

PERFECT KETO

FABULOUS FATS RECIPE EBOOK

Fats are good for you. That's why good fats are the stars of the ketogenic diet.

This may take some getting used to, given all the low-fat and non-fat products saturating the food market and feeding us misinformation, but you can trust scientific findings: fats have indispensable functions to our overall health, from our brain to our gut.

Do yourself a favor and start eating good fats!

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FAST FACTS ABOUT FATS

SATURATED FATS IN EGGS, MEAT, FULL-FAT BUTTER, CREAM AND WHOLE MILK HELP YOUR IMMUNE SYSTEM RECOGNIZE AND FIGHT VIRUSES, BACTERIA AND FUNGI.

SATURATED FATS HAVE NO LINKS AT ALL TO CARDIOVASCULAR DISEASE AND CLOGGED ARTERIES.

SATURATED FATS RAISE YOUR LEVELS OF HDL (HIGH DENSITY LIPOPROTEINS), THE GOOD CHOLESTEROL. HDL CRUISES YOUR BLOODSTREAM AND IS KNOWN TO CLEAN UP THE BAD CHOLESTEROL, LDL.

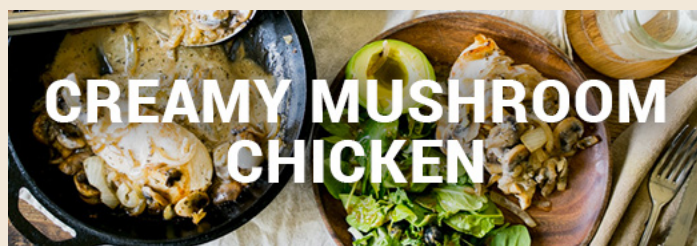
MONOUNSATURATED AND POLYUNSATURATED FATTY ACIDS, THE WELL-KNOWN GOOD FATS, BOTH CONTRIBUTE TO HEART HEALTH BY LOWERING YOUR RISK OF CARDIOVASCULAR DISEASE AND LOWERING YOUR LEVELS OF LDL (LOW DENSITY LIPOPROTEINS), THE BAD CHOLESTEROLS.

SATURATED FATS RECIPES

You get saturated fats from eggs, red meat, full fat butter, ghee, full cream and whole milk. Animal fats like lard and tallow, and plant fats like coconut oil and palm oil, cocoa butter, MCT oil and MCT oil powder are rich in healthy saturated fats.

THE SOURCE MATTERS:

Choose grass-fed and organic beef, and butter, cream and milk from grass-fed cows. Ask your neighborhood farms about organic, sustainably-produced meat, dairy, oils and free range eggs-- you eat healthy, delicious food and you support local businesses!



MONOUNSATURATED FATS RECIPES

Monounsaturated fats (MUFAs: monounsaturated fatty acids) are famous for being the “healthy” fats. They come from olives, avocados, pecans, almonds, cashews, Brazil nuts, macadamia nuts, and the derivative oils from these: extra virgin olive oil, avocado oil, and macadamia nut oil, almond oil...

THE SOURCE MATTERS:

Oil loses its nutrients the more it's tampered with. Look for local sources to be sure the oil didn't undergo any preservation or refining before it reaches your table.

WHAT YOU SHOULD WATCH OUT FOR:

Avoid refined oils and added sodium in packaged nuts. Pick unsalted every time.



POLYUNSATURATED FATS RECIPES

Another well-known healthy fat starring in the Mediterranean diets, PUFAs (polyunsaturated fatty acids) come from salmon, tuna, trout, mackerel, nuts and seeds like walnuts, sunflower seeds, sesame seeds, pumpkin seeds, and chia seeds.

Oils from those seeds are rich in PUFAs: fish oil, salmon oil, krill oil, sesame oil, flaxseed oil...

THE SOURCE MATTERS:

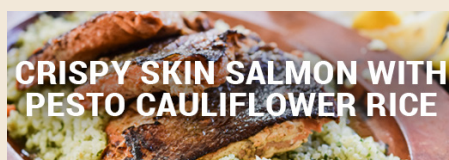
The natural oils from these oily seeds and nuts can turn rancid. Buy fresh from trusted markets where you know the produce turns over regularly.

