



The **Low-Carb** *Swaps Guide*



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Why You Should Swap for **Low-Carb Alternatives**

Whether it's breakfast, lunch, or dinner, swapping your everyday favourites with low-carb alternatives can have some major benefits on your health and can help you achieve weight wellness.

For starters, a high carb consumption can have a big negative impact on your blood sugar and insulin levels. In contrast, restricting carbs in your diet can have a direct result in lowering your sugar levels and insulin needs – a low-carb diet reduces blood sugar, and keeps insulin-spikes throughout the day to a bare minimum.

In addition, a low-carb diet has a higher portion of dietary fat and protein, which promotes satiety effects and controls ghrelin, the 'hunger hormone'. This helps to keep cravings at bay, so you are a lot less likely to be bothered by hunger pangs if you adopt a low-carb lifestyle.

If you're ready to reap the benefits of a low-carb lifestyle but aren't ready to part with some of your favourite meals – fear not, because we have some tips on how you can swap some high-carb ingredients with low-carb equivalents in this Swap Guide.

What to Swap & How

Carbs have long been a mainstay for people who claim to love 'comfort foods' like lasagna, pizza, and sweet and sour chicken (with rice). But if you're looking to eat for your health, then you need to be aware that these dishes are loaded with carbs. Luckily for you, cutting down on carbs doesn't mean you have to give up your favourite foods. A few small switches here and there, and you'll be able to keep your carb consumption in moderation and get on track towards a healthier lifestyle in no time.

Here are some easy ways you can swap out the carb-rich ingredients in your much-loved meals:

Potatoes *for* Vegetables

Next time you crave crunchy fries, just remember that veggie fries fit the bill just as well. Try making them using green beans, broccoli, pumpkin, or butternut squash – and you'll find a tasty replacement for regular french fries!

You can also substitute starchy potatoes with pumpkin or cauliflower, and get a bowl of mash that looks just like the real deal.



Plain Rice *for* Cauliflower Rice

This is an old favourite but it definitely still holds! You can spice it up with a few add-ins like curry, ginger, and red chillies, or lemon and sea salt if you're not a fan of spices. You can even try it in sushi rolls for a low-carb snack or meal, or serve it as a side to round out the meal.

Many people opt for brown rice instead of white rice as a 'healthy' option, but that only shaves off 5g of carbs per 100g. If you're determined to get the carb count way down while enjoying a similar texture, try cooking up a batch of cauliflower rice.

Sandwich Wraps & Taco Shells *for* Lettuce

Sandwiches are staples in many people's everyday diets, and the good news is that they don't need to get axed when you reduce your carb intake. Try using a few slices of large iceberg or romaine lettuce leaves in lieu of taco shells or sandwich wraps to provide a boost of Vitamin A in your lunch.

Whether you use these substitutes as vehicles to help transport your lunch to your mouth, or to add the crunch factor that's the trademark of many trendy finger foods, you'll be cutting out carbs that can send you into an afternoon snooze.



Burger Buns *for* Portobello Mushrooms

We know what you're thinking, "A burger wouldn't be a burger without the bun!" but it's actually really easy to make over your burger bun - using sweet potatoes, mushrooms, and other low-carb foods - while amping up the nutritional value of your meal at the same time.

For a classic burger with a low-carb twist, try replacing the bun with a couple of Portobello mushrooms. Roast the mushrooms in the oven for around 10 minutes, stack the patty and vegetables on, and you have yourself a tasty treat with plenty of potassium courtesy of the Portobello 'buns'.



Pasta *for* Aubergine

If you fancy the sound of our bread substitute, then you'll love our pretending pasta-aubergine lasagne. It comes together quickly and easily for a lasagne that packs in loads of familiar flavours but few of the carbs. It's also incredibly adaptable - you can enjoy the lasagne as thick (or as thin) as you like, with the peel on or off... what more do you need?

Bread *for* Aubergine Slices

Lettuce and mushrooms aren't alone in their abilities to make bread obsolete. We'd also recommend swapping bread with aubergine - especially if you're trying to clean up your diet and dial back on the starchy stuff. Wave goodbye to that sliced loaf and say hello to aubergine. Sure, it may not look as appetising as bruschetta, but it puts a low-carb spin on your average bread bowl. Make a low-carb version of the Italian classic by forgoing bread entirely - roast the aubergine in the oven, and once it's ready, scoop in the fillings.



