



KETO NAVRATRI RECIPES



SWAPNA MADHUKER



Happy Navratri everyone!

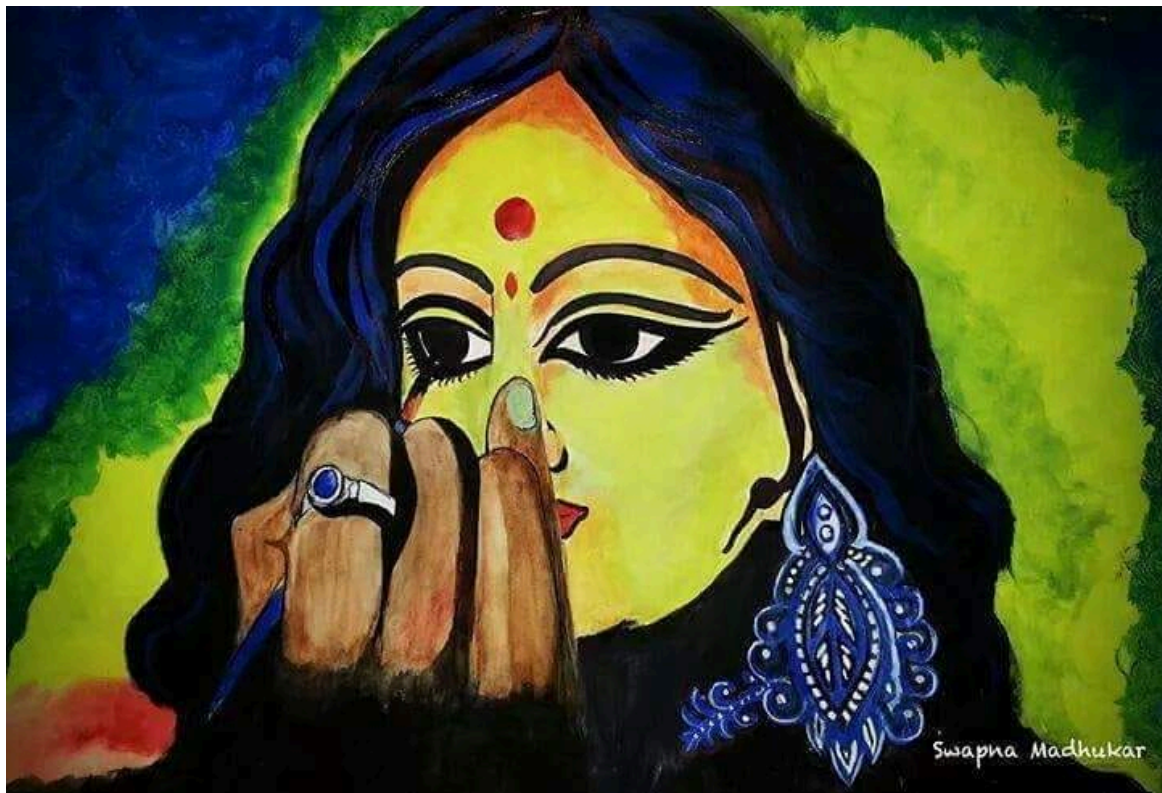
This is **Swapna Madhuker, a Keto Expert, Chef & Founder of Sugar Swap**. It is that time of the year again, when we pray to the Goddess Durga, to bless us with her choicest blessings. For those of you who are not aware, Navratri is a nine-day Hindu festival, celebrated all over the globe. Hindus abstain from eating meat, drinking alcohol and try their best to lead a pious lifestyle. They try to

take out time to do some internal introspection and also try to awaken their spiritual side.

I have compiled 9 yummy keto recipes for you, in order to make these nine days easy, delightful and comfortable. Enjoy!

Fore more Keto Recipes, visit my site <http://swapnamadhuker.com> &

for Keto products, visit <http://sugarswap.in>



HAPPY NAVRATRAS & HAPPY NEW YOU TO EVERYONE ONCE AGAIN :)

FERRERO ROCHER KETO FAT BOMBS



Ingredients :

- $\frac{3}{4}$ cup (60g) ground hazelnuts / almonds
- 3 tbsp (45ml) melted coconut oil
- 2 tbsp (16g) powdered erythritol / 3 tsp [Sugar swap Stevia](#) (confectioners' erythritol)
- 1 oz (30g) melted sugar-free chocolate (or chocolate with at least 85% cocoa content)
- $\frac{1}{2}$ tbsp (4g) cocoa powder (dutch processed cocoa)

powder)

- ½ tsp sugar-free vanilla extract
- chopped hazelnuts & a few whole hazelnuts

Instructions:

- Melt the sugar-free chocolate using a double boiler.
- Melt the coconut oil if necessary.
- Add the ground hazelnuts, melted coconut oil, powdered erythritol, baking cocoa powder & vanilla extract into a food processor and blend on high for approx. 30-45 seconds.
- Add the melted chocolate and blend for another 15 seconds.
- Scrape off chunky bits from the sides and the bottom of the food processor and blend again for a few seconds if necessary.
- Place the mass in the freezer and chill for approx. 10 minutes.
- After the fat bomb mass has cooled down, take it out of the freezer and start to form small balls with your hands.
- Add a whole hazelnut into the middle of the ball and roll it in chopped hazelnuts afterward.
- You can serve the fat bombs immediately or store covered in plastic wrap at room temperature for approx. 2-3 days.

HOW TO MAKE FERRERO ROCHER KETO FAT BOMBS:

- Make the fat bomb base:
- Melt the sugar-free chocolate using a double boiler.
- Melt the coconut oil as well if needed.

- Add the ground hazelnuts, powdered erythritol, melted coconut oil, baking cocoa powder, and vanilla extract into a food processor and blend on high for approx 30-45 seconds.
- Add the melted chocolate as well and blend for another 15 seconds.
- Make sure to scrape chunky bits from the sides and the bottom of the food processor & blend again for a few seconds if necessary.
- 2. Store in freezer & form balls:
- Place the bowl in your freezer and chill for approx. 10 minutes.
- After the mass has cooled down in your freezer, form small balls with your hands.
- Add a whole hazelnut into the middle of the fat bombs and roll the balls in chopped hazelnuts.
- Serve:
- You can serve the Ferrero Rocher keto fat bombs immediately.
- Enjoy with a hot cup of coffee!

HOW TO STORE THE FERRERO ROCHER KETO FAT BOMBS:

- I don't recommend to store the fat bombs in the fridge because the consistency will change.
- The chocolate & coconut oil will harden and the balls will be difficult to eat.
- If that doesn't bother you, you can store them in your fridge for up to a week.

- At room temperature, they will keep for at least 2-3 days.
- I recommend to cover them with plastic wrap or store them in an air-tight container either way!

Nutrition:

One ball has approx. 1.2g net carbs (2.9g total carbs and 1.7g dietary fiber), 13.7g fat, 2.0g protein, and 140 calories.

- Keep in mind that the nutrition info per serving may change depending on the size of the balls you make.
- One of the ferrero rocher keto fat bombs I made weighed approx. 0.7oz (20g).

(I try to be as accurate as possible with this information, but values may vary because of natural occurring fluctuations and different products used.)

Grilled Spiced Cauliflower



This was a surprise for me, as I have tried to add cauliflower to my diet so many times and always failed miserably. I couldn't get used to the concept of Cauliflower rice or mash.

But this simple butter baked and roasted cauliflower is very delicious and almost like a comfort food for gloomy days.

INGREDIENTS

- 2 teaspoons kosher salt
- 2 teaspoons ground turmeric

- 1 teaspoon crushed red pepper
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon powdered ginger
- 1/2 teaspoon garlic powder
- 1/2 teaspoon freshly ground black pepper

For the Cauliflower:

- 1 head of cauliflower, trimmed of green leaves and cut into 3/4-inch slices (see note)
- 2 tablespoons extra-virgin [olive oil](#)
- 1 tablespoons finely chopped fresh cilantro leaves and tender stems

INSTRUCTIONS

For the Spice Mixture:

- In a small bowl, mix together all of the ingredients.

For the Cauliflower:

- Brush cauliflower all over with oil and season liberally with spice mixture.
- Place cauliflower on hot side of grill and cook, turning, until it is charred in spots on both sides, about 3 minutes per side. Cover, and continue to cook until tender throughout, 10-15 minutes longer.
- Transfer cauliflower to a plate, sprinkle with cilantro, and serve.

Nutrition:(calories): 245 kcal | Protein: 11% 28 kcal | Fat: 49% 121 kcal
| Carbohydrates: 40% 98 kcal

Keto Paneer Tikka



This is a famous Indian recipe, which is absolutely delicious. The Navratras are the ideal time to treat yourself with a plate of tikka. I

suggest you do the marinating a night before, in order to get better results.