If you love your fish, befriend your local fishermen and wet market stalls who could supply you with wild-caught deliciousness.

CANNED CONCERNS:

“Dolphin safe” doesn’t mean anything at all. Look for “pole-caught” and “ethically-sourced” labels and the seal of the Marine Stewardship Council.

Look for red salmon, sockeye, or Alaskan pink salmon– these labels mean the salmon was wild-caught in the US, as opposed to farmed, antibiotic-laden “Atlantic salmon.”



NUTS ABOUT NUTS

Should you buy dry-roasted or oil-roasted? Up to you! The difference in calorie content is minuscule: all the fat and calories you get come from the nuts themselves. Like with tomatoes that increase their lycopene content when cooked, roasting increases the antioxidants!

ROASTED NUTS:

Many keto-ers prefer to buy their nuts and seeds raw. Roast them at home in the oven. 15 to 20 minutes at 375 and you have a bag of your favorite roasted nuts/seeds.

ROAST YOUR OWN:

Nuts and seeds contain tannins, phytates and goitrogens that protect them during growth and consequently make them hard to digest. These are nutritional inhibitors and toxic to humans. Soaking eliminates them. Don't skip this step. Drain the soaking water afterwards.

DEHYDRATE:

In a dehydrator or in the oven at 150 for 12 to 24 hours. Or use the sun! Lay out the nuts/seeds flat in a tray, cover with a cloth to keep away dust and bugs, turn occasionally, and voila!-- you're doing it the traditional way in Asia and the Mediterranean.

TASTE YOUR NUTS/SEEDS:

When they're dry and crispy, they're done and ready for eating or for making nut butter. No need to dehydrate when making nut milks.

NUTS ABOUT NUTS

SOAKING TIME FOR NUTS AND SEEDS

BRAZIL	NONE
PISTACHIO	NONE
CASHEW	2 HOURS
SUNFLOWER	2 HOURS
WALNUT	4 HOURS
PECAN	4-6 HOURS
FLAX SEED	8 HOURS
HAZELNUT	8 HOURS
MACADAMIA	8 HOURS
PEANUT	8 HOURS
PEPITA	8 HOURS
PINE NUT	8 HOURS
SESAME	8 HOURS
ALMOND	8-12 HOURS

NUT BUTTERS AND MILKS

Rich in MUFAs and PUFAs, nut butters and milk should be a staple in your keto kitchen. Making your own means you avoid the preservatives, chemicals, fillers and sugar in manufactured products at the supermarket.

If your gut has compatibility issues with dairy, trying out various bean and nut milks would help you discover what you love-- for example, coconut or soy milk for drinking and almond milk for cooking, or vice versa. Seed butters are also perfect alternatives to those who can't have nuts.

HOMEMADE NUT MILK

YIELD: 6-8 cups

INGREDIENTS:

1 cup of your chosen nuts or seeds

4 cups water

Vanilla or almond extract

Cheesecloth/ nut bag

Put 1 cup of almonds or any other nuts or seeds in a large bowl. Add enough water to submerge and soak overnight. The longer they soak, the creamier the milk.

Drain the soaking water and rinse your nuts or seeds.

Put them in a high-powered blender with 4 cups water and vanilla or almond extract.

Blend until smooth and creamy. For seeds, that's it. You have your milk. The seeds mix well enough with water. The next step is optional.

Place a cheesecloth, sprout bag, or nut bag over a bowl. Pour the mixture over the cloth or into the bag.

Squeeze the cloth/bag over the bowl and that's your nutty milk.

NUT BUTTERS AND MILKS

HOMEMADE NUT MILK

Transfer to glass bottles or jars. They'll keep in the fridge up to 5 days.

FLAVORS:

- A half cup of berries turn your nut milk into strawberry/blueberry milk.
- 1 to 2 tablespoons of cocoa or Perfect Keto Base Chocolate and you've got chocolate milk!