Spaghetti & Noodles *for* Courgetti

A typical serving of spaghetti can easily provide over 30g of carbs, so if you want to enjoy spaghetti without blowing your carb budget, then courgetti may be your low-carb alternative.

There are a few ways you can do this, either with a peeler or julienne peeler, or a fancy spiraliser. You can even cut them if you have the skills and the patience! Courgette works unbelievably well to replicate the texture of cooked pasta, and you'll be getting a serving of vegetables and avoiding a chunk of carbs for the day!



There are so many creative ways that you can swap out other carb-heavy ingredients in your meals. Read on to see how our bloggers like to enjoy their traditionally carb-rich favourites made with Atkins-friendly ingredients.

Nibbles

These low-carb light bites are perfect for days when you have guests over... Canapés, anyone?





Vegan Paleo Nut & Seed Bread

Prepared by: Susan from Primal Plate

“The net carbs in this recipe are particularly low because one of its primary ingredients is tigernut flour, which is full of resistant starch.”

Ingredients

45g of organic coconut oil	125g of organic tigernut flour*
120g of mixed seed	50g of organic ground almonds
2 tbsp of chia seeds	350ml of filtered water
80g of flaxseeds	4 tbsp of organic psyllium husks
250g of mixed nuts	1½ tsp of fine-grain sea salt

*Tip: To make the loaf even lower in carbs, swap out the tigernut flour for organic almond flour.

Instructions

1. Heat the coconut oil in a small saucepan over a low heat.
2. Use a little of the melted oil to grease the inside of a 2lb/900g non-stick or silicone loaf pan, then set the rest of the oil aside to cool slightly.
3. Place all the dry ingredients – including the seeds, nuts, tiger nut flour, ground almonds, psyllium husks, and salt – into the food processor and whizz until flour-like in consistency.
4. Add the melted coconut oil to the dry ingredients and whizz for about 10-15 seconds to incorporate. With the machine still running, add the filtered water and process until the mixture comes together into a very thick, almost paste-like dough.
5. Immediately tip the dough into the greased loaf pan, press it down very firmly then smooth out the top with a flat spatula or the back of a spoon. Cover loosely with cling film and set aside to rest for 2 hours or longer.

6. Pre-heat the oven to 180°C/350°F/Gas Mark 4.

7. Place the loaf in the centre of the oven and bake for 25 minutes.

8. Take the loaf out of the loaf pan and place it upside down directly onto the oven rack, then continue to bake for another 40-45 minutes.

Once the bread is done (you can tell by giving it a firm tap with your knuckles, because it's cooked when it sounds hollow), leave the loaf to cool on a wire rack before slicing.



Scotch Eggs

Atkins' Own

"Traditional Scotch eggs call for breadcrumb coatings - but with this low-carb version, we're swapping breadcrumbs for almond flour."

Ingredients

8 eggs (6 for the filling, 2 for dipping the wrapped up Scotch eggs)

500g of sausage meat (or seasoned pork mince)

½ cup of almond flour

1 tbsp of psyllium husk (optional)

Instructions

1. Preheat oven to 190°C/375°F/Gas Mark 5.
2. Boil 6 eggs. Once boiled, quickly scoop them into iced water to cool instantly.
3. Peel the eggs when they're cooled completely.
4. Use a fork to beat the two extra eggs lightly.
5. Mix the almond flour with the psyllium husk (if using).
6. Divide your minced pork into 6 equal portions and shape them into round patties.
7. Place eggs in the middle of the patties and wrap them up.
8. Roll each egg around gently in your hands until the egg is securely encased in meat.
9. Roll each wrapped egg in ground almonds mix, then dip them in the beaten eggs.
10. Put the eggs on a baking tray and bake for around 30 minutes, or until golden brown.



Samosas

Atkins' Own

"Making your own samosas is easier than you think! This low-carb samosa recipe makes a delicious snack using ingredients that you may already have in your pantry."

