

20 Favorite Keto Comfort Foods

Are you following a keto diet and craving some comfort food? Look no further! The Keto Queens have got you covered with their top 20 favorite keto-friendly comfort foods. From cheesy casseroles to indulgent desserts, these recipes are sure to satisfy your cravings while keeping you in ketosis.

1. Keto Mac and Cheese

Who says you can't enjoy mac and cheese on a keto diet? This creamy and cheesy dish is made with cauliflower instead of pasta, making it low carb and keto-friendly.

2. Bacon-Wrapped Jalapeno Poppers

If you love spicy and savory appetizers, these bacon-wrapped jalapeno poppers are a must-try. The combination of creamy cheese, crispy bacon, and spicy jalapenos is simply irresistible.



20 Favorite Keto Comfort Foods: The Keto Queens

by Lara Clevenger ([Print Replica] Kindle Edition)

★★★★★ 5 out of 5

Language : English

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Screen Reader : Supported

Print length : 356 pages

Lending : Enabled



3. Low Carb Chicken Parmesan

Craving Italian food? This keto-friendly chicken parmesan recipe replaces the traditional breadcrumbs with almond flour, resulting in a crispy and flavorful dish that won't kick you out of ketosis.

18. Keto Chocolate Mousse

No comfort food list is complete without a decadent dessert. This keto chocolate mousse is rich, creamy, and satisfies your sweet tooth without any guilt. Made with heavy cream and dark chocolate, it's the perfect way to end a keto-friendly meal.

19. Keto Pizza

Missing pizza on a keto diet? This keto pizza recipe uses a cauliflower crust and is loaded with delicious toppings to satisfy your pizza cravings while keeping your carb intake low.

20. Keto Cheesecake

Last but not least, we have a keto-friendly cheesecake that is to die for. Made with a almond flour crust and a creamy filling, this indulgent dessert is perfect for any occasion.

These 20 favorite keto comfort foods are just a taste of what you can enjoy while following a keto diet. Whether you're a cheese lover, a fan of rich and creamy desserts, or simply looking for keto-friendly versions of your favorite comfort foods, The Keto Queens have you covered.

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Are you missing your favorite comfort foods? There's no reason you can't have all your favorites. We've done the hard work for you! These are so good you'll feel like your cheating on keto, but you're not. We've got you covered and have calculated the macros for each and every recipe so there will be no guessing game.

Faith's favorite is the chocolate chip blondie and Lars's favorite is the 3 cheese keto pizza. Let us know in the comments below which is your favorite keto comfort food.

TABLE OF CONTENTS

Bread Recipes

Sandwich Bread.	1
“White” Bread4

Breakfast Recipes

Everything Bagels.6
Blueberry Pop Tarts.	

.9
Cinnamon Rolls.

12
Maple Pecan Baked French Toast.

.15

Lunch, Dinner, and Side Dish Recipes

Tomato Soup and Cheddar Biscuits.
17

Creamy Cauliflower “Mac” and Cheese.
.20

Lasagna with Easy Meat Sauce and Cabbage Noodles.
.22

Beanless Beef Chili.
.25

Mississippi Pot Roast.
.27

3 Cheese White Pizza.
.29

Snack Recipes

Salami and Cheese Fathead Pinwheels.
32

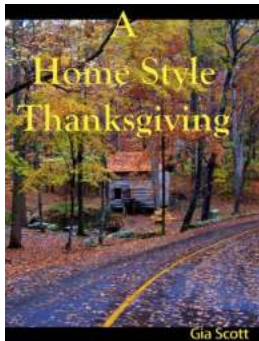
Buffalo Chicken Dip.
35

“Reese’s” Chocolate Peanut Butter Protein Bites.37

Dessert Recipes

Strawberry Ice Cream (No Ice Cream Maker).

Almond Butter “Kisses” Cookies.
..41
Chewy Chocolate Chip Cookies.
.43
Peppermint Chocolate No Bake Cheesecake Bites.45
Classic Chocolate Chip Blondies.
..48
About the Authors.
.50



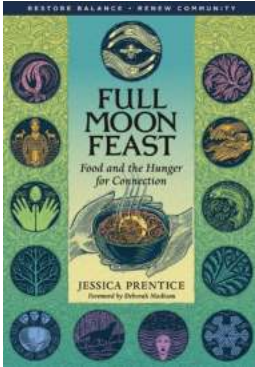
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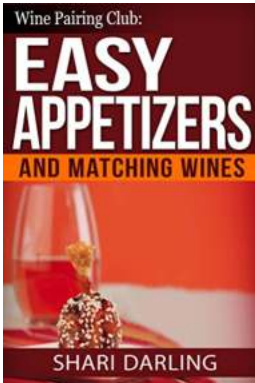
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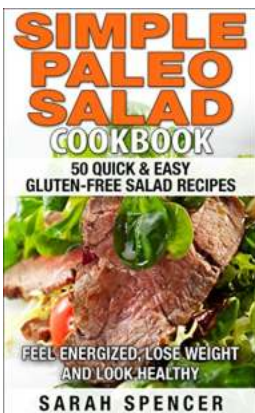
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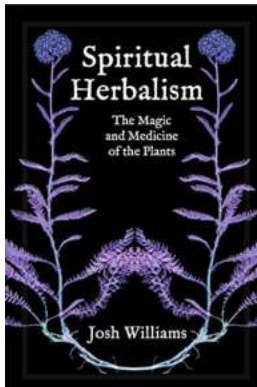
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