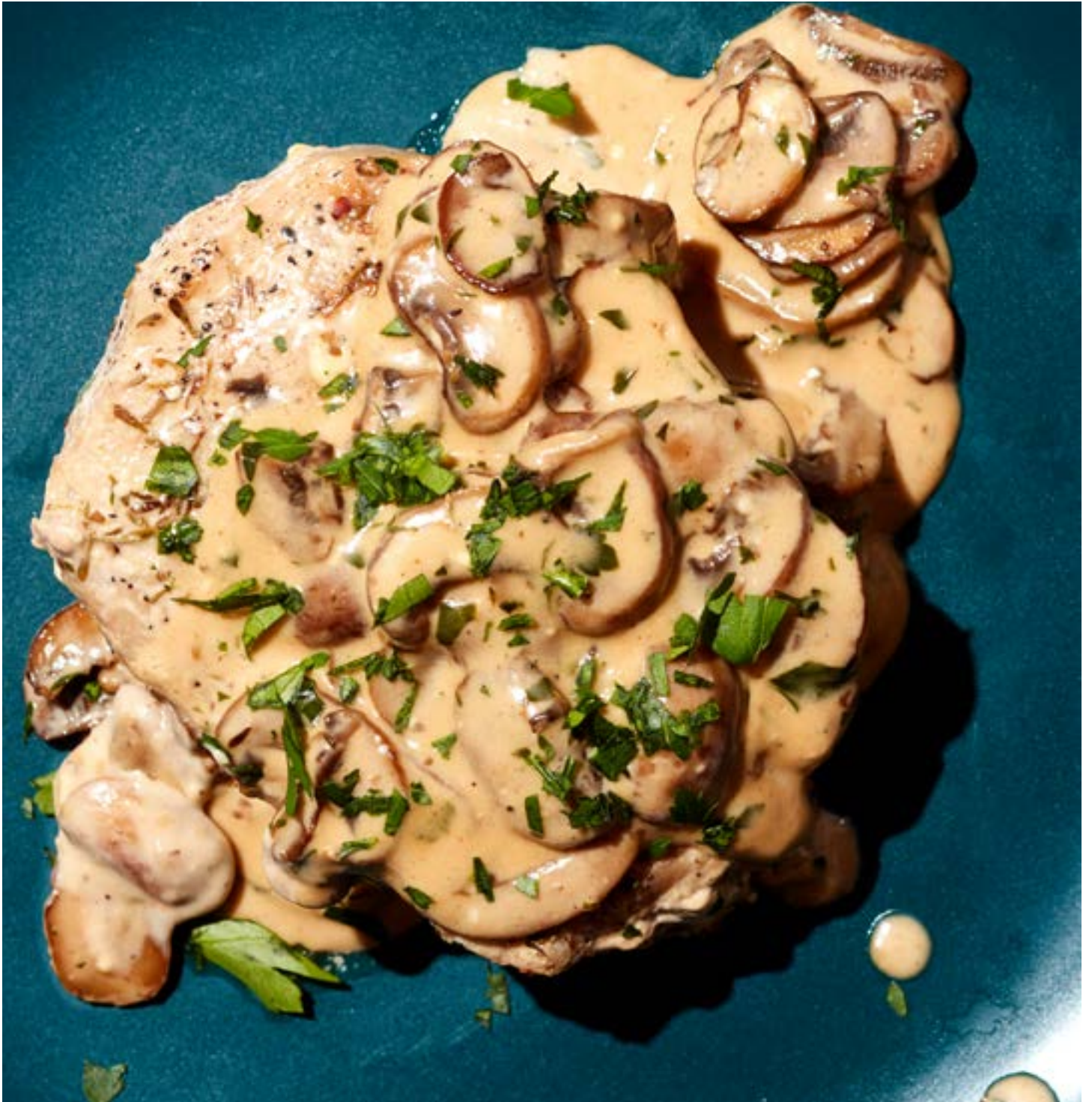


# Keto Cooking 101

Tried-and-true recipes designed to get you into ketosis in no time



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***TAP RECIPE TITLES  
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TO LEARN MORE!***

## **About Thrive Market**

Thrive Market is an online, membership-based market making the highest quality, healthy and sustainable products available for every budget, lifestyle, and geography.

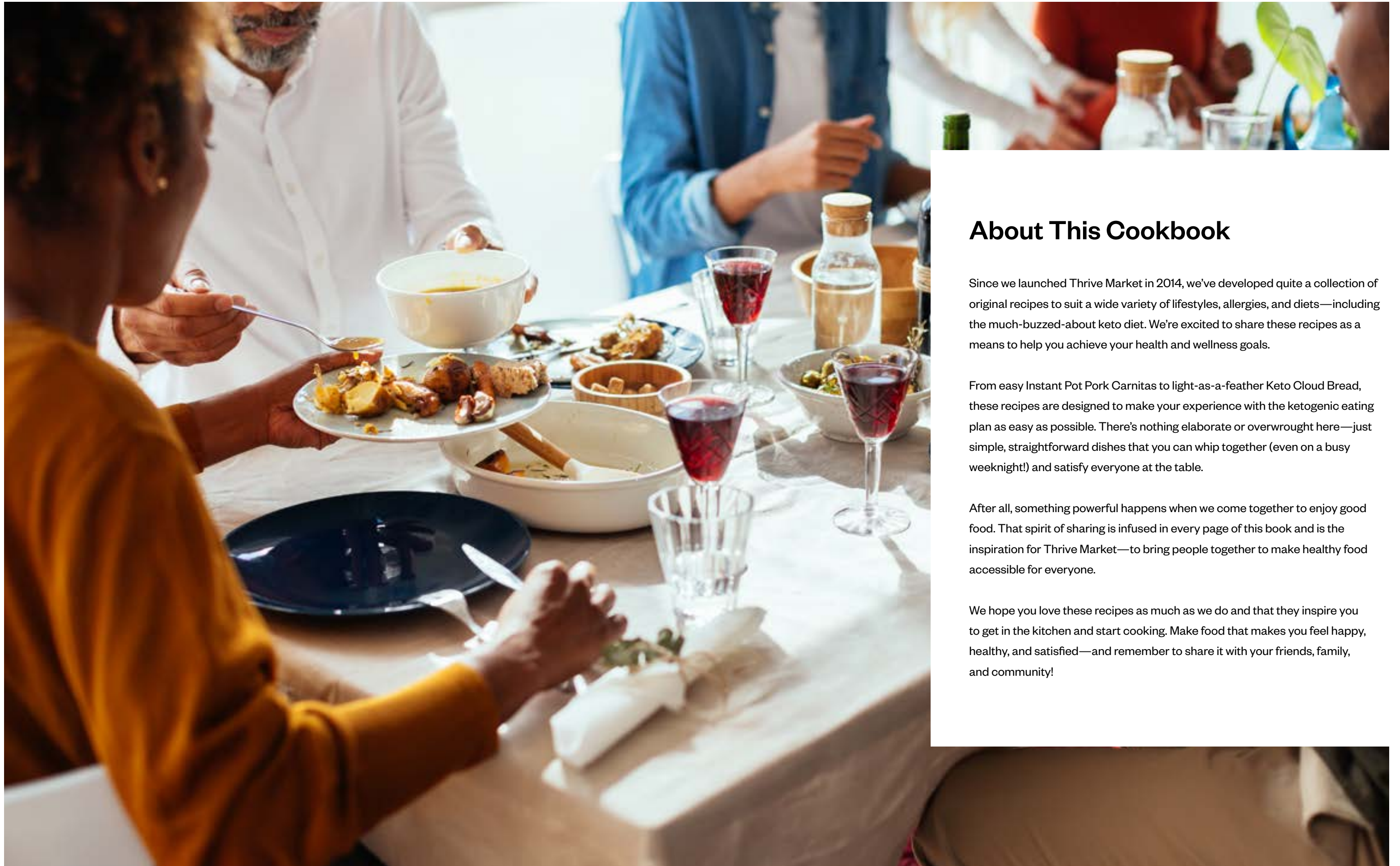
[Learn more](#)

Visit the Thrive Market blog for articles and advice from wellness experts, healthy lifestyle hacks, and (of course!) more delicious and nutritious recipes.

[Go to the blog](#)

## **In the Thrive Market Pantry**

When you're using high-quality ingredients, it doesn't take much for your food to taste great. In the Thrive Market test kitchen, we're committed to stocking our pantry with organic and non-GMO products made by companies that care about your health and the environment. We can taste the difference in every recipe and we know you will, too. And because we believe that buying brands you trust shouldn't be a luxury, you'll never have to break the bank to fill your cupboards with wholesome goodness.



## About This Cookbook

Since we launched Thrive Market in 2014, we've developed quite a collection of original recipes to suit a wide variety of lifestyles, allergies, and diets—including the much-buzzed-about keto diet. We're excited to share these recipes as a means to help you achieve your health and wellness goals.

From easy Instant Pot Pork Carnitas to light-as-a-feather Keto Cloud Bread, these recipes are designed to make your experience with the ketogenic eating plan as easy as possible. There's nothing elaborate or overwrought here—just simple, straightforward dishes that you can whip together (even on a busy weeknight!) and satisfy everyone at the table.