Ingredients

For the Filling

1 tbsp of butter

175g of cauliflower, finely chopped

1 medium onion

1 tsp of fresh ginger, finely chopped

¾ tsp of salt

1 tsp of cumin

¼ tsp of chilli flakes

½ tsp of coriander

1 tsp of garam masala

For the Pastry

150g almond flour (fine)

175g of mozzarella cheese, finely shredded

½ tsp of salt

¼ tsp of cumin

Instructions

1. For the filling, start by preheating a large frying pan over medium heat and adding the butter until it's foaming.
2. Add the cauliflower and onions, then season with salt and cook until softened.
3. Stir in the ginger, coriander, cumin, garam masala, and chili flakes (to taste). Stir for a minute to combine the flavours, then remove from heat.
4. Preheat the oven to 160°C/325°F/Gas Mark 3.

5. Put about 2 inches of water in a pan and bring it to a simmer, then reduce the heat and place a mixing bowl over the top of the pan.

6. Place the almond flour, cumin, mozzarella, and salt in the bowl and stir the contents over the simmering water until the mozzarella melts and the mixture forms a dough.

7. Place the dough on baking paper and knead for a minute, then shape into a thick rectangle and cover with another piece of baking paper.

8. Use a rolling pin to roll the dough into a shape that's 20cm x 40cm.

9. Cut the dough into 8 equal pieces.

10. Place filling into each square of dough, fold on the diagonal to form triangles, and pinch the edges tightly to seal.

11. Place each samosa onto baking paper on a tray and prick each one.

12. Bake for 15 minutes or until golden brown.



Cheesy Cauli-Breadsticks

Atkins' Own

"Craving the cheesy taste and crunchy texture of breadsticks? Try making these cauli-breadsticks for low-carb snacking instead."

Ingredients

200g of cauliflower

50g of grated cheese to top

50g of mozzarella

Salt & pepper

2 eggs

1 garlic clove (optional)

2 tsp of dried oregano

Instructions

1. Line a large baking sheet with parchment paper and cut the cauliflower roughly into florets.
2. Add the florets to your food processor, and pulse it until the cauliflower resembles rice. Alternatively, you can rice the cauliflower using a box cheese-grater.
3. Place the cauliflower rice in a microwavable container and cover with a lid, then microwave for 2-3 minutes. (Tip: You can also skip microwaving and fry the cauliflower rice in a knob of butter for a few minutes instead.)
4. Place the cauliflower rice in a large bowl and add the eggs, mozzarella, oregano, garlic, and salt and pepper.
5. Mix everything together, then shape it into a large circle on the baking tray.

6. Bake the crust (without topping) on a medium heat for about 25 minutes or until nice and golden,

7. Once golden, sprinkle with grated cheese and put back in the oven for another 5 minutes or until the cheese has melted, then cut it into breadsticks and serve.

(Watch how it's made on our website!)



Main Meals

Looking for something a little more hearty? Take a look at our low-carb takes on classic dinner dishes.





Sweet and Sour Tofu (V)

Prepared by: Helen from [The Plantiful Chef](#)

"The chicken version of this used to be one of my favourite takeaway dishes before I went plant-based, so I was really excited to make a low-carb spin on this recipe!"

Ingredients

1 small packet of extra-firm tofu	1 tbsp of soy sauce
1 small cauliflower	1 tbsp of agave syrup*
½ red pepper (chopped, small)	2 tbsp apple cider vinegar
2 spring onions (to garnish)	1 tsp of extra virgin olive oil
½ tbsp of tomato puree	230g of pineapple chunks* in juice

*Tip: Cut out the pineapple chunks entirely and substitute the agave syrup with a lower-carb sweetener alternative to reduce the carb-count even more.

Instructions

1. Preheat oven to 190°C/375°F/Gas Mark 5.
2. Chop the cauliflower into small, bite-sized chunks.
3. Drain the tofu and chop it into similar-sized pieces.
4. Coat both the cauliflower and tofu pieces in oil, and oven-bake for around 20-25 minutes.
5. Prepare the sauce by placing the pineapple and the juice in a pan, along with the pepper, syrup, apple cider, and tomato puree.

