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NEW

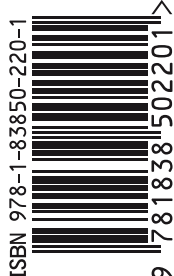
✓ SUGAR-FREE RECIPES

KETO Baking

Make delicious treats at home that will keep you on track

58+
LOW-CARB,
HIGH-FAT
RECIPES

Keto Baking



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CUPCAKES • COOKIES • BROWNIES • CAKE • BREAD • CHEESECAKE • & MORE

KETO Baking

Future PLC Richmond House, 33 Richmond Hill,
Bournemouth, Dorset, BH2 6EZ

Editorial

Editor **Rebecca Greig**
Designer **Alison Innes, Jordan Travers**
Editorial Director **Jon White**
Senior Art Editor **Andy Downes**

Contributors

Rebecca Greig, Rebecca Lewry-Gray,
Alice Barnes-Brown, Laurie Newman

Photography

Directed by **Rebecca Greig**
Photographer **James Sheppard**

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Advertising

Media packs are available on request
Commercial Director **Clare Dove**
clare.dove@futurenet.com

International

Head of Print Licensing **Rachel Shaw**
licensing@futurenet.com

Circulation

Head of Newstrade **Tim Mathers**

Production

Head of Production **Mark Constance**
Production Project Manager **Clare Scott**
Advertising Production Manager **Joanne Crosby**
Digital Editions Controller **Jason Hudson**
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Management

Chief Content Officer **Aaron Asadi**
Commercial Finance Director **Dan Jotcham**
Head of Art & Design **Greg Whitaker**

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Willenhall, West Midlands, WV13 3XT

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Chief executive **Zillah Byng-Thorne**
Non-executive chairman **Richard Huntingford**
Chief financial officer **Penny Ladkin-Brand**

Tel +44 (0)1225 442 244



CRAZY BIRTHDAY CAKE BARS

*Make everyday a celebration with these
colourful slices of cake*

INFORMATION

PREP TIME:
30 minutes

BAKING TIME:
25 minutes

SERVINGS:
8

**NET CARBS PER
SERVING:** 3g

INGREDIENTS

96g | 3.3oz | 1 cup almond
flour

96g | 3.3oz | ½ cup
sweetener

60g | 2oz | ½ cup
unsweetened desiccated
coconut

½ teaspoon baking powder

115g | 4oz | ½ cup unsalted
butter melted

1 egg

1 tsp vanilla essence

FOR THE FROSTING:

60g | 2oz | ½ cup
powdered sweetener

2 tbsp unsweetened cocoa
powder

1 tbsp unsalted butter,
melted

2-3 tbsp hot water

METHOD

Preheat your oven to 170°C/340°F/Gas mark 3. Line a 7x11-inch baking tin with parchment paper, and grease the sides with butter.

In a large mixing bowl, add the sweetener, desiccated coconut, almond flour and baking powder. Mix it together well with a spoon.

Pour the melted butter into the dry ingredients, along with the egg and vanilla. Mix until it's all combined

Spoon the mixture into your lined baking tin and spread evenly.

Bake the cake bars in the preheated oven for 20-25 minutes. When it is cooked it should spring back when touched, with a golden brown top.

While the cakes are cooling in the tin, make the frosting. In a clean mixing bowl, sift the powdered sweetener and cocoa powder through a sieve.

Add the melted butter, then the hot water a little at a time. Stir it until the chocolate frosting is spreadable, but not too runny. You probably won't need all of the hot water.

Spread the frosting over the hot base so that it melts a little and can be spread more easily. Allow to cool for a few minutes.

Sprinkle over the sprinkles as much or as little as you like – we went a bit crazy. Cut the chilled slice into eight bars and enjoy.

Make keto sprinkles

Mix 1 cup of powdered sweetener with 1 tbsp of almond milk. Mix thoroughly until a dough forms. You might need to add more milk. Then divide the mixture into as many colours as you'd like and massage gel food colouring into each section. Roll each colour out and use the narrowest icing nozzle to cut out individual sprinkles. Leave in a sealed sandwich bag to dry out. Now sprinkle over everything! You can also crumble it like we have done here.