After all, something powerful happens when we come together to enjoy good food. That spirit of sharing is infused in every page of this book and is the inspiration for Thrive Market—to bring people together to make healthy food accessible for everyone.

We hope you love these recipes as much as we do and that they inspire you to get in the kitchen and start cooking. Make food that makes you feel happy, healthy, and satisfied—and remember to share it with your friends, family, and community!



# Walnut Milk

YIELD 7 cups | ACTIVE TIME 10 mins | TOTAL TIME 8 hrs & 10 mins

Almond milk might be the most popular dairy alternative to DIY, but don't forget about cashews, pecans, and ... walnuts. In this easy recipe, the nuts just need an overnight soak plus a whirl in the blender to make a rich, toasty beverage that's perfect in smoothies, with granola, or on its own.

## INGREDIENTS

- 2 cups Thrive Market Organic Walnut Halves and Pieces
- 7 cups filtered water, plus more for soaking
- ½ tsp Thrive Market Organic Ground Cinnamon
- ¼ tsp Thrive Market Himalayan Pink Salt

## INSTRUCTIONS

Place walnuts in a large bowl and cover with at least 1 inch of water; let soak at least 8 hours or up to overnight. Drain and rinse the walnuts, then add them to a high-speed blender along with the filtered water, cinnamon, and salt. Blend until frothy, about 1 minute. Strain through a nut milk bag, gently squeezing to release milk from the walnut pulp. Refrigerate and use within 4 days.



# Keto Sous Vide Egg Bites

YIELD 7 servings | ACTIVE TIME 10 mins | TOTAL TIME 35 mins

Sous-vide, which involves vacuum-sealing foods and cooking them in a temperature-controlled water bath, is a go-to technique for restaurant chefs that results in precise internal temps for the finished dishes. But the process can feel a bit cumbersome to pull off at home—enter the Instant Pot. These egg bites, which are spiked with MCT oil for an energy boost, are the perfect quick breakfast or post-workout snack.

## INGREDIENTS

- 10 eggs
- 2 Tbs Thrive Market Organic MCT Oil
- ½ cup unsweetened almond milk
- 1 tsp sea salt
- ½ cup Gouda cheese, shredded
- 7 slices cooked bacon, finely chopped

## INSTRUCTIONS

**SPECIAL EQUIPMENT**  
Silicone egg molds, trivet

Add eggs, MCT oil, almond milk, and salt to a blender; blend until smooth. Distribute cheese and bacon evenly into the compartments of the silicone mold and cover with egg mixture; secure foil over the top.

Add 1 cup water to the Instant Pot and place the trivet inside. Place filled silicone mold on top of the trivet. Lock the lid in place and seal the pressure valve. Press the Steam button and set the timer to 8 minutes. Let the pressure release naturally for 8 minutes, then manually release any remaining steam before unlocking the lid. Remove the silicone mold and let stand for 2 minutes before serving.





## Keto Lemon Ricotta Pancakes

YIELD 10 pancakes | ACTIVE TIME 10 mins | TOTAL TIME 35 mins

Start your keto morning off right with a lemony short stack. The batter blends gluten-free flours with rich ricotta cheese, lemon, and almond extract for a mellow, citrusy flavor. Make breakfast time even easier by mixing all the dry ingredients together the night before.

### INGREDIENTS

#### FOR THE DRY INGREDIENTS

- ⅔ cup** Thrive Market Almond Flour
- ¼ cup** Thrive Market Organic Coconut Flour
- ½ tsp** Thrive Market Baking Soda
- ¼ tsp** salt

#### FOR THE WET INGREDIENTS

- 3** large eggs
- ½ cup** ricotta
- 4-6 Tbs** water
- Zest and juice of 1 large lemon
- 1 Tbs** Swerve confectioners sugar replacement
- ½ tsp** almond extract

### INSTRUCTIONS

Whisk the dry ingredients in a large bowl; in a medium bowl, whisk the wet ingredients. Add the wet ingredients to the dry and stir until blended. Let batter sit for 1 minute. If it seems too thick, add water, two tablespoons at a time, until you achieve the desired consistency.

Melt coconut oil in a large skillet over medium-high heat. Spoon ¼ cup of batter onto the skillet and gently flatten with the bottom of the measuring cup. Cook for 2 to 3 minutes, then flip and cook for an additional 1 to 2 minutes. Serve with coconut whipped cream and fresh raspberries.

## Keto Bread

YIELD 8 to 10 slices | ACTIVE TIME 20 mins | TOTAL TIME 1 hr & 10 mins

Missing bread on your keto diet? Head to the kitchen to bake this loaf, pronto! It combines gluten-free flours like almond and tapioca with melted coconut oil—all pantry staples you might already have on hand.

### INGREDIENTS

- 7** eggs, room temperature
- ½ cup** Dr. Bronner's Organic Virgin Coconut Oil, melted & cooled
- 2 cups** almond flour
- ½ cup** tapioca flour
- 1 tsp** gluten-free baking powder
- 1 tsp** sea salt
- ½ tsp** baking soda

### INSTRUCTIONS

Preheat oven to 350 degrees and line a loaf pan with parchment paper, leaving a 2-inch overhang on the sides.

Using a hand mixer, whisk eggs in a large bowl until light and fluffy, about 2 minutes. Add the melted coconut oil and mix until combined. Using a rubber spatula, fold in almond flour, tapioca flour, baking powder, salt, and baking soda; pour batter into loaf pan.

Bake for 45 minutes, or until a toothpick inserted comes out clean. Place loaf under broiler for 3 to 4 minutes, until the top is golden brown.

Set pan on a cooling rack and cool the bread completely before slicing. Refrigerate in an airtight container for up to 5 days.



## Coconut Creamed Spinach With Eggs

YIELD 5 servings | ACTIVE TIME 15 mins | TOTAL TIME 30 mins

Baking might just be the perfect way to prepare eggs. A little fancier than scrambled, but easier to pull off than poached, baked eggs come out just right: runny golden yolks surrounded by firm whites. Nestled into a skillet full of dairy-free coconut creamed spinach, they're all but irresistible.

### INGREDIENTS

- 2 Tbs** coconut oil, divided
- 1 lb** spinach
- 1** onion
- 1** clove garlic
- 1 cup** coconut milk
- 2 tsp** Dijon mustard
- Juice of 2 lemons
- ¼ cup** nutritional yeast
- ¼ tsp** nutmeg
- Sea salt
- Freshly ground pepper
- 5** large eggs
- Pinch** cayenne pepper

### INSTRUCTIONS

Preheat oven to 375 degrees. Heat one tablespoon coconut oil in an oven-proof skillet over medium heat. Add spinach; sauté until wilted. Remove spinach to a colander; squeeze out any excess liquid and set aside. Heat remaining oil in skillet and sauté onion until golden. Add garlic and cook, stirring constantly, 30 seconds. Add coconut milk, mustard, lemon juice, nutritional yeast, nutmeg, salt, and pepper. Stir, then cook on low until mixture reduces and thickens slightly. Add spinach and stir to combine. Create five indentations in mixture and carefully break eggs into each.

Bake for about 10 minutes, until whites are set. Remove from oven, sprinkle with cayenne, and serve immediately.





## Keto & Whole30-Compliant Loco Moco

YIELD 4 servings | ACTIVE TIME 30 mins | TOTAL TIME 50 mins

Travel to the Hawaiian islands and you might come across loco moco on a local menu. There are plenty of ways to whip up this hearty dish, but it's traditionally made by sliding a hamburger patty over a bed of white rice, then topping it with a fried egg and thick brown gravy. To keep it keto, we swap in cauliflower rice and use lots of wholesome ingredients like coconut oil, grass-fed beef, and beef bone broth.

### INGREDIENTS

#### FOR THE HAMBURGER

- 2 Tbs** Thrive Market Organic Virgin Coconut Oil, divided
- 1** medium shallot, minced
- 1 lb** Thrive Market 100% Grass-Fed Ground Beef
- 1 tsp** Thrive Market Organic Paprika
- 1 tsp** Thrive Market Organic Ground Cumin
- 1 tsp** Thrive Market Organic Garlic Powder
- 1 tsp** salt
- 1 tsp** Thrive Market Organic Ground Pepper

#### FOR THE GRAVY

- 1 Tbs** Thrive Market Organic Virgin Coconut Oil
- 1** small shallot, minced
- 1 lb** assorted mushrooms, chopped
- 1 Tbs** thyme leaves, chopped
- 3 cups** Thrive Market Grass-Fed Beef Bone Broth
- 1 tsp** salt
- ¼ cup** water
- 2 Tbs** Thrive Market Organic Tapioca Flour
- ½ cup** Thrive Market Organic Coconut Milk

#### FOR THE CAULIFLOWER RICE

- ½ cup** water
- 2 cups** cauliflower rice
- 1 Tbs** salt

#### FOR THE TOPPINGS

- 4** eggs, fried
- 4** scallions, thinly sliced
- Thrive Market Organic Crushed Red Pepper, to taste
- Hot sauce

and water in a small bowl until smooth; add to the gravy and stir until thickened, about 2 minutes. Stir in coconut milk and simmer for an additional 2 minutes, then reduce heat to keep the gravy warm.