6. Bring the sauce to a boil, then lower the heat and let it thicken.

7. Once your tofu and cauliflower are cooked and crispy, place them in the sauce and stir.

8. Garnish with spring onions and it's ready to serve!

(Turn to page 31 to find our egg-fried cauliflower fried rice recipe, which will go perfectly with this dish!)





Chilli Con Carne Enchiladas

Prepared by: Debbie from Proper Foodie

"A tasty, colourful dish that's great for all the family to share. Even better when it's served with flourless, egg and cream-cheese pancakes!"

Ingredients

For the Pancakes

100g of full-fat cream cheese

4 large eggs

For the Chilli Con Carne

500g of lean mince meat

½ tbsp of olive oil

1 onion, finely chopped

2 shallots, finely chopped

1 red pepper, diced

1 or 2 red chilli peppers, chopped

For the Toppings

300g of passata

1 lime

A handful of fresh coriander (optional)

Pepper

A drizzle of olive oil

3 celery sticks, thinly sliced

1 can of chopped tomatoes

1 tsp of hot chilli powder

1 tsp of smoked paprika

100ml of red wine

2 tbsp of half-fat soured cream

30g of mature Cheddar cheese

Instructions

For the Pancakes

1. Add the cream cheese to a large bowl and gently mix with a wooden spoon to loosen slightly.



2. Crack the eggs into the bowl with the cream cheese, and whisk together well until most of the lumps have disappeared.
3. Set the batter to one side for 10 minutes.
4. Drizzle some oil into a pancake pan, and spread it evenly over the surface.
5. Put the pan on medium heat.
6. Return to your batter and whisk again, then add $\frac{3}{4}$ of a ladle to the hot pancake pan.
7. Move the pan around to spread the batter evenly over the surface.
8. Cook for a minute before carefully flipping the pancake over with a spatula. (These pancakes are more delicate than a floured version – so take extra care).
9. Cook for a further 30 seconds on the reverse side before turning out onto a plate.
10. Repeat with the remaining batter to make at least three more pancakes.

For the Chilli Con Carne

1. In a large pan, gently heat $\frac{1}{2}$ a tbsp of olive oil.
2. Add the diced onions and shallots, and sweat them down gently.
3. Once the onions have cooked down, turn up the heat, add the mince meat, and sprinkle in the chilli powder and smoked paprika.
4. Stir well and cook until the meat has browned all over.
5. Keeping the heat on high, pour in the wine, and deglaze the pan. (Use the wine to scrape off any brown bits that may have stuck to the bottom of the pan.)
6. Simmer and reduce the wine by half before adding the peppers, celery, fresh chillies, canned tomatoes, and tomato puree.
7. Mix well and bring to boil.
8. Turn the heat down to a simmer, clamp on the lid, and leave it all to cook for 30 minutes. Check and stir every so often.
9. After 30 minutes, remove the lid and cook with the lid off for a further 5 minutes or until you are happy with the consistency.

For the Assembly of the Finished Enchiladas

1. Pre-heat the oven to 180°C/350°F/Gas Mark 4.
2. Lay out the pancakes and spoon the chilli filling in a line down the centre of each pancake.
3. Fold the left and then the right of the pancake over the chilli and place in a ovenproof dish.
4. Fold over all chilli-filled pancakes in the same way and line up one next to the other in the ovenproof dish.
5. Pour the passata over the enchiladas and then finish off with grated Cheddar cheese.
6. Place the enchiladas in the oven and bake for 25 minutes.
7. Remove from the oven after 25 minutes and serve with soured cream, wedges of lime, and freshly chopped coriander (if using).





Fish and Chips

Prepared by: Debbie from [Proper Foodie](#)

“My take on a classic British family dish, made low-carb by using desiccated coconut in the fish coating and swapping the ‘chips’ element out for butternut squash.”

Ingredients

For the Fish

180g of skinless, boneless cod fillet 15g of breadcrumbs*

25g of desiccated coconut 1 large egg

*Tip: Substitute breadcrumbs using almond meal to make the coating even lower in carbs.