REUSE THE PULP:

- Spread that pulp in a baking sheet and dehydrate it in the oven at the lowest temperature until dry.
- Run it again in your blender until fine and you get almond or any other nut flour! You can use it for baking and cooking (instead of wheat flour) and as a thickener in your keto smoothies.

HOMEMADE COCONUT MILK

Unlike other nuts and seeds, coconuts won't yield to soaking! What we get and use are shredded or grated coconut meat.

INGREDIENTS:

2 cups organic, unsweetened shredded/grated coconut
2 cups hot water (see water options below in the recipe)
Cheesecloth/sprout/nut bag

Minding the hot water, blend slowly until smooth and creamy. Let stand for 15 minutes to let the hot water coax more juice from the coconut meat.

WATER OPTIONS:

- You can also use 3 to 4 cups water for milk. Using 2 cups yields yummy rich cream.
- You can also use room temperature water. Let the milk stand for 90 minutes.

NUT BUTTERS AND MILKS

HOMEMADE COCONUT MILK

Strain with the cheesecloth. Squeeze to get as much of the milk as possible.

Use right away or store in an airtight bottle/jar in the fridge up to 3 days.

Homemade coconut milk has no emulsifiers– it will separate when refrigerated. That's okay. Give it a shake and the milk will blend again.

HOMEMADE NUT BUTTERS

Nut butters are easy and scrumptious and so versatile for keto recipes. You only need 1 ingredient: the nuts or seeds of your choice.

You'd also need a food processor or a high-powered blender (Vitamix). Oh, and patience. Blending nuts/seeds into butter takes about 15-20 minutes.

COCONUT BUTTER

Not a nut, yeah, but it can add dimension and flavor to your nut butters! Or use it by itself!

WHAT YOU NEED:

- At least 4 cups of unsweetened, dried (not fresh, not dessicated) coconut flakes.
- Flakes turn to butter better than grated coconut.
- You need at least 4 cups to achieve a good buttery consistency.
- 4 cups make 1-2 cups of coconut butter
- A high-powered blender for a smooth texture

WHAT YOU DO:

- Blend. Scrape and push down as needed so the blades are blending the coconut flakes.
- Add sea salt or cinnamon to taste.
- Pour into airtight jars and store at room temperature. No need to refrigerate.
- Eat it with dark chocolate.
- Try not to finish it in one sitting.

NUT BUTTERS AND MILKS

ALMOND/PECAN/CASHEW/MACADAMIA/HAZELNUT BUTTER

You don't need oil to make nut/seed butter. Processing nuts into butter already involves the nuts/seeds releasing their oils. So adding oil is redundant.

Adding oil does make the butter even creamier and more easily spreadable: you can use about 3 tbsps of macadamia nut oil or almond oil. If you use virgin coconut oil, your nut butter will taste coconutty. If you like that, yum!

WHAT YOU NEED:

- 3 cups of raw, organic nuts of your choice, or a combo!
- Make sure you've soaked and dehydrated your nuts (See the Importance of Soaking).
- If you've got roasted nuts, skip the soak and the roast in the recipe.
- Make sure your roasted nuts are unsalted and unsweetened.

WHAT YOU DO:

- Preheat your oven to 375 degrees.
- Spread your nuts in a baking sheet and roast them in the oven for 8 to 12 minutes, or until golden brown and you can smell their nutty fragrance.
- For hazelnuts: Remove the skin. After roasting, place hazelnuts on a clean dish towel and rub away. The nuts will take care of each other's skins. This won't remove ALL of the skin--some will stay on the nuts like birthmarks-- but that's okay.
- Add the roasted (skinned) nuts in your blender and blend. Scrape down sides as needed.
- Once smooth and creamy, add any of the following to taste:
- sea salt
- vanilla extract
- coconut butter (goes great with almond butter)
- 2/3 cup cacao (Nutella!)
- seeds like chia, flax, hemp, etc.

FABULOUS FATS RECIPE EBOOK

It's all about moderation and eating whole, natural food. In the scheme of things, real eggs are so much better for you than manufactured ones, and full-fat whole milk or homemade nut milks beat cartons of watered down, filled milk any day.

If you haven't yet, join the [Perfect Keto Community](#) for more keto recipes!