#### MAKE THE CAULIFLOWER RICE

Bring water to a boil in a small skillet, then add cauliflower rice and salt; stir until warmed through. Cover and cook until all the water has evaporated.

#### ASSEMBLE THE DISH

Add a spoonful of cauliflower rice to a plate. Top with ground beef, gravy, and one egg. Top with scallions and a sprinkle of crushed red pepper. Finish with hot sauce for an extra kick.

### INSTRUCTIONS

#### MAKE THE HAMBURGER

Add coconut oil and shallot to a large cast iron skillet set over medium heat. Sauté for 3 minutes, then add ground beef, breaking up the meat with a wooden spoon. Add paprika, cumin, garlic powder, salt, and pepper. Cook until beef is no longer pink, about 5 minutes. Transfer meat to a plate using a slotted spoon.

#### MAKE THE GRAVY

Add coconut oil to the same skillet along with shallot, mushrooms, and thyme. Sauté for 4 to 6 minutes, or until mushrooms have browned and liquid has evaporated. Add bone broth and salt; bring to a simmer. Whisk tapioca flour





**Lunch**



## Bibimbap Bowl

YIELD 2 servings | ACTIVE TIME 25 mins | TOTAL TIME 40 mins

When you've got comfort food on the brain, this popular Korean dish hits just the right notes—a touch of sweetness from the grated pear and a bit of spice from gochujang (a fermented chili paste). Ground beef adds richness while fresh veggies keep things light. Bibimbap is one keto-friendly, crave-worthy meal that's perfect for lunch, dinner, or anytime you're looking to spice things up in the kitchen.

### INGREDIENTS

#### FOR THE NOODLES

- 2 packages Miracle Noodle Shirataki Rice
- 2 tsp toasted sesame oil

#### FOR THE VEGETABLES

- 1 tsp Organic Valley Farms Ghee
- 2 carrots, cut into matchsticks
- 1 large zucchini, cut into matchsticks
- 2 Tbs gochujang

#### FOR THE BEEF

- 1 tsp Organic Valley Farms Ghee
- ½ lb ground beef
- 1 ripe pear, peeled and grated
- 2 Tbs coconut amino sauce
- 1 tsp chili garlic sauce

#### FOR THE BOK CHOY

- 3 small baby bok choy, thinly sliced
- 1 Tbs coconut amino sauce
- 1 tsp toasted sesame oil
- 1 tsp sesame seeds

#### FOR THE EGGS

- 1 tsp Organic Valley Farms Ghee
- 2 large eggs

#### FOR THE GARNISH

- 3 scallions, thinly sliced

### INSTRUCTIONS

#### MAKE THE NOODLES

Strain noodles and rinse well. Fill a small saucepan halfway with water and bring to a boil. Add noodles and stir for 1 to 2 minutes; strain and toss with toasted sesame oil.

#### MAKE THE VEGETABLES:

In the same saucepan, heat 1 teaspoon ghee; add carrots and sauté for 1 minute. Add zucchini and gochujang, stirring until coated; remove to a bowl.

#### MAKE THE BEEF:

Wipe the skillet clean and add 1 teaspoon ghee. Brown the ground beef, about 2 to 3 minutes, then add grated pear, 2 tablespoons coconut amino sauce, and chili garlic sauce. Simmer until the pear has broken down, about 5 to 7 minutes.

#### MAKE THE BOK CHOY:

Fill a large saucepan halfway with water and bring to a boil. Add bok choy and blanch for 1 to 2 minutes; drain, squeezing out any excess water. Toss bok choy with remaining 1 tablespoon coconut amino, 1 teaspoon toasted sesame oil, and sesame seeds.

#### MAKE THE EGGS:

In a nonstick skillet, heat 1 teaspoon ghee over medium-low heat. Fry eggs until yolks are runny but whites are firm, 2 to 4 minutes each.

#### ASSEMBLE THE BOWL:

Place half the noodles in a bowl. Arrange a portion of vegetables, beef, and bok choy around the perimeter. Top with an egg and scallions. Serve immediately.

## Lamb Burgers With Pistachio Pesto

YIELD 4 servings | ACTIVE TIME 20 mins | TOTAL TIME 32 mins

Primal Kitchen mayos and oils are tried-and-true favorites at Thrive Market, which is why we're fans of founder Mark Sisson's collection of paleo recipes, "The Primal Kitchen Cookbook." It's filled with everything from simple sauces and smoothies to crave-worthy meals like loaded potato wedges, honey mustard salmon, and these flavorful lamb burgers with a vibrant pesto.

### INGREDIENTS

#### FOR THE BURGERS

- 1 ½ lbs** ground lamb
- 1 tsp** cumin
- ¼ tsp** cinnamon
- ¼ tsp** allspice
- ½ tsp** salt
- ¼ tsp** black pepper
- ¼ cup** mint leaves, finely chopped
- ¼ cup** parsley, chopped

#### FOR THE PISTACHIO PESTO

- 1** garlic clove
- 1 cup** pistachios
- ½ cup** Primal Kitchen Extra Virgin Avocado Oil
- 1 tsp** lemon juice, or more to taste
- ¼ cup** mint leaves, loosely packed
- A pinch of salt

### INSTRUCTIONS

#### MAKE THE BURGERS

Mix together the ground lamb, spices, chopped mint, and parsley. Form four patties and pan-fry or grill them, about 4 to 6 minutes per side.

#### MAKE THE PISTACHIO PESTO

While the burgers are cooking, blend together garlic, pistachios, avocado oil, lemon juice, whole mint leaves, and salt in a food processor. Serve burgers with pesto drizzled on top.

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## Keto Cloud Bread

YIELD 8 to 10 breads | ACTIVE TIME 25 mins | TOTAL TIME 55 mins

This bread is light as a feather (no flour required!), and makes the perfect base for keto-inspired sandwiches. The "cloud" is made by whipping egg whites into stiff peaks; each round is then scooped onto a parchment-lined sheet tray for baking.

### INGREDIENTS

- 2** large eggs, room temperature and separated
- 1 tsp** lemon juice
- 2 oz** cream cheese, room temperature
- ¼ tsp** Thrive Market Organic Onion Powder
- ⅛ tsp** Thrive Market Organic Ground Pepper

### INSTRUCTIONS

Preheat oven to 300 degrees and line a sheet tray with parchment paper. Add egg whites and lemon juice to a large bowl. Using a hand mixer, whisk until stiff peaks form. In another large bowl, whisk the egg yolks, cream cheese, onion powder, and pepper until combined.

Gently fold in one-quarter of the whipped egg whites at a time. Continue with remaining whites until all the eggs have been folded in. Divide egg mixture into 8 to 10 equal portions and scoop them onto the prepared pan. Spread each round with the back of a spoon until ½-inch thick. Bake 25 to 30 minutes, or until lightly browned. Cool completely on a wire rack. Refrigerate in a resealable plastic bag for up to 5 days.





## Grilled Romaine Salad With Avocado-Lime Dressing

YIELD 6 servings | TOTAL TIME 10 mins

You grill sausages, corn on the cob, and even pizza—so why not lettuce? If romaine hearts aren't yet a part of your barbecue repertoire, they should be. The outer leaves soften and char as they grill, while the core remains crunchy. Drizzle them with an avocado-lime dressing and serve warm for a show-stopping summer salad.

### INGREDIENTS

#### FOR THE DRESSING

- 1 avocado, pitted
- ¼ cup cilantro leaves
- Juice of 3 limes
- Large pinch sea salt
- Freshly ground pepper
- 1 tsp onion powder
- Small pinch cayenne pepper
- Thrive Market Extra Virgin Olive Oil

#### FOR THE DRESSING

- 6 romaine hearts, sliced lengthwise into halves
- Olive oil, for grilling
- 2-4 hard boiled eggs, quartered (optional)
- Grated parmesan cheese (optional)

### INSTRUCTIONS

#### MAKE THE DRESSING

Combine avocado, cilantro, lime juice, salt, pepper, onion powder, and cayenne in a blender or food processor and blend until smooth. Drizzle in olive oil and blend until smooth. Set aside.

#### GRILL THE ROMAINE HEARTS

Heat grill to medium. Brush romaine hearts with olive oil. Grill 20 seconds on each side.

#### ASSEMBLE THE SALAD

Serve warm romaine hearts drizzled with dressing and topped with quartered eggs and parmesan.

# Keto Instant Pot Carnitas

## INGREDIENTS

- 1 ½ tsp** Thrive Market Organic Paprika
- 1 ½ tsp** salt
- 1 tsp** Thrive Market Organic Garlic Powder
- 1 tsp** Thrive Market Organic Ground Cumin
- ½ tsp** Thrive Market Organic Ground Pepper
- ¼ tsp** Thrive Market Organic Cayenne Pepper
- 1** 32 oz Thrive Market Boneless Boston Pork Butt
- 1** large yellow onion, sliced
- 1 cup** water
- Juice from 3 limes

## TOPPINGS

- Butter lettuce
- Sliced avocado
- Chopped cilantro
- Sliced red onion
- Sliced radishes

**YIELD** 5 to 6 servings | **ACTIVE TIME** 10 mins | **TOTAL TIME** 1 hr

When you use an Instant Pot, this recipe is a weeknight hero. Lots of bold spices like paprika, garlic powder, cumin, and cayenne flavor a pork butt until it's fall-apart tender and ready for lunch. Keto-friendly and Whole30-compliant, this pot of carnitas will satisfy the whole family. (Don't be surprised if everyone wants seconds.)

