2 lb (225 g) calamari or squid, defrosted if frozen, cut into rings
- 1 egg, whisked
- 1/2 cup (60 g) almond flour
- 1 teaspoon (3 g) garlic powder
- 1 teaspoon (5 g) salt
- 1 teaspoon (1 g) pepper

INSTRUCTIONS

1. Preheat the air fryer to 400°F (200°C).
2. Combine the dry ingredients in a small bowl. Whisk the egg in a separate small bowl.
3. Dip each calamari ring into the whisked egg and then dip it into the almond flour mixture, covering completely, and continue until all of the calamari are breaded.
4. Place the breaded calamari in a single layer, without touching, in a lightly greased air fryer basket or tray. If needed, cook the calamari in 2 batches.
5. Cook the calamari for 10 minutes, until golden brown, turning over halfway through the cook time.
6. Carefully remove the calamari from the air fryer and let cool slightly before serving with [Easy Keto Ketchup](#), if desired.

Nutritional Data (estimates) - per serving:

Calories: 245 Fat: 13 g Total Carbs: 10 g Fiber: 3 g Sugar: 1 g Net Carbs: 7 g Protein: 23 g



SIMPLE “FRIED” OKRA

Prep Time: 5 minutes
Cook Time: 10 minutes
Yield: 4 servings

INGREDIENTS

- 1 lb (450 g) okra, cut into about 1-inch (2.5 cm) slices
- 1 Tablespoon (15 ml) avocado oil
- 1 teaspoon (5 ml) salt
- 1/2 teaspoon (1 g) pepper
- 1/2 teaspoon (1 g) paprika powder (or chili powder for a spicier option)

INSTRUCTIONS

1. Preheat the air fryer to 350°F (175°C).
2. In a medium bowl, toss all the okra with the avocado oil and spices until completely covered.
3. Place the okra in a single layer in an air fryer basket or tray. If needed, cook the okra in 2 batches.
4. Cook the okra for 10 to 12 minutes, until browned, turning over halfway through the cook time.
5. Carefully remove the okra from the air fryer and let cool slightly before serving.

Nutritional Data (estimates) - per serving:

Calories: 63 Fat: 4 g Total Carbs: 9 g Fiber: 4 g Sugar: 1 g Net Carbs: 5 g Protein: 2 g



JICAMA GARLIC FRIES

Prep Time: 10 minutes

Cook Time: 20 minutes

Yield: 4 servings

INGREDIENTS

- 1 jicama (1.5 lb or 660 g), peeled and sliced into long, thin fries* (see recipe note)
- 1 Tablespoon (15 ml) avocado oil
- 1 teaspoon (3 g) garlic powder
- ½ teaspoon (3 g) salt
- 1 Tablespoon (1 g) chopped fresh parsley (for garnish, optional)

INSTRUCTIONS

1. Preheat the air fryer to 375°F (190°C).
2. Toss the jicama fries with the avocado oil, garlic powder, and salt.
3. Place the jicama fries in a single layer, without touching, in the air fryer basket or tray. If needed, cook in several batches.
4. Cook the fries for 10 minutes. Turn over and cook for another 5 to 10 minutes until the fries are golden.
5. Carefully remove the fries from the air fryer and toss with the optional fresh parsley. Serve immediately.

NOTES

- If jicama isn't available in your area, rutabagas (or swedes) or turnips can be used as a substitute.

Nutritional Data (estimates) - per serving:

Calories: 70 Fat: 1 g Total Carbs: 15 g Fiber: 8 g Sugar: 3 g Net Carbs: 7 g Protein: 1 g



CARROT MEATBALL SAUTE

Prep Time: 10 minutes

Cook Time: 25 minutes

Yield: 4 servings

INGREDIENTS

For the meatballs:

- 1 lb (450 g) ground beef
- 1 egg, whisked
- 1/2 small carrot (1 oz or 25 g), peeled
- 1/4 medium onion (1 oz or 28 g), chopped
- 1/4 cup (4 g) fresh parsley
- 1 Tablespoon (15 ml) gluten-free tamari sauce or coconut aminos
- 1/2 teaspoon (3 g) salt
- Dash of pepper

For the saute:

- 1 Tablespoon (15 ml) avocado oil, to cook with
- 1/2 head of cauliflower (300 g), broken into small florets
- 1 medium bell pepper (120 g), diced
- 1/4 medium onion (1 oz or 28 g), chopped
- 1 Tablespoon (15 ml) gluten-free tamari sauce or coconut aminos
- Salt and pepper, to taste

INSTRUCTIONS

1. Preheat the air fryer to 400°F (200°C).
2. Place all of the meatball ingredients in a food processor and pulse until completely combined. With clean hands, form the meat mixture into small meatballs and place in a single layer, without touching, in the air fryer basket or tray.
3. Cook the meatballs for 10 to 12 minutes until cooked through. Use a meat thermometer to check the internal temperature of the meatballs reach 165°F (73°C).
4. While the meatballs are cooking, add the avocado oil to a pan on medium heat. Add the cauliflower, bell pepper, and onion to the pan and saute until the cauliflower starts to soften. If needed, place a lid on the pan to soften the vegetables more quickly,
5. Add the cooked meatballs and tamari sauce or coconut aminos to the pan and continue to cook for an additional 2 to 3 minutes. Season with salt and pepper, to taste.
6. Place an equal amount of meatballs and vegetables on each plate and serve.

Nutritional Data (estimates) - per serving:

Calories: 382 Fat: 28 g Total Carbs: 8 g Fiber: 3 g Sugar: 3 g Net Carbs: 5 g Protein: 22 g

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