For the Chips

200g of butternut squash, skin and seeds removed 1 tsp of paprika
½ tbsp of olive oil A pinch of sea salt

For the Dip

2 tbsp of 0% Greek-style yogurt 5g of fresh dill
½ tsp of Dijon mustard A pinch of salt
Juice from ¼ lime Juice of ½ a lemon (to serve)

Instructions

For the Fish

1. Preheat the oven to 200°C/400°F/Gas Mark 6.
2. Crack the egg into a small bowl and whisk.
3. Place the breadcrumbs and coconut into a different bowl and mix.
4. Slice the cod into even pieces (roughly 1cm wide, 4cm long).

5. Take one piece of cod, dip it in the egg bowl and coat well, then dip it into the breadcrumbs and coconut mix, and ensure the fish is fully battered before transferring to the tray. Repeat with the remaining pieces of cod.

For the Chips

1. Slice the butternut squash into chip shapes.
2. Place the chips in a large bowl and add the olive oil, paprika, and salt, then mix well to fully coat.
3. Lay the chips onto a separate baking tray.
4. Pop both trays in the oven for 20 minutes. Turn the fish and the chips halfway through cooking time.

For the Dip

1. Mix together the yogurt and mustard in a small bowl.
2. Add lime juice and salt to taste.
3. Add the dill, mix well, and spoon into a small serving dish.

Once cooked through and golden brown, serve up the fish and chips with a wedge of lemon and the yogurt-and-dill dip on the side.





Egg-Fried Cauliflower Rice (V)

Prepared by: Hedi from Hedi Hearts

“Cauliflower rice has far fewer calories and is very low in carbs compared to plain rice – perfect for carb cyclers or those who don’t want to eat too heavy in the evening.”

Ingredients

- | | |
|--|-------------------------------------|
| 1 head of cauliflower, grated | ½ punnet of cherry tomatoes, halved |
| 2 tbsp of coconut oil | ½ cup of frozen peas |
| 1 small onion, diced | 2 eggs, beaten |
| A few slices of red, green, and yellow pepper, diced | Salt and pepper |
| 25g of desiccated coconut | Tamari soya sauce (optional) |

Instructions

1. Heat the coconut oil in a wok or frying pan, then add the onion and peppers, and fry for 3 minutes.
2. Add the cherry tomatoes and frozen peas, and stir-fry for a further 2 minutes.
3. Time to add the eggs – pour the beaten eggs over the veggies and spread around so that all the veg is covered. (Don’t stir, just spread gently around.)
4. After 30 seconds or so, mix the eggs to create a scrambled texture.
5. Add the cauliflower to the wok, and fry for another 4 minutes or until the cauliflower is cooked and soft.
6. Season with salt and freshly ground pepper, and tamari sauce if you’re using that. Enjoy!





Primal Pizza (V)

Prepared by: Susan from [Primal Plate](#)

“This recipe reduces the carbs by about a quarter of other wheat-based pizzas by substituting wheat flour for cauliflower.”

Ingredients

For the Pizza Base

- | | |
|---------------------------------|--|
| 1 organic cauliflower | 50g vegetarian ricotta |
| 1-2 fresh bay leaves (optional) | 1 tsp of sea salt |
| 50g of ground almonds | ½ tsp of baking powder |
| 25g of arrowroot | 1 tsp of fresh marjoram,
finely chopped |
| 25g of ground flaxseed | 1 whole egg, beaten |

For the Topping

- | | |
|---|----------------------------------|
| 120ml of tomato passata | 125g of vegetarian
mozzarella |
| Sea salt and freshly ground
black pepper | 1 drop of liquid stevia |
| 50g of vegetarian parmesan-
style cheese | Fresh basil sprigs, for serving |

Instructions

For the Pizza Base

1. Preheat the oven to 160°C/325°F/Gas Mark 3 and boil a kettle of water.
2. Take a large piece of parchment paper and, using a large flan-ring or pan-lid as a guide, draw a 10- to 12-inch circle on the back of the paper (this will help you shape the pizza into the right size later).
3. Turn the paper over and grease, then place it on a flat non-stick baking sheet and set aside.



4. Wash and dry the cauliflower. Cut off the florets only and blitz in a food processor until it comes together into a powdery cauliflower 'snow'.

5. Tip the cauliflower into the top of a steamer and tuck a couple of bay leaves into the cauliflower, if you're using them.

6. Pour the boiling water from the kettle into the bottom of the steamer, cover and steam for 3-4 minutes (Tip: do not cook any longer than this – the cauliflower should stay separate, not reduce to wet mush!)