## INSTRUCTIONS

Combine the spices in a small bowl, then rub spice mixture all over the pork. Add onions, water, and lime juice to the Instant Pot, then place pork on top. Lock the lid in place and seal the pressure valve.

Cook on high pressure for 35 minutes. Let the pressure release naturally for 15 minutes, then quick release. Use two forks to shred the meat. To serve, add pork to butter lettuce leaves and top with avocado slices, chopped cilantro, red onion, and radishes.







## Keto Cauliflower Gnocchi

YIELD 2 to 3 servings | ACTIVE TIME 25 mins | TOTAL TIME 1 hr & 10 mins

Gnocchi is typically made with potatoes, a keto diet no-no. But we found a way to enjoy this Italian comfort food using cauliflower as a starch stand-in—and we might like this version even more than the original! Each gnocchi is pillowy soft, and a drizzle of brown butter scented with woody thyme doesn't hurt, either.

### INGREDIENTS

#### FOR THE GNOCCHI

- 1 Tbs** plus 1 teaspoon sea salt
- 8 cups** cauliflower florets
- 3 oz** cream cheese, room temperature
- ½ cup** Thrive Market Almond Flour
- ¼ cup** Thrive Market Organic Coconut Flour, plus more for dusting
- 2** egg yolks
- ½ cup** grated parmesan cheese

#### FOR THE SAUCE

- 6 Tbs** unsalted butter
- 2 Tbs** thyme leaves
- 1 tsp** salt

### INSTRUCTIONS

#### MAKE THE GNOCCHI

Add 1 tablespoon salt to a large pot of boiling water. Add cauliflower and cook until tender, about 15 minutes; drain. Place florets on a clean dish towel and squeeze out excess water. Place strained cauliflower, cream cheese, almond flour, coconut flour, egg yolks, parmesan, and remaining 1 teaspoon salt in a food processor; pulse until dough forms. Dust a work surface with coconut flour and turn out dough; gently form into a disc. If dough seems wet, sprinkle with 1 tablespoon coconut flour at a time, until dough comes together easily.

Cut dough into 5 pieces and roll into ¾-inch thick logs, then slice into 1-inch pieces. Lightly press each piece with a fork to add ridges. Place gnocchi on a sheet tray dusted with coconut flour and freeze 30 minutes. (You can also freeze them up to 2 weeks ahead.)

#### MAKE THE SAUCE AND ASSEMBLE THE DISH

Add butter to a large skillet over medium heat and let it brown, swirling the pan to prevent burning. When butter is browned, add thyme leaves, salt, and gnocchi. Swirl the pan to coat gnocchi, and warm through for 2 to 3 minutes. Serve immediately.

## Instant Pot Keto Butter Chicken

YIELD 4 servings | ACTIVE TIME 10 mins | TOTAL TIME 40 mins

With a stocked spice rack and a few fresh ingredients, you're well on your way to a hearty, keto-friendly Indian dinner made right in the Instant Pot. The butter and cream supply the added fat you need, while cauliflower rice keeps the dish grain-free.

### INGREDIENTS

- 1 ½ lbs** boneless skinless chicken thighs, trimmed
- 1** 28 oz can Thrive Market Organic Crushed Tomatoes
- 1 tsp** Thrive Market Organic Garlic Powder
- 1 tsp** Thrive Market Organic Ground Ginger
- 1 tsp** sea salt
- 1 tsp** Thrive Market Organic Ground Cumin
- 1 tsp** garam masala
- 1 tsp** Thrive Market Organic Ground Pepper
- ½ tsp** Thrive Market Organic Cayenne Pepper
- 4 Tbs** unsalted butter, cubed
- ¾ cup** heavy cream
- ¼ cup** packed cilantro leaves, chopped
- Cauliflower rice, for serving

### INSTRUCTIONS

Add all ingredients except butter, cream, and cilantro to the Instant Pot; stir. Lock the lid, seal the pressure valve, and press the Poultry button. Cook for 15 minutes on high pressure, then naturally release pressure for 10 minutes. Manually release remaining pressure, then press the Sauté button and simmer for 5 minutes, or until the sauce has thickened. Stir in the butter, cream, and cilantro; stir. Serve over cauliflower rice.



## Instant Pot Keto Ribs

YIELD 2 to 3 servings | ACTIVE TIME 10 mins | TOTAL TIME 1 hr

Most dry rubs are made with brown sugar, but we've created a keto-friendly alternative using a replacement that's just as sweet (and still helps you stick to your diet). With a flavorful coating from garlic powder, onion powder, and paprika, plus a quick steam in the pressure cooker, these ribs cook up extra tender in about half the time you're used to.

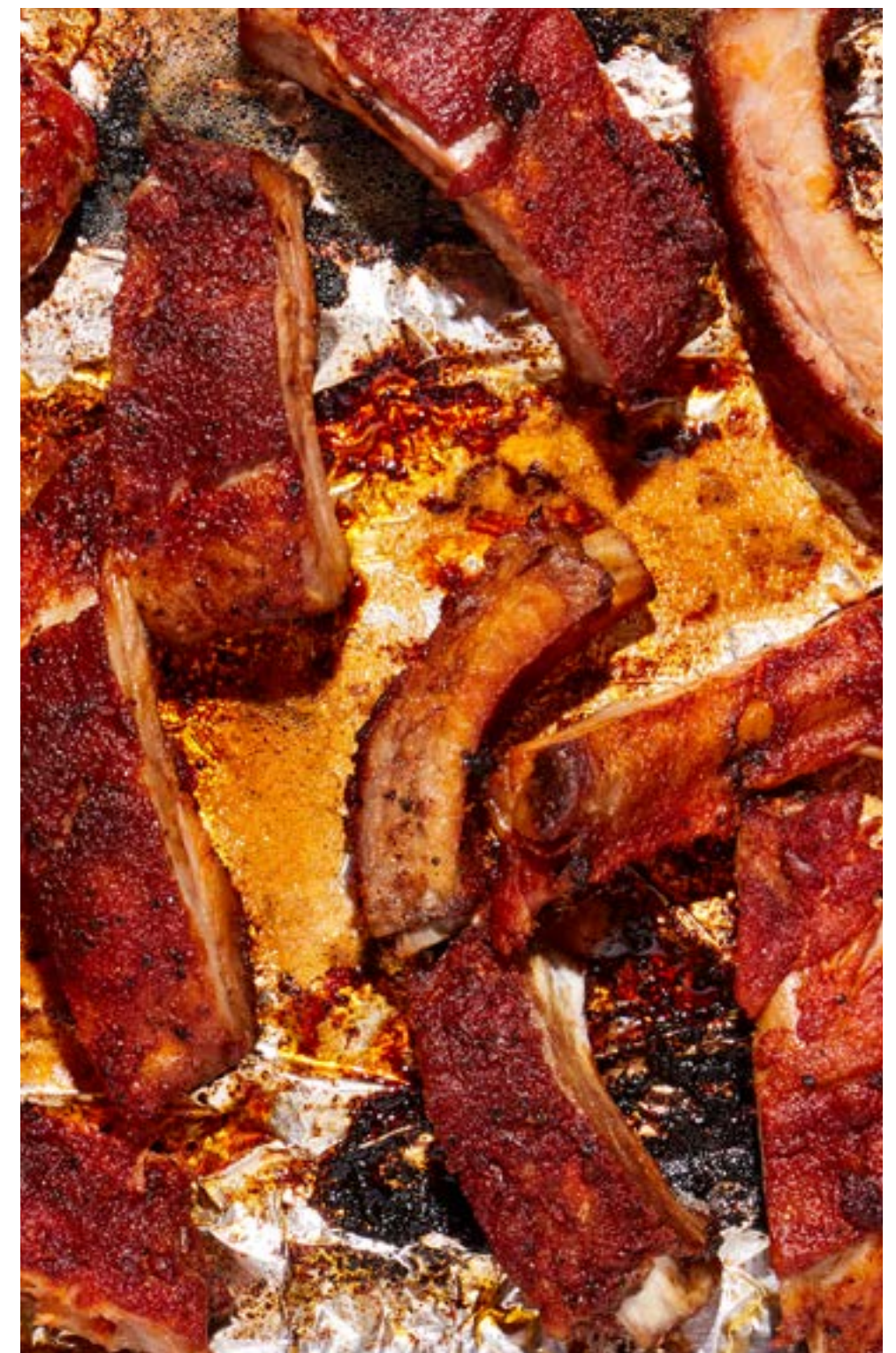
### INGREDIENTS

- 1 Tbs** Thrive Market Organic Paprika
- ½ Tbs** sugar replacement
- ½ Tbs** sea salt
- 1 tsp** Thrive Market Organic Garlic Powder
- 1 tsp** Thrive Market Organic Onion Powder
- ½ tsp** Thrive Market Organic Ground Pepper
- 1** package Thrive Market Pastured Baby Back Pork Ribs
- ½ cup** Thrive Market Organic Apple Cider Vinegar
- ½ cup** water

### INSTRUCTIONS

Whisk together all the spices, then rub the mixture on both sides of the ribs. Add apple cider vinegar and water to the Instant Pot. Insert trivet, then place the ribs on top, standing on their side. If needed, curl ribs around the pot so the pieces aren't touching.

