

Low Carb Peanut Butter Cookies

Ingredients

- 1 cup peanut butter
- 1 cup Splenda granular
- 1 teaspoon vanilla
- 1 large egg, beaten
- 1 teaspoon baking soda

Directions

1. Preheat oven 350°F.
2. Mix peanut butter and Splenda together.
3. Add vanilla and egg.
4. Add baking soda.
5. Roll into 1" balls 1" apart on ungreased baking sheet.
6. Crosshatch with fork.
7. Bake 8 minutes until light brown

Brok's Low Carb Pizza Recipe

Ingredients

- 8 ounces mozzarella cheese, shredded (I used mexican blend shredded cheese)
- 4 ounces cheddar cheese, shredded (I used pepper-jack cheese here)
- 3 eggs
- 1 teaspoon garlic powder
- 1 teaspoon basil, optional
- Toppings of your choice * (I used spag sauce, sauteed mushrooms and onions and pepperoni, and more cheese, of course!)

Directions

Mix the cheeses, eggs, garlic powder and basil well. Line a 16-inch pizza pan (I had to use a 9 inch cake pan, worked great, just sprayed it with Pam) with parchment paper or nonstick foil. Evenly spread the cheese mixture in the pan, almost to the edge, making it as thin as possible. Bake at 450° 15-20 minutes until golden brown. I suggest checking it after about 10 minutes. If it's getting very dark on the edges and top, turn the oven down to 400° and continue baking until brown all over and no longer pale on the bottom. Pat off any excess grease then add your toppings. Keeping the oven rack in the center position, put the pizza under the broiler until the toppings are hot and any cheese you added is melted and bubbly, about 4-5 minutes.

Makes 8 servings (Unless you're me, and then this is more like one serving! Lol!)

Can be frozen

* You may want to sauté your mushrooms, peppers and other vegetable toppings before using because the pizza will only be baked briefly with the toppings on. I also recommend pre-warming any meat toppings as well. I put all of my toppings, except the sauce and cheese, in a big skillet and heated them up together.

You can also make it Alfredo style or BBQ chicken, be creative!

Faux Cheesecake

Ingredients

- 2 packages softened cream cheese
- 1-8oz tub of cool whip (regular has fewer carbs than SF)
- 1 tbsp vanilla
- 1/2 cup Splenda
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Mix together, folding the cool whip in. Use a pre-made crust or try making your own crust with pecans.

Directions

Add peanut butter or chocolate chips or whatever. Top with whatever low carb topping you prefer. I use sugar free cherry pie filling.

Fried Cheese

Get Mexican queso fresco in a chunk. It is available pretty much anywhere, but Costco has a great price on a nice big hunk. Slice off pieces about half of an inch thick and put them in a lightly oiled skillet and toast them on both sides till they're nice and brown. YUMMMM.

If your hankering is for French toast, put some sweet topping of choice on the stuff. Remember to read the label carefully on that "sugar free" maple syrup stuff to make sure it's not a laxative in disguise. ☺

Sausage Egg Casserole

Ingredients

- 1 pound Tennessee Pride Sausage Extra Mild, browned
- 12 large eggs
- 2 c shredded Cheddar cheese
- 1/2 t salt
- 1/4 t pepper

Directions

Preheat oven to 375°F. Mix all ingredients together. Spray a 12 cup muffin pan and pour egg mixture into each muffin cup evenly. Bake for 30 minutes. Cool for 5 minutes and serve.

Website Resources:

<http://theworldaccordingtoeggface.blogspot.com/>

<http://www.vitalady.com>

<http://www.bajabob.com/>

<http://www.lowcarbluxury.com/cheesecake/02.html>