CREAM CHEESE COOKIES

Enjoy the melt-in-the-mouth texture that these cream cheese cookies bring to the table

INFORMATION

PREP TIME:
30 minutes

BAKING TIME:
15 minutes

SERVINGS:
8

NET CARBS PER SERVING: 2g

INGREDIENTS

115g | 4oz | 1/8 cup butter

2 tbsp cream cheese

50g | 1.7oz | 1/4 cup sweetener

1 egg white

1 tsp vanilla extract

144g | 5oz | 1 1/2 cup blanched almond flour

1/4 tsp sea salt

METHOD

Preheat your oven to 177°C/350°F/Gas mark 4. Line a large cookie sheet or baking tray with baking parchment.

Use an electric whisk or wooden spoon to beat together the butter, cream cheese and sweetener until it's fluffy and light in colour. This should take a couple of minutes.

Next, beat in the vanilla extract, salt and egg white.

Use a wooden spoon to mix in the almond flour a little bit at a time. The dough will be dense and a little crumbly, but should stick when pressed together.

Use a medium cookie scoop or dessert spoon to scoop balls of the dough onto the prepared cookie sheet. Flatten each ball with a spoon or the palm of your hand.

Bake in the oven for around 15 minutes until the edges are lightly golden.

Allow to cool completely in the pan before handling and eating. Don't worry if they seem a bit wobbly - they will harden up significantly as they cool!



CHOCOLATE SHORTBREAD

Enjoy this chocolatey twist on a Scottish classic

INFORMATION

PREP TIME:
10 minutes

BAKING TIME:
15 minutes

SERVINGS:
8

NET CARBS PER SERVING: 1g

INGREDIENTS

96g | 3.3oz | 1 cup almond flour

2tbsp cocoa powder

60g | 2oz | ¼ cup melted butter

35g | 1.3oz | ¼ cup sweetener, powdered

METHOD

Line a baking tray with baking parchment, and preheat the oven to 180°C/350°F/Gas mark 4.

Mix all of the ingredients together in a large mixing bowl. Make sure they're thoroughly combined, and that the dough feels pliable and sticks together really well. It shouldn't stick to your hands, though.

Press the dough into a round shape using the base of another tray to press it down to make sure that it is completely level. Then, using the base of a cake tin, or anything round, trim the edges to get the perfect shape.

Use a knife to score the shortbread, marking out where your slices will be. Then, poke a pretty pattern into it with a skewer.

Chill the shortbread round for 30 minutes in the fridge before baking.

Bake in the oven for 15 minutes, checking after ten minutes to see if it's done. Chocolate biscuits can catch and burn very quickly so make sure to keep an eye on it.

Remove from the oven and leave to cool completely before slicing into your marked sections with a sharp knife.



CHOCOLATE AND HAZELNUT CHEESECAKE

One for all you cheesecake lovers out there, this nutty version will have everyone coming back for seconds

INGREDIENTS

FOR THE BASE:

180g | 5.3oz | 1 cup
blanched and roasted
whole hazelnuts

100g | 3.5oz | ½ cup
sweetener

96g | 3.3oz | 1 cup
almond flour

6 tbsp butter, melted

2 tbsp raw cocoa powder

FOR THE CHEESECAKE:

900g | 32oz | 7 ½ cups
cream cheese

4 eggs

110g | 3.8oz | 1 cup
powdered erythritol
sweetener

3 tbsp raw cocoa powder

4 tsp hazelnut extract

METHOD

Preheat your oven to 180°C/350°F/Gas mark 4. Line the base of a 10-inch loose-bottomed cake tin with greaseproof paper.

In a food processor, combine the hazelnuts and sweetener, and pulse until fully chopped. Be careful that you don't overmix as it will turn into hazelnut butter.

Pour the mix into a bowl, and add the almond flour, melted butter and cocoa powder. Stir together with a fork until a uniform dough forms.

Tip the hazelnut mix into the tin, and press it into the bottom – push it down firmly so it's as even as possible.

Cover with parchment paper and baking beans or rice, then blind bake the base for 8 minutes.

Remove the base from the oven, and reduce oven temperature to 165°C/325°F/Gas mark 3.

In a large mixing bowl, combine the cream cheese and eggs. Then sift in the sweetener and cocoa powder, followed by the hazelnut extract.

Once the crust has been baked and cooled for five minutes, pour the cream cheese batter into the pan over the crust.

Return the cheesecake to the oven and bake for one hour.

Turn off the heat and leave in the oven for an additional 30 minutes, making sure to leave the door cracked open so the temperature gradually decreases.

Remove the cheesecake from the oven and chill in the pan for at least six hours, preferably overnight, before serving.

INFORMATION

PREP TIME:
30 minutes

BAKING TIME:
60 minutes

SERVINGS:
12

**NET CARBS PER
SERVING:** 8g