Lock lid and seal the pressure valve; cook on high pressure for 30 minutes. Release pressure naturally for 15 minutes, then manually release. While the steam releases, preheat broiler and line a sheet tray with parchment paper. Remove the ribs from the pot and place them on the sheet tray. Broil for 2 to 3 minutes, until slightly crisp.







## Keto Cabbage Lasagna

### INGREDIENTS

- 1** large head green cabbage
- 2 Tbs** Thrive Market Organic Extra Virgin Olive Oil
- 1** medium yellow onion, diced
- ½ lb** Thrive Market 100% Grass-Fed Ground Beef
- 2 tsp** salt, divided, plus more for the water
- 1 tsp** Thrive Market Organic Ground Pepper
- 2 cups** part-skim ricotta cheese
- 2** large eggs
- ½ cup** grated parmesan cheese
- ¼ cup** chopped parsley
- 2 cups** Thrive Market Organic Marinara Pasta Sauce
- 2 cups** shredded mozzarella cheese
- 1 cup** Thrive Market Organic Pitted Green Olives, chopped

**YIELD** 4 to 6 servings | **ACTIVE TIME** 25 mins | **TOTAL TIME** 1hr & 5 mins

There's no need to feel deprived on a keto diet, especially when there's ... lasagna! Cabbage leaves stand in for noodles to help you enjoy the satisfaction of comfort food while sticking to your meal plan. There's a bit of prep involved, but it's completely worth it once you slice into this golden, cheesy, and bubbling dish.

### INSTRUCTIONS

Preheat oven to 350 degrees and bring a large pot of salted water to a boil. Remove as many large leaves as possible from the cabbage. (If some tear, you can still use them in the pan.) Parboil leaves for 5 minutes; drain on a towel-lined tray.

Warm oil in a large skillet over medium heat. Add onion and sauté for 5 minutes, then add ground beef, 1 teaspoon salt, and black pepper. Cook 5 to 7 minutes, or until meat is cooked through. Drain any excess grease and set aside to cool.

Mix ricotta, eggs, parmesan, parsley, and remaining 1 teaspoon salt in a large bowl. Spoon 2 tablespoons tomato sauce into an 8x8-inch baking dish. Layer 3 to 4 cabbage leaves to cover the bottom of the pan, then spoon 4 dollops of ricotta mixture over leaves; carefully spread to cover. Arrange half of the meat mixture over the ricotta layer; sprinkle with ½ cup mozzarella and ½ cup olives. Dollop with a few more tablespoons of tomato sauce. Repeat with another layer of meat mixture, followed by ricotta, and remaining ½ cup olives, then cover the top with cabbage leaves. Spread remaining sauce over the cabbage and sprinkle with remaining mozzarella.

Cover with foil and bake for 30 to 35 minutes, or until bubbling. Remove foil and bake an additional 10 minutes. Allow to stand 10 minutes before slicing and serving.

# Keto Pork Chops With Mushroom Sauce

## INGREDIENTS

- 2** (1 ¼-inch thick) Thrive Market Pastured, Bone-In Pork Rib Chops
- 1 ½ tsp** sea salt, divided
- ½ tsp** Thrive Market Organic Garlic Powder
- ½ tsp** Thrive Market Organic Thyme
- ¼ tsp** Thrive Market Organic Ground Pepper
- 3 Tbs** unsalted butter, divided
- 8 oz** cremini mushrooms, sliced
- ¼ cup** dry white wine
- ½ cup** heavy cream
- ½ cup** Thrive Market Organic Chicken Bone Broth
- 2 Tbs** cream cheese
- 2 Tbs** parsley, chopped

YIELD 2 servings | ACTIVE TIME 5 mins | TOTAL TIME 30 mins

We can't contain our (keto) love for this easy and impressive dinner for two. Besides, combining fatty ingredients like butter and cream with earthy mushrooms and perfectly cooked pork chops is the perfect way to celebrate date night—or even just a regular Tuesday. The recipe uses a splash of white wine, so pull out a couple of glasses and enjoy a sip while you cook.

## INSTRUCTIONS

Preheat oven to 350 degrees. Season pork with 1 teaspoon salt, garlic powder, thyme, and pepper. Add 1 tablespoon butter to a cast iron skillet over medium-high heat. Sear pork for 4 minutes per side, until a golden crust forms. Transfer pork to a plate.

To the same pan, add remaining 2 tablespoons butter and mushrooms, arranging them in a single layer. Let mushrooms caramelize (resist the urge to stir at this stage!), about 3 to 4 minutes. Add remaining ½ teaspoon salt, then stir and cook for 2 minutes more. Add wine and let it reduce, then pour in the heavy cream and chicken broth. Add cream cheese and whisk until incorporated. Simmer sauce until slightly thickened, about 3 to 5 minutes. Return chops to the pan and reduce heat to low. Baste chops with sauce and simmer 2 to 3 minutes, then place pan in the oven and cook about 5 minutes, or until the internal temperature reaches 145°F to 150°F. Let stand for 5 minutes before slicing. Sprinkle with parsley.





## Portobello Au Poivre

YIELD 4 servings | ACTIVE TIME 10 mins | TOTAL TIME 30 mins

Meet the meatless cousin of steak au poivre, the classic French recipe that involves a seared filet mignon covered with coarsely cracked pepper. Mark Bittman swaps in thick portobello mushrooms for a veggie-based approach. You'll love the thick coconut milk sauce drizzled over the top—it makes the dish feel extra indulgent. If you can't find green peppercorns, substitute lots of cracked black pepper and a squeeze of lime juice.

### INGREDIENTS

- 1 Tbs** green peppercorns in brine, rinsed and drained
- 1** jalapeño, seeded and chopped, or 1 large shallot, cut into chunks
- 3** garlic cloves
- Salt
- Thrive Market Organic Ground Pepper
- 1** 13.5 oz can Thrive Market Organic Coconut Milk
- 4 Tbs** Thrive Market Organic Virgin Coconut Oil
- 4** large portobello mushroom caps, or 6 small (about 1½ pounds total)
- ¼ cup** chopped fresh cilantro, for garnish

### INSTRUCTIONS

Crush the green peppercorns on a cutting board with the side of your knife. Add the jalapeño or shallot and garlic to the food processor and sprinkle with salt and pepper. Pulse until finely chopped but not puréed. Add the coconut milk and green peppercorns and pulse once or twice just to combine; taste and adjust the seasoning.

Add 2 tablespoons coconut oil to a large skillet over medium-high heat. Rub the remaining 2 tablespoons coconut oil on the mushroom caps, then sprinkle both sides with salt and lots of pepper. When the oil is hot, add the mushrooms to the pan, taking care not to crowd them. (If they're very large, you might be able to fit only 2 at a time.) Cook, undisturbed, until browned and crisp on the bottom, 6 to 8 minutes. Turn and repeat on the other side. Transfer the mushrooms to a serving platter.

Pour the peppercorn sauce into the pan and cook, scraping up any browned bits, until slightly thickened, 2 to 3 minutes. Pour the warm sauce over the mushrooms, garnish with cilantro, and serve.

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## Instant Pot Chicken Adobo

YIELD 4 to 5 servings | ACTIVE TIME 15 mins | TOTAL TIME 1 hr

Need a “set it and forget it” keto or Whole30 recipe? This one might be the easiest ever. Not only is the ingredients list short, the dish takes almost no effort. Simply add chicken to the Instant Pot, cover it in aromatic sauces and spices, then let the pressure cooker do its thing. Cook up some rice, cauliflower rice, or another favorite starch to serve alongside, and get ready to dig in.

### INGREDIENTS

- 2 lbs** Thrive Market Free-Range, Organic Chicken Thighs, trimmed
- ¾ cup** Thrive Market Organic Apple Cider Vinegar
- ½ cup** Thrive Market Organic Coconut Amino Sauce
- 1** head of garlic, peeled and smashed
- 3** Thrive Market Organic Bay Leaves
- 1 tsp** Thrive Market Organic Ground Pepper
- Flaky salt, to taste
- 1 Tbs** chopped cilantro, for garnish
- Steamed cauliflower rice, for serving

### INSTRUCTIONS

Place chicken thighs in the Instant Pot, then add the apple cider vinegar, coconut amino sauce, garlic, bay leaves, and pepper. Lock the lid, seal the pressure valve, and cook on high pressure for 15 minutes. Let the pressure release naturally. Remove chicken to a foil-lined baking sheet, skin side up. Press the Sauté button and bring liquid to a boil for 15 to 18 minutes, until slightly reduced.

While the sauce cooks, preheat oven to broil. Place chicken in the oven for a few minutes, or until skin is golden brown and crisp. Arrange chicken on a plate and top with sauce.



