



The Honey Shops, <http://breathe-ease.com>

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Keto Chocolate Chip Cookies

Preheat oven 350F

In a large bowl add

2/3 cup of granulated sweetener like stevia

3 cups almond flour

1/2 tsp. Baking soda

1/2 tsp salt

Now add wet ingredients: 3/4 cup of softened butter (1.5 sticks)

2 eggs

2 tsp. Vanilla

1 9 oz bag of stevia sweetened chocolate chips

Blend all ingredients well and then using a scoop drop cookie dough onto a PARCHMENT LINED BAKING SHEET.

Place in oven on the middle rack and cook until golden brown (approximately 15-20 minutes). Allow to cool before handling.

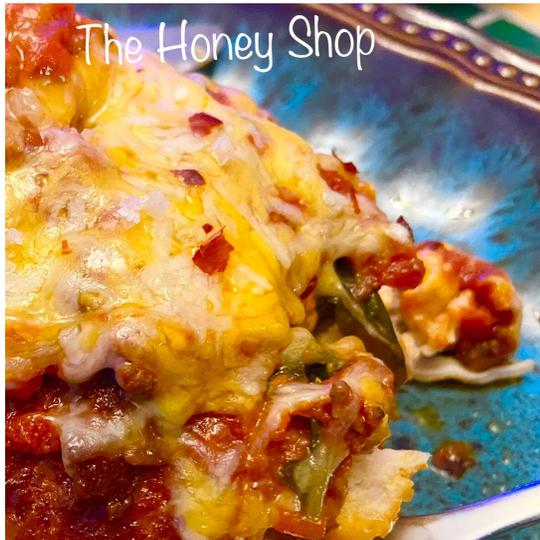


Jalapeño Poppers

Preheat oven 400F

Cut off stems of jalapeños, 1/2 peppers, remove seeds and membrane (so your poppers are not too hot).

Blend together equal parts softened cream cheese and shredded cheddar then stuff pepper 🌶️ halves. Wrap 1/2 a slice of bacon around the popper. Place on a baking sheet or oven safe dish. Bake on top rack until bacon is crispy. Garnish with scallions, fresh lime and smoked paprika.



### Keto Chicken Parmesan

Preheat oven to 400F

Filet boneless chicken breasts (1 inch or less in thickness)

Scramble 1 egg in a bowl and set aside

In a separate bowl add 1 cup of Parmesan cheese 🧀 and 3-4 tablespoons of Italian seasoning and 1 tbsp of minced dried or

granulated garlic. Now shake the bowl or stir to blend cheese and seasonings.

Dip chicken filets one at a time in the egg and then dredge in your cheese mixture (set aside on a plate). Repeat until all your chicken is coated.

In a non-stick pan add olive oil (enough to coat the bottom of the pan). Heat the oil and then sear your chicken until you have a crispy Parmesan crust and turn to achieve the same on both sides. Place chicken in an oven safe dish and place in the oven 10-15 minutes to achieve extra crispy chicken. Remove from oven, top with marinara sauce and mozzarella cheese. Return to the oven top shelf and remove when the cheese has melted. Internal temperature needs to be 165F or higher. Plate and enjoy!



## Pan Seared Ribeye Steaks 🥩

Remove steak from refrigerator and allow to come to room temperature.

Coat each side of your steaks first by spraying or brushing with olive oil, then heavily dust with coarse black pepper, dried minced garlic or garlic powder and sea salt. I use fresh rosemary in the next step, it is not necessary; but certainly adds flavor to the dish.

Add olive oil to a non-stick pan (coating the bottom of the pan). Heat oil, add steaks and rosemary. Allow to sear a crust and then flip your steak to achieve the same crust on each side. For medium rare aim for an internal temperature of 145F.

Remove from pan and plate pour all residual juices from the pan over the steaks. Allow to rest 5-10 minutes before serving. This allows the steak to reabsorb the delicious juicy renderings. Enjoy!