7. Place the cooked cauliflower onto a clean tea towel and allow to cool down before proceeding to the next step.

8. Once the cauliflower is cool enough to handle, wrap it up in the tea towel and wring out every last drop of water.

9. Put the squeezed-out cauliflower into a large bowl, then add ground almonds, arrowroot, ground flaxseed, baking powder, Parmesan cheese, ricotta, marjoram, sea salt and black pepper, and the beaten egg. Mix together well with a fork.

10. Once mixed together, use your hands to form the dough into a crust on your oiled parchment paper. Pat it down thoroughly, as you want it nice and tightly formed.

11. Take a sheet of cling film, lay it on top of the dough and roll it out more evenly with a rolling pin. Be sure to make the edges slightly raised.

12. Remove the cling film and slide the parchment paper onto your baking sheet.

13. Bake for 35-40 minutes, turning it around halfway through the cooking time to make sure it cooks evenly.

14. Once it's golden brown, remove it from the oven and allow it to rest a couple of minutes.

For the Topping

1. Pour passata into a small saucepan, add a pinch of sea salt, a grinding of black pepper, and a drop of liquid stevia, then cook over a moderate heat for 3-4 minutes to reduce down to a slightly thicker consistency.

2. Spread a thin layer of the sauce on top of the pizza base, leaving a 2cm border of crust around the outside edge.

3. Sprinkle the grated cheese evenly over the sauce, then add the slices of mozzarella.

4. Put back in the oven for a further 5-10 minutes until the cheese is melted and bubbly.

5. Slide the pizza onto a serving plate and decorate with basil and a grinding of black pepper.

6. Serve up your delicious, nutritious, gluten-free and grain-free, low-carb pizza!



Sheperd's Pie

Atkins' Own

"Comfort food at its best – this low-carb shepherd's pie recipe is easy to follow and will make the perfect supper for wintry evenings."

Ingredients

200g of cauliflower	1 tbsp of tomato paste
2 tbsp of olive oil	1 tsp of fresh thyme
1 tsp of ground cumin	80ml of red wine
1 onion, chopped	375ml of vegetable stock
2 cloves of garlic, crushed	2 tbsp of butter
1 celery stalk, chopped	2 tsp of fresh parsley
400g of ground lamb	

Instructions

1. Pre-heat the oven to 180°C/350°F/Gas Mark 4.
2. Bring a large saucepan of water to the boil, then add the cauliflower and cook it until tender.
3. Drain the cooked cauliflower in a colander and set it aside.
4. Heat two tablespoons of olive oil in a large frying pan or saucepan over a medium-high heat.
5. Add the cumin, onion, garlic, and celery, and cook for five minutes or until they soften and begin to brown.
6. Add the lamb mince and cook until browned.
7. Add the tomato paste and thyme, and cook for one minute, then pour in the wine and the stock, and simmer for 10 minutes, stirring occasionally.

8. Season the meat mixture with sea salt and freshly cracked pepper.
9. Meanwhile, place the cooked cauliflower in the food processor and blend until smooth and puree-like.
10. Blend the butter through the mixture and season with salt and pepper.
11. To assemble, spread the meat mixture into the base of an ovenproof dish.
12. Top with the cauliflower puree and smooth the top out evenly.
13. Bake the pie in the oven for 30 minutes, or until lightly golden.
14. Sprinkle with parsley and serve.



Fish Pie

Atkins' Own

"The fish pie is a family favourite. Our low-carb version is delicious and incredibly simple to make – it's bound to be a crowd-pleaser!"

Ingredients

1 tbsp of olive oil	1 tsp of salt
50g of white onion	1 tsp of black pepper
2 cloves of garlic	150g of salmon fillet
400g of tinned plum tomatoes	150g of white fish fillet
1 tbsp of fresh ginger root	2 tsp of butter
1 tsp of ground cinnamon	100g of celeriac

Instructions

1. Preheat the oven to 170°C/325°F/Gas Mark 3.
2. Chop the celeriac and boil in salted water for 7-10 minutes.
3. Strain and mash, then mix in the butter and season with salt and pepper to taste.
4. Put the fish in boiling water in a saucepan, with just enough water to cover it, then cook for 5 minutes.
5. Once the fish becomes opaque and flakes easily, drain it and place it in a bowl.
6. Pop the oil in a saucepan on medium heat and sauté the onion and garlic for 5 minutes.
7. Mix in the cooked fish as well as the chopped tomatoes, cinnamon, ginger, salt, and pepper.
8. Simmer on a medium heat to allow the flavours to infuse.
9. Place the mixture in a small roasting tin and cover with the mash.
10. Cook in the oven for 20 minutes or until the mash crisps up.