## Kale-Hemp Pesto

YIELD 1 cup | ACTIVE TIME 5 mins

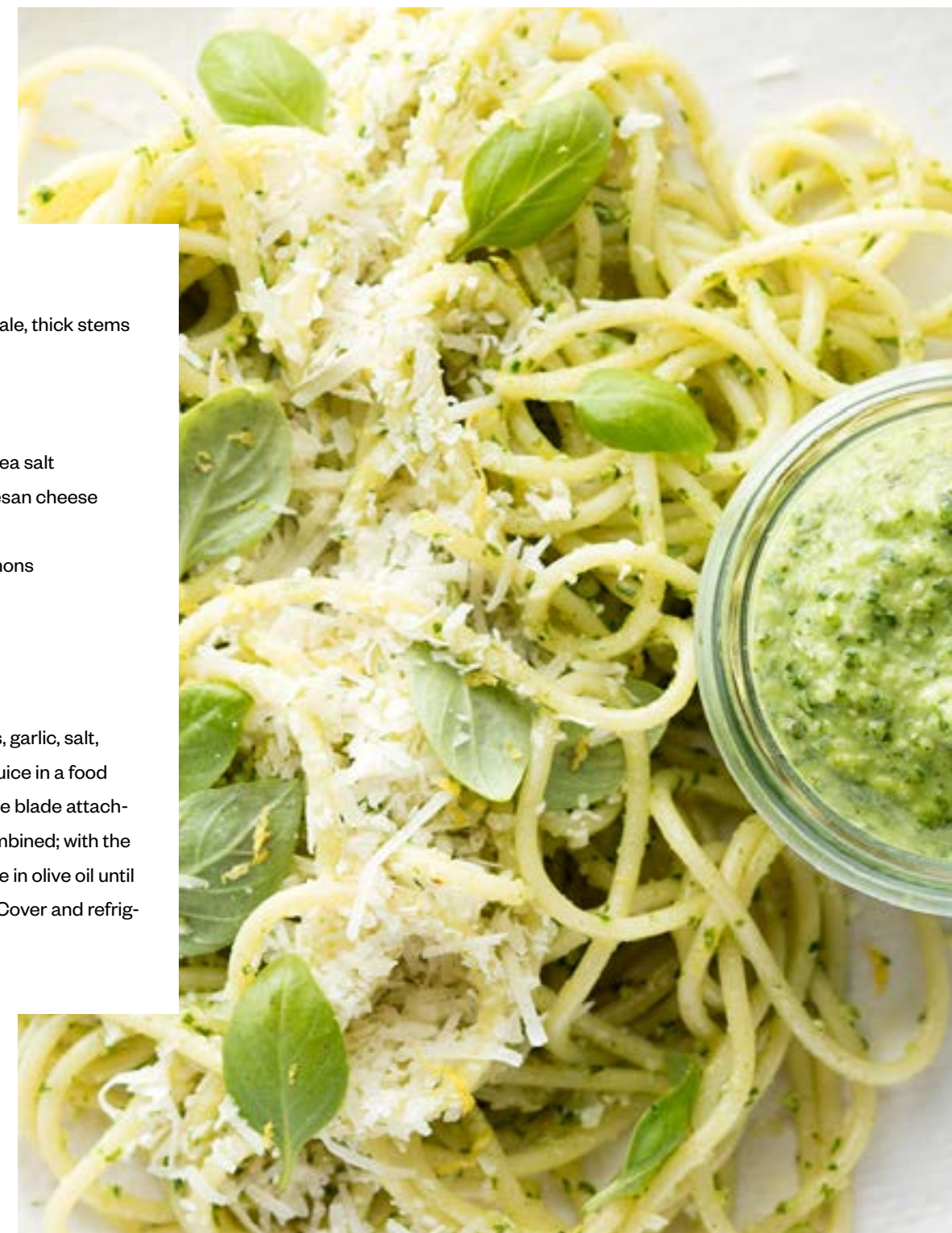
Richer and heartier than basil pesto, this kale-hemp version boasts a mild flavor that works beautifully on everything from zoodles to roasted veggies. Bonus: It's keto-friendly!

### INGREDIENTS

- ½** bunch curly kale, thick stems removed
- ½ cup** hemp seeds
- 2** cloves garlic
- Large pinch sea salt
- 1 Tbs** grated parmesan cheese (optional)
- Juice of 2 lemons
- ½ cup** olive oil

### INSTRUCTIONS

Place kale, hemp seeds, garlic, salt, parmesan, and lemon juice in a food processor fitted with the blade attachment. Process until combined; with the machine running, drizzle in olive oil until mixture looks smooth. Cover and refrigerate for up to 5 days.





## Roasted Salmon and Cauliflower Rice Bowl

### INGREDIENTS

#### FOR THE SALMON

- 1** 6 oz salmon fillet
- 1 Tbs** plus 1 teaspoon olive oil, divided
- ½ tsp** Himalayan salt, divided

#### FOR THE CAULIFLOWER RICE

- ¼** head cauliflower
- ½** medium yellow onion, very thinly sliced
- 5** cremini mushrooms, sliced
- 1** clove garlic, minced
- ½ tsp** ground cumin
- ¼ tsp** ground allspice
- ¼ tsp** ground cinnamon
- ¼ tsp** freshly ground black pepper
- ½ cup** baby spinach
- Zest of 1 lemon
- ½ cup** mixed dill, mint, and parsley leaves, roughly chopped

**YIELD** 1 serving | **ACTIVE TIME** 20 mins | **TOTAL TIME** 30 mins

Mild in flavor and color, cauliflower makes an ideal substitute for rice in grain-free cooking. Here, we're using it as a base for roasted salmon and sautéed veggies, and amping up the flavor with traditional Middle Eastern spices.

### INSTRUCTIONS

#### COOK THE SALMON

Preheat oven to 425 degrees; line a baking sheet with aluminum foil or parchment paper. Place salmon fillet skin-side down on baking sheet. Top with 1 teaspoon olive oil and 1/4 teaspoon salt, then roast in oven, 10 to 12 minutes.

#### MAKE THE CAULIFLOWER RICE

De-stem cauliflower and break into florets, discarding as much stem as possible. Pulse in food processor until texture resembles small grains of rice. Set aside.

Heat olive oil in a large skillet and add onions. Cook on high for 2 minutes, then turn heat down to low and cook, stirring occasionally, until caramelized, about 10 minutes. Add mushrooms and garlic and cook 2 minutes, then add cauliflower, cumin, allspice, cinnamon, 1/4 teaspoon salt, and pepper. Cook 2 minutes. Turn off heat and stir in baby spinach. (The residual heat will wilt the spinach.)

#### ASSEMBLE THE BOWL

Remove cauliflower rice from skillet and stir in lemon zest, dill, mint, and parsley. Transfer to a smaller bowl and top with salmon to serve.

# Mustard Roast Beef

## INGREDIENTS

- 3 Tbs** whole grain mustard
- 1 tsp** sea salt
- 1 tsp** freshly ground black pepper
- 3 Tbs** olive oil
- 1 ½ Tbs** thyme leaves
- 3** cloves minced garlic
- 3 lbs** pounds boneless  
Thrive Market Rib Eye

YIELD 6 servings | ACTIVE TIME 15 mins | TOTAL TIME 2 hrs

Looking for the best Sunday supper? Look no further! This keto-approved meal is actually a snap to put together, and it's perfect for a crowd.

## INSTRUCTIONS

Preheat the oven to 250 degrees. In a small bowl, stir together the mustard, salt, black pepper, 1 tablespoon olive oil, thyme leaves, and garlic. Brush the beef with the remaining 2 tablespoons olive oil.

Heat a large skillet over high heat and brown the beef, 1 to 2 minutes, on all sides. Remove from pan, secure with kitchen string, and rub the mustard mixture all over the beef.

Place beef on a rack in a baking dish and roast until medium rare, between an hour and a half and an hour and 45 minutes; roast longer for a more well-done finish. After cooking, cover meat with foil and let rest 15 minutes before carving.





# Desserts



## Keto Chocolate-Covered Bacon

YIELD 12 slices | ACTIVE TIME 20 mins | TOTAL TIME 40 mins

What are keto dessert dreams made of? How about bacon ... dipped in chocolate. This sweet and savory pairing is made with pantry ingredients you probably keep handy. A touch of coconut oil helps the chocolate harden; then it's ready to decorate with all your favorite crunchy toppings. (We're partial to nuts like almonds and pistachios.) Serve it as the dessert course at your next keto-themed dinner party to really wow your guests.

### INGREDIENTS

#### FOR THE BACON

- 1 lb** (12 slices) Thrive Market Sugar-Free Pastured Bacon
- ½ bag** (4 ½ ounces) stevia-sweetened chocolate chips
- 1 tsp** Thrive Market Organic Virgin Coconut Oil

#### FOR THE TOPPINGS

- Thrive Market Organic Shredded Coconut
- Thrive Market Organic Raw Almonds, roasted and chopped
- Thrive Market Organic Roasted and Salted Pistachios, shelled and chopped
- Flaky sea salt

### INSTRUCTIONS

Preheat oven to 425°F and line a sheet tray with parchment paper. Arrange bacon strips flat on tray and roast until crisp, about 15 to 20 minutes. Let the bacon cool while you prep the chocolate.

Make a double boiler by filling a small saucepan with 2 inches of water and placing a heatproof bowl on top. Add chocolate and coconut oil; stir until chocolate melts.