Recipe :

- Cut the paneer or cottage cheese in large cubes.
- You can also add capsicum to this recipe.
- In a cup of hung yogurt add a teaspoon each of ginger and garlic paste.
- Add a teaspoon of ajwain or carom seeds, red chilly powder, coriander powder, a teaspoon each of garam masala and dry mango powder to the yogurt.
- Add 2 tbsp of olive oil to the marinade and mix well.
- Drop the paneer in the marinade and keep it in the refrigerator for five to six hours. If you are in a hurry, please marinate for at least for an hour.
- When you are ready to eat, just heat your grill pan and brush it with some oil.
- Place the paneer pieces and cook covered on low heat, for ten minutes.
- Sprinkle some chaat masala before eating. It goes very well with mint chutney.

Nutrition:

(calories): 634 kcal | Protein: 22% 137 kcal | Fat: 62% 395 kcal | Carbohydrates: 16% 103 kcal

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Keto Coconut & Cinnamon Bowl of Chia



- In your favorite breakfast cereal bowl, put two teaspoons of dry Chia seeds.
- Now add half a cup of coconut milk and half a cup of water and mix well.
- Next add 1 tbsp of desiccated coconut and sweetener according to your taste.
- Finally add six finely chopped almonds, half a teaspoon of vanilla extract and half a teaspoon of cinnamon powder.
- Mix well and place the bowl in the refrigerator and forget about it till the morning.
- This bowl of goodness has less than 4 g of carbs and is high on proteins.
- Have it chilled and get your day off to a great start.

Nutrition:

Calories: 270 | Carbs: 3 g | Protein: 5 g | Fats: 25 g

3 Ingredient Cauliflower Hash Browns



I present to you my Cauliflower Hash Browns which are not only super easy to make, but are a great bed for eggs, bacon, and avocado. On the other hand they could also just as easily be topped with ground beef, sour cream, guacamole and cheese!

What I love most about these healthy hash browns, besides the low net carb count, is how easy they are to make. With only three ingredients you've got yourself a stand alone meal or a delicious side that unites several different foods! You can have it for breakfast, lunch or dinner. Another awesome feature of these is that they are cauliflower hash brown patties. So you can toss them in the fridge and reheat them at your leisure!

INGREDIENTS

1 small head grated cauliflower (about 3 cups)
1 large Egg
3/4 cup Shredded Cheddar Cheese
1/4 tsp Cayenne Pepper (optional)
1/4 tsp garlic powder
1/2 tsp Pink Himalayan Salt
1/8 tsp black pepper

INSTRUCTIONS

- Grate entire head of cauliflower.
- Microwave for 3 minutes and let cool. Place in paper towels or cheese cloth and ring out all the excess water.
- Place rung out cauliflower in a bowl, add rest of ingredients and combine well.
- Form into six square shaped hash browns on a greased baking tray.
- Place in a 400 degree oven for 15-20 minutes.
- Let cool for 10 minutes and hash browns will firm up.
Serve warm Enjoy!

NOTES

Net Carbs: 3.2g

NUTRITION

Calories: 164kcal | Carbohydrates: 5.2g | Protein: 7g | Fat: 11.25g | Fiber: 2g

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Zucchini Cheese Bread ([Video](#))



This low-carb zucchini bread is for cheese lovers only! Each serving is loaded with mozzarella and Parmesan, and we are here for it. If you want to make it keto-friendly, use almond flour instead of cornstarch.

Ingredients

- 3 medium zucchini, or about 4 cups grated zucchini
- 2 large eggs
- 2 cloves garlic, minced
- 1/2 tsp. dried oregano
- 3 c. shredded mozzarella, divided
- 1/2 c. freshly grated Parmesan
- 1/4 c. cornstarch
- kosher salt
- Freshly ground black pepper
- pinch of crushed red pepper flakes
- 2 tsp. Freshly Chopped Parsley

Instructions:

- Preheat oven to 425° and line a baking sheet with parchment. On a box grater or in a food processor, grate zucchini. Using cheesecloth or a dish towel, wring excess moisture out of zucchini.
- Transfer zucchini to a large bowl with eggs, garlic, oregano, 1 cup mozzarella, Parmesan, and cornstarch and season with salt and pepper. Stir until completely combined.
- Transfer “dough” to prepared baking sheet and pat into a crust. Bake until golden and dried out, 25 minutes.
- Sprinkle with remaining 2 cups mozzarella, crushed red pepper flakes, and parsley and bake until cheese is melted, 8 to 10 minutes more.
- Slice and serve with marinara.