Desserts & Treats

Enjoy your guilty pleasures (just minus the carb guilt!) by following our low-carb dessert recipes.





Bounty Bars

Prepared by: Hedi from Hedi Hearts

"Who doesn't love a Bounty bar? Going low-carb shouldn't mean missing out on your favourite treats! You just need to be a bit more creative!"

Ingredients

2 cups of desiccated coconut

½ cup of coconut cream, melted

1-2 tbsp of sweetener

1 tsp of vanilla extract

Dark chocolate chips, raw chocolate, or dark chocolate (for coating)

Instructions

1. Line a small baking tray with baking paper or tin foil, and set it aside.
2. In your blender or food processor, mix together the desiccated coconut, coconut cream, xylitol, and vanilla extract until sticky.
3. Form the sticky mixture into rounded rectangles or balls if you like (but the rectangles are more like Bounty bars). (Tip: Wet your hands when moulding the bars, as this makes them easier to shape.)
4. Pop them in the freezer for 30 minutes.
5. Melt the chocolate. Use a bit of coconut oil if you have it to make the chocolate even more lush.
6. It's time to do the chocolate coating! Take the bars out of the freezer and dip them into the melted chocolate, coating them completely.
7. Then put them back on the tray. They will harden quickly, so if you want to add some extra topping, be fast.
8. Pop the tray in the fridge or freezer so that they set completely.



Amaretti Biscuits

Atkins' Own

"This recipe makes a very satisfying, easy low-carb treat - especially when it's done without sugar."