Place bacon strips on a wire rack and spread a layer of chocolate over the top using a small spatula. Sprinkle with assorted toppings before the chocolate sets. Don't expect too many leftovers— but if you do have extra, refrigerate in an airtight container for up to 2 days.



# Keto Cinnamon Bun Mug Cake

## INGREDIENTS

### FOR THE CINNAMON SWIRL

- 2 Tbs** Swerve Brown Sugar Replacement
- ¼ tsp** cinnamon
- 1 Tbs** water

### FOR THE CAKE

- 3 Tbs** Thrive Market Almond Flour
- 1 Tbs** Thrive Market Organic Coconut Flour
- ½ tsp** baking powder
- ½ tsp** cinnamon
- ⅛ tsp** nutmeg
- 1 Tbs** Swerve Brown Sugar Replacement
- 1** large egg
- 1 Tbs** milk of choice
- 1 Tbs** coconut oil

### FOR THE ICING

- 1-2 Tbs** Swerve Confectioners Sugar Replacement
- 1 Tbs** milk of choice

YIELD 1 serving | ACTIVE TIME 10 mins | TOTAL TIME 12 mins

Keep your keto cravings in check with an (almost) instant treat! Made with a popular sugar replacement, warming spices, and gluten-free flours, this quick dessert comes together in about 10 minutes. Just mix all the ingredients in a mug, pop it in the microwave, and indulge any night of the week.

## INSTRUCTIONS

### MAKE THE CINNAMON SWIRL

Whisk all ingredients in a small bowl.

### MAKE THE CAKE

Whisk almond flour, coconut flour, baking powder, cinnamon, nutmeg, and brown sugar in a large, microwave-safe mug. Add egg, milk, and oil; whisk until combined. Pour the cinnamon swirl on top of the batter and gently stir (don't fully mix). Microwave on high for 1 minute and 15 seconds. Remove and let sit 2 minutes before icing.

### MAKE THE ICING

Whisk the sugar and milk in a small bowl until smooth. Drizzle over the cake before serving.





## Candied Lemon Peel Keto Bombs

### INGREDIENTS

#### FOR THE CANDIED LEMON PEELS

- 2** lemons
- ¼ cup** Swerve granular sweetener, plus more for sprinkling
- ½ cup** water

#### FOR THE BOMBS

- 8 oz** cream cheese, room temperature
- 5 Tbs** Artisana Organics Organic Raw Vegan Coconut Butter, melted
- 3 Tbs** Swerve granular sweetener
- Juice of 1 lemon
- Candied lemon peels (recipe above)
- ½ tsp** Thrive Market Organic Ground Ginger
- Thrive Market Organic Shredded Coconut

YIELD 15 servings | ACTIVE TIME 30 mins | TOTAL TIME 3 hrs & 30 mins

These keto bombs practically explode with flavor. (We hope you like citrus!) Sweetened with a sugar alternative, these morsels are the perfect nibble when you have a dessert craving but want to stick to your keto diet.

### INSTRUCTIONS

#### MAKE THE CANDIED LEMON PEELS

Use a vegetable peeler to remove the yellow rind of the lemons. (Reserve lemon juice for the bombs.) Whisk sweetener and water in a small saucepan and simmer over medium heat until sweetener dissolves, about 2 minutes. Add lemon peels and cook for 15 to 20 minutes, or until liquid reduces by half and the peels are soft. Remove peels and drain them on a towel-lined plate; allow to dry until tacky, then sprinkle with additional sweetener until well coated.

#### MAKE THE KETO BOMBS

Add cream cheese, coconut butter, sweetener, lemon juice, candied lemon peels, and ginger to a food processor; process until combined. Use a small ice cream scoop to portion bombs on a sheet tray; freeze 1 to 2 hours, or until firm. Place shredded coconut on a plate. Remove bombs from the freezer and roll them between your palms until smooth, then roll in coconut before serving. Refrigerate in an airtight container for up to 6 days.

## Keto Chocolate Avocado N'Ice Cream

YIELD 4 servings | ACTIVE TIME 20 mins | TOTAL TIME 2 hrs & 20 mins

This isn't any old ice cream recipe—it's a lighter and more wholesome option that's made with a coconut cream base, avocados, and natural sweeteners.

### INGREDIENTS

- 4** ripe avocados halved, pitted, peeled, and cubed
- 3-4 Tbs** Swerve sweetener
- Juice of half a lemon
- 1 can** Thrive Market Organic Coconut Cream, refrigerated overnight
- ¾ cup** cacao powder
- ½ cup** Thrive Market Organic Cacao Nibs

### INSTRUCTIONS

Place avocado pieces on a sheet tray and freeze until solid. In a food processor, add the avocados, Swerve sweetener, and lemon juice. Scoop off the thick top layer of the coconut cream and add to the food processor (reserve any liquid for another use). Blend for 1 to 2 minutes, or until smooth and creamy. Add cacao powder and nibs; pulse until combined. Scoop and serve.



## Pumpkin Spiced Chia Seed Pudding

YIELD 2 servings | ACTIVE TIME 10 mins | TOTAL TIME 4 hrs

Chia seeds might be small, but they're downright magical. Stirred with creamy almond milk and fragrant spices, chia seeds bloom into a luscious, pumpkin-infused dessert that's ready to satisfy fall cravings. There's even a spoonful of energizing MCT oil for an added nutritional and keto-friendly boost! This is a make-ahead recipe, so plan on mixing up all the ingredients at least four hours before you're ready to dig in.

### INGREDIENTS

- 1 cup** Califia Farms Better Half Almondmilk, Pumpkin Spice
- ¼ cup** pumpkin purée
- 2 Tbs** Nutiva MCT Oil
- 2 Tbs** confectioners sugar replacement
- ½ tsp** ground cinnamon
- ¼ tsp** ground cloves
- ¼ tsp** ground nutmeg
- ¼ cup** Nutiva Organic Black Chia Seeds
- Coconut chips, for garnish
- Pumpkin seeds, for garnish

### INSTRUCTIONS

Add Almondmilk, pumpkin, MCT oil, sugar replacement, and spices to a blender; process until smooth. Pour into a bowl and add the chia seeds; whisk for 2 to 3 minutes, until well combined. Portion into serving bowls, cover with plastic wrap, and refrigerate 4 hours. Before serving, sprinkle with coconut chips and pumpkin seeds.



# Keto Buckeyes with MCT Oil

## INGREDIENTS

### FOR THE BUCKEYES

- 2 Tbs** Thrive Market Organic MCT Oil
- ¼ cup** Thrive Market Organic Creamy Peanut Butter
- 2 Tbs** erythritol sweetener
- 1 Tbs** Organic Raw Coconut Butter, softened
- 1 tsp** vanilla extract
- ½ tsp** sea salt
- 1 cup** Thrive Market Almond Flour

### FOR THE CHOCOLATE SAUCE

- ½ bag** (4 ½ ounces) vegan chocolate chips
- 2 Tbs** Thrive Market MCT Oil

YIELD 15 servings | ACTIVE TIME 25 mins | TOTAL TIME 1 hr & 25 mins

You might know the buckeye as a creamy, dreamy chocolate and peanut butter dessert, but the O.G. buckeye is actually a tree native to the American Midwest (and Ohio State's mascot!). These bites were created to look like the tree's round fruit that hangs encased in a dark outer shell. Naturally, we put a Thrive Market spin on a classic by adding energizing MCT oil.

## INSTRUCTIONS

### MAKE THE BUCKEYES

Whisk together MCT oil, peanut butter, erythritol, coconut butter, vanilla, and salt in a large bowl. Stir in almond flour until batter is thick. (If it's too thick, thin with more MCT oil, 1 teaspoon at a time.) Use a cookie scoop to portion mixture into bite-sized balls; arrange on a parchment-lined sheet tray. Place in the freezer until firm, about 30 minutes.

### MAKE THE CHOCOLATE SAUCE

Add chocolate chips and MCT oil to a bowl set over a double boiler; whisk until smooth. (Be sure not to let any water condensation get into the chocolate!) Off heat, insert a toothpick into a frozen buckeye and dip it into the chocolate, leaving part of the peanut butter exposed. Return to baking sheet and chill until firm, an additional 30 minutes. Refrigerate any leftovers in an airtight container for up to 1 week.





## Keto Thin Mint Cookies

### INGREDIENTS

- 1 cup** Thrive Market Almond Flour
- 3 Tbs** cacao powder
- ½ tsp** salt
- ½ stick** (¼-cup) unsalted butter, room temperature
- 2 Tbs** Swerve granular sugar replacement
- ½ tsp** peppermint extract
- 1** (9-ounce) bag Lily's stevia-sweetened chocolate chips
- 1 tsp** Thrive Market Organic Virgin Coconut Oil

**YIELD** 15-20 cookies | **ACTIVE TIME** 25 mins | **TOTAL TIME** 1 hr & 10 mins

When it's that time of year, it can be oh-so-tempting to pick up a few boxes of Girl Scout cookies to stash in the freezer. (We've all been there.) If you're trying to stick to a specific diet but still have a sweet tooth, here's your fix. These keto-friendly cookies are perfect for sharing with friends and coworkers—they'll be ultra-impressed, trust us.

### INSTRUCTIONS

Whisk almond flour, cacao powder, and salt in a small bowl; set aside.