NUTRITION

Protein: 59% 528 kcal | Fat: 11% 102 kcal | Carbohydrates:

30% 268 kcal

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Sauteed Mushrooms ([Video](#))



Ingredients

- 3 cups (300 g) mushrooms (cremini/ button / portobello)
- 1 medium white onion, sliced
- 3 clove garlic, finely chopped
- 2 tbsp [olive oil](#)
- 2 tbsp unsalted butter
- Salt and freshly ground black pepper & fresh parsley

Directions

- Clean mushrooms with a damp towel, cut the ends if necessary.
- If you use bigger mushrooms cut them into slices.
- Heat [olive oil](#) in a medium skillet over medium-high heat.
- Add white onion and garlic and cook for about 3-5 minutes until softened.
- Add mushrooms and cook with the onion for about 8-10 minutes stirring frequently.
- Add butter, salt, pepper and cook for 3 minutes. sprinkle fresh parsley on top.
- Serve immediately.

NUTRITION:

(calories): 466 kcal | Protein: 6% 30 kcal | Fat: 82% 387 kcal |

Carbohydrates: 11% 53 kcal

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Keto Tomato Soup



A hearty soup for the winter. Yes! You read that right, it's Keto tomato soup. You can eat tomatoes on the Keto diet and don't let anyone tell you otherwise. Tomato soup is one of those dishes that brings back memories of long distance train journeys.

Ingredients:

- 300 gms Tomatoes You can also use tinned ones
- 50 grams Onion
- 10 grams garlic
- 300 ml Veg stock
- 100 ml Fresh Cream (Heavy Whipping Cream) 50 grams
- Salted Butter
- 1/2 Tsp Black Pepper Powder
- 1/2 Tsp Smoked Paprika

- 1 Tsp Pumpkin Spice Mix You can also use 'All Spice' mix
- Fresh Basil for garnish
- Cheese for garnish & Salt to Taste

Instructions

- Heat the butter in a heavy bottom saucepan and once it has melted add in the onions with a pinch of salt.
- Cook the onions low and slow till they start to turn brown and caramelize.
- Add in the garlic and cook till it starts to brown and then add in the tomatoes and cook for about 2 minutes.
- Cover the pan with a lid and cook on a low heat for 5 minutes
- After 5 minutes of cooking add in the pepper, paprika and pumpkin spice. Also add in about 100ml of vegetable stock. If your stock has no salt then add salt as well.
- Cover with a lid and cook for about 10 minutes till the tomatoes are completely soft. Keep opening the lid every 2-3 minutes and stirring to ensure nothing sticks.
- Once it's cooked and tender let it cool. Then blend the mixture in a food processor or using an immersion blender. Add more stock if needed to make it easier to blend.
- Strain the mixture to get a silky smooth soup. Add more stock if the soup is too thick.
- Add heavy whipping cream to the soup and warm it up.
- Finish with fresh pepper, a bit of cheese and fresh chopped basil. Enjoy!!

Nutrition: Calories: 323763 kcal | Protein: 77% 249406 kcal | Fat: 22% 70915 kcal | Carbohydrates: 1% 3834 kcal

Easy Broccoli Cheese Soup Recipe



The beauty of this gluten-free broccoli cheddar soup is that everyone seems to love it, whether they are eating low carb or not. And if you're just beginning your journey on how to start a low carb diet plan, all the better to try a keto soup that the rest of your family will gladly eat, too.

It also happens to be healthy and perfect for clean eating, but that's just a bonus.

- 4 cups Broccoli (cut into florets)

- 4 cloves Garlic (minced)
 - 3 1/2 cups vegetable broth
 - 1 cup Heavy cream
 - 3 cups Cheddar cheese
- In a large pot over medium heat, saute garlic for one minute, until fragrant.
 - Add the vegetable broth, heavy cream, and chopped broccoli. Increase heat to bring to a boil, then reduce heat and simmer for 10-20 minutes, until broccoli is tender.

Option 1 (original recipe):

- Add the shredded cheddar cheese gradually, stirring constantly, and continue to stir until melted. (Add 1/2 cup (64 g), simmer and stir until it melts fully, then repeat 1/2 cup (64 g) at a time until all the cheese is used up.)
- Make sure to keep it at a very low simmer and avoid high heat, to prevent seizing. Remove from heat immediately once all the cheese melts.

Option 2 (recommended):

- Use a slotted spoon to remove about 1/3 of the broccoli pieces and set aside. (This step is optional, if you want some pieces in your soup at the end. If you want all of the soup pureed, you can leave them in.)
- Use an immersion blender to puree the remaining broccoli.
- Reduce heat to low. Add the shredded cheddar cheese 1/2 cup at a time, stirring constantly, and continue to stir until melted.
- Puree again to make it smooth.
- Remove from heat. Add the reserved broccoli florets back to the soup
- Serve.

That's all! For more keto recipes & tips, click [here](#) :)