Ingredients

1½ cups of ground almonds

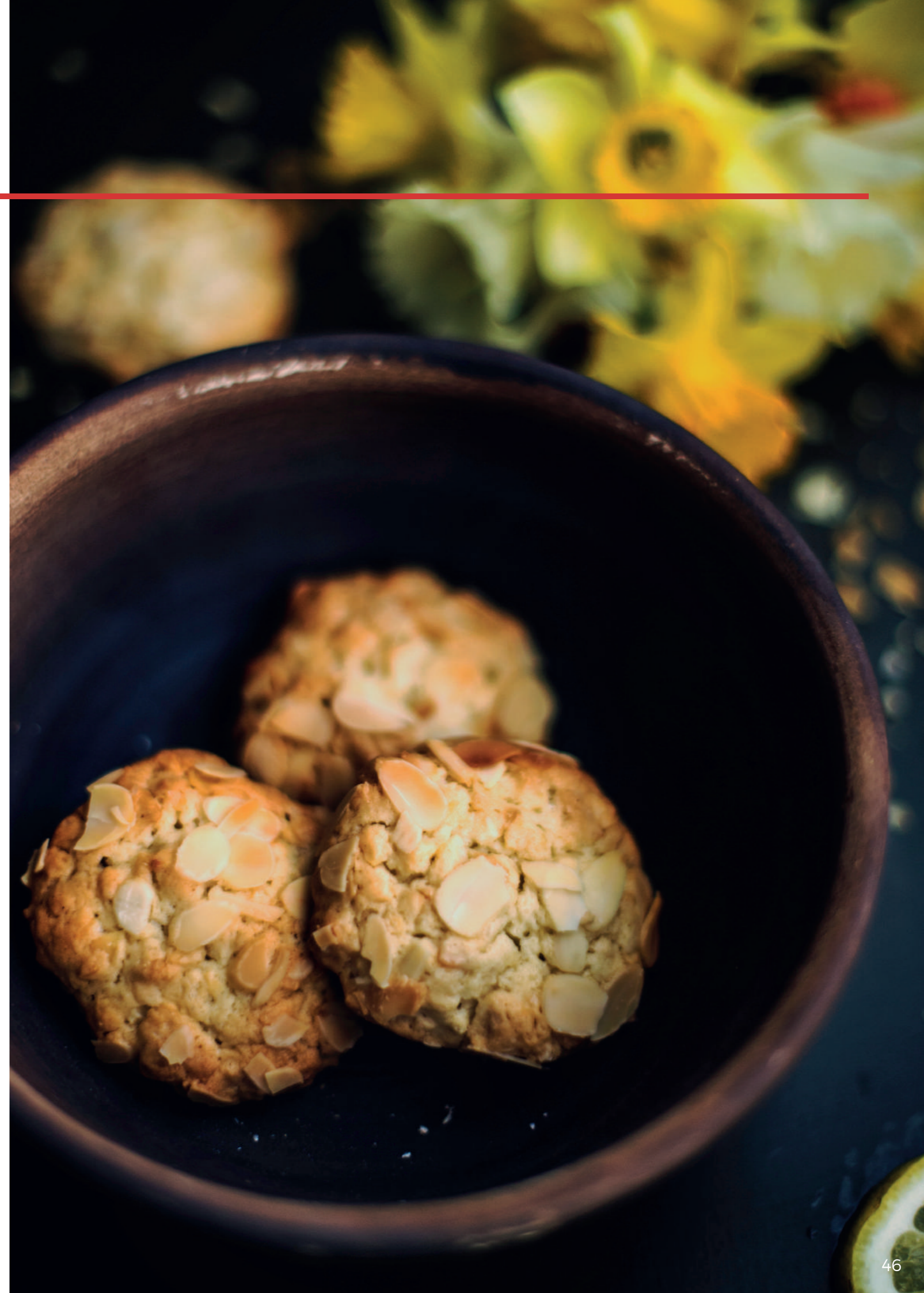
2 egg whites

3 tbsp of sweetener

1 tsp of almond extract

Instructions

1. Preheat the oven to 170°C/325°F/Gas Mark 3.
2. In a large bowl, whisk the egg whites until they're firm.
3. Mix the sweetener into the almond flour, and gently add this mixture into the eggs.
4. Add the almond extract and fold it in gently until you have a smooth paste.
5. Line a baking tray with greased baking paper.
6. Spoon out the mixture onto the tray, and shape it into small, round biscuits.
7. Leave a bit of space between the biscuits, as they will expand whilst cooking.
8. Bake for approximately 15 minutes until golden brown.
9. Leave them to cool, then serve or store in an airtight container.





Gingerbread Men

Prepared by: Helen from [The Plantiful Chef](#)

"Everyone needs a good gingerbread recipe, and this one is filled with goodness and won't give you a sugar crash!"

Ingredients

1½ cups of almond flour	2 tbsp of coconut oil, melted
1 tbsp of ginger	2 tbsp of flaxseeds
½ tbsp of cinnamon	1 tbsp of ground chia seeds
¼ tsp of mixed spice	3 tbsp of water
2 tbsp of maple syrup*	1 tsp of vanilla

*Tip: You can swap out the maple syrup for a low-carb alternative like stevia to cut back on the carbs even further.

For the Cashew Frosting (Optional)

¼ cup of cashew nuts, soaked in water overnight	1 tbsp of coconut cream
2 tbsp of coconut oil, melted	1 tsp of vanilla (optional)

Instructions

1. Preheat the oven to 170°C/325°F/Gas Mark 3.
2. Pour the ground chia seeds into the water and allow the mixture to set for 10 minutes.
3. Mix all ingredients together and knead until you get a dough.
4. Line a baking tray with greaseproof paper.
5. Using cutters, cut out 14 gingerbread men and place them on the baking tray, leaving a gap between them.
6. Bake for 15-17 minutes or until golden.
7. Leave the gingerbread men on the tray for a further 10 minutes to finish cooling.

For the Cashew Frosting

1. Blend the cashew nuts, coconut oil, coconut cream, and a little vanilla together.
2. Transfer the mixture into a piping bag and place in the fridge to thicken up.
2. Once thickened, remove from fridge and get decorating!



Almond Pancakes

Atkins' Own

"These 5-ingredient low-carb pancakes made from almond flour are so light and