In a large bowl, beat butter, sweetener, and peppermint extract with a hand mixer until creamy. Add dry ingredients and mix until crumbly. Place a large sheet of parchment paper on a work surface and turn out dough in the middle. Shape into a log about 2 inches thick, then wrap it up in the parchment; freeze for 30 minutes.

Preheat oven to 350 degrees and line a sheet tray with parchment paper. Thinly slice dough into ¼-inch pieces and arrange on the tray. Bake for 6 to 8 minutes, rotating tray halfway through. Cool completely.

Fill a small saucepan with 1 inch of water and bring to a simmer, then place a heatproof bowl on top. Add chocolate chips and coconut oil; stir occasionally until melted. Using a fork, place 1 cookie into the melted chocolate, then gently flip the cookie to cover all sides; remove to a parchment-lined tray. Repeat with remaining cookies. Refrigerate for 10 minutes, until hardened. Store at room temperature for up to 5 days or freeze up to 3 months.





## Keto Chai Latte

YIELD 1 serving | ACTIVE TIME 10 mins | TOTAL TIME 15 mins

At first glance, this recipe has all the makings of a classic chai latte. There's the tea, milk, and a pinch of warm spices, but then there's a keto twist—a powdered grass-fed butter that delivers vitamins, minerals, and MCT for a nutritious boost.

### INGREDIENTS

- 1 cup** water
- 2 bags** chai tea
- 2/3 cup** whole milk, warm
- 1 scoop** Garden of Life Keto Organic Grass Fed Butter Powder
- 1 Tbs** sweetener, optional
- Ground cinnamon, for garnish
- Ground nutmeg, for garnish

### INSTRUCTIONS

Bring water to a boil in a small saucepan. Off heat, steep tea bags for 10 minutes; discard bags and pour tea into a mug. Add warm milk, butter powder, and sweetener (if using) to a blender; process until frothy, about 1 minute. Pour over the tea and sprinkle with cinnamon and nutmeg.

## London Fog Latte

YIELD 2 servings | ACTIVE TIME 10 mins | TOTAL TIME 15 mins

Hop across the pond to London with a latte inspired by the vibrant (yet foggy) city. Use any milk you like, plus Earl Grey tea, lavender, and—for an energy boost—MCT oil. It's the perfect afternoon sip!

### INGREDIENTS

- 1 cup** 1 cup water
- 1 bag** Thrive Market Fair Trade Organic Earl Grey Tea
- ½ tsp** dried lavender
- 1 cup** hot milk, your choice
- 1 Tbs** Swerve granular sweetener
- 1 tsp** Thrive Market Organic MCT Oil

### INSTRUCTIONS

Bring water to a boil in a small saucepan over medium heat. Off heat, add tea bag and lavender; steep 5 minutes. Remove tea bag and strain lavender; pour into large mugs.

Add hot milk, sweetener, and MCT oil to a blender. Blend on high speed for 30 seconds or until frothy. Slowly pour into mugs, and finish with a dollop of extra foam from the blender.



## Keto Coffee

YIELD 1 serving | ACTIVE TIME 5 mins

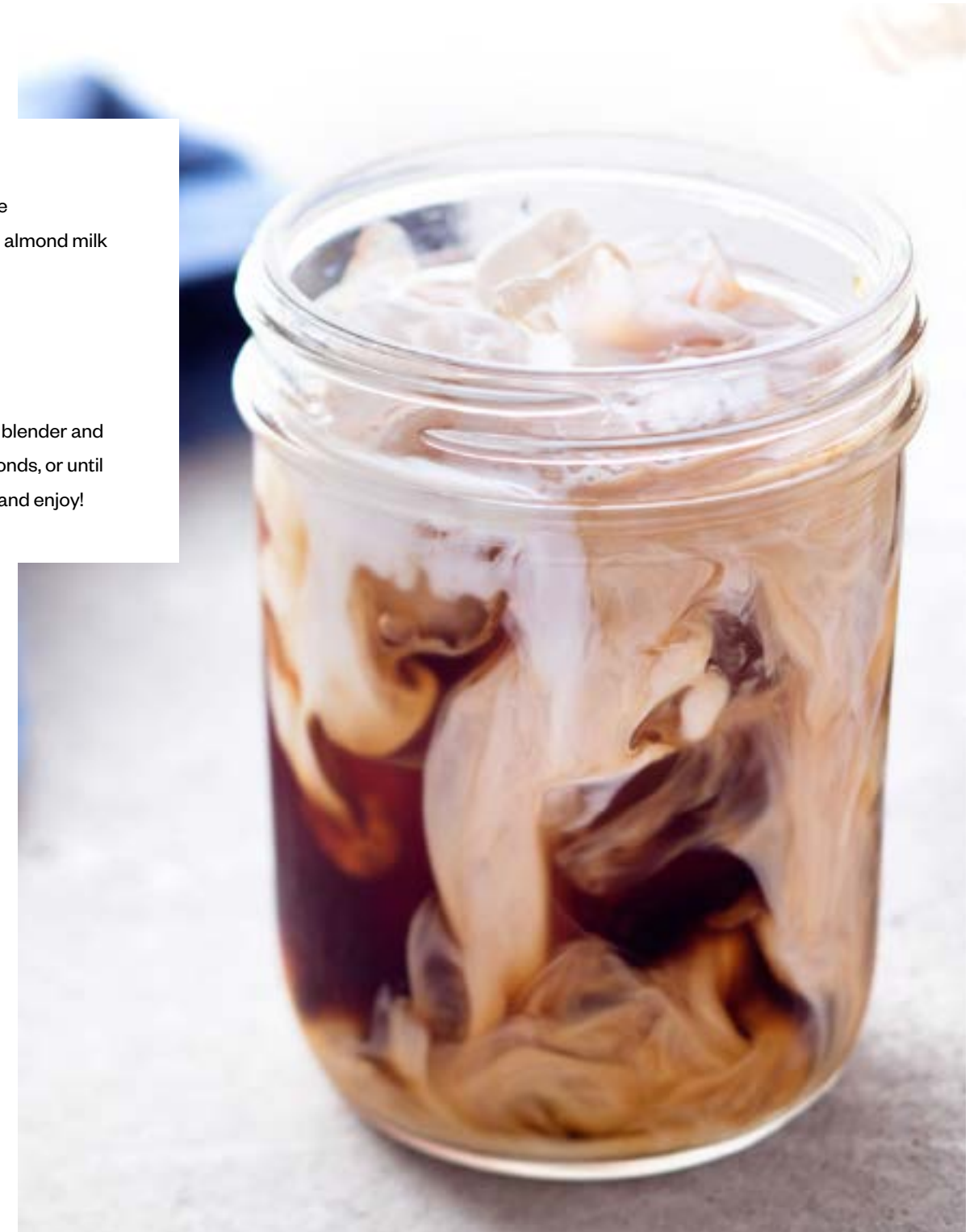
Here's a basic coffee recipe—made in the blender!—you can master in a snap, then doctor up with any extra spices you'd like.

### INGREDIENTS

- 1 cup** brewed coffee
- ½ cup** unsweetened almond milk
- 2 tsp** MCT oil
- 1 tsp** ghee

### INSTRUCTIONS

Add all ingredients to a blender and blend for about 30 seconds, or until frothy. Pour into a mug and enjoy!







# Snacks

## Keto Everything Cheese Balls

YIELD 20 balls | ACTIVE TIME 15 mins | TOTAL TIME 30 mins

Everything about an everything bagel is pretty appealing—tender dough baked with a bold blend of garlic powder, onion powder, and sesame seeds. For your next party, keep it keto (thanks to an easy recipe from Primal Kitchen founder Mark Sisson) by nixing the bread and prepping these zesty cheese balls instead. We like using mixed sesame seeds (black and white) for a color contrast, but any option you have handy is perfect.

### INGREDIENTS

- 4 oz** full-fat cream cheese, room temperature
- ¼ cup** full-fat sour cream
- ½ cup** shredded Swiss or mozzarella cheese
- 1 tsp** prepared horseradish
- 1 tsp** Thrive Market Organic Garlic Powder
- 1 tsp** Thrive Market Organic Onion Powder
- ¼ tsp** sea salt, plus more to taste
- ¼ tsp** Thrive Market Organic Ground Pepper
- ½ cup** Thrive Market Organic Sesame Seeds (white, black, or a mix), toasted

### INSTRUCTIONS

In a stand mixer (or using a hand mixer and bowl), combine the cream cheese, sour cream, Swiss or mozzarella cheese, horseradish, garlic powder, onion powder, ¼ teaspoon salt, and pepper. Mix on low speed for about 1 minute, until the ingredients are thoroughly combined. Taste and add more salt if needed. Place the mixture in the refrigerator for 10 to 15 minutes to chill.

Place the sesame seeds in a small bowl. Scoop out a spoonful of the cheese mixture and, using your hands, roll into a ball about the size of a large marble. Dip the ball into sesame seeds and roll to coat, then place the ball on a plate. Repeat with the remaining cheese mixture. Return to the refrigerator to chill until ready to serve.

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# Thank you.

We're grateful for our community of Thrive Market members who've joined in the movement to make healthy living accessible to everyone.

We'd also like to thank the talented team who helped bring this cookbook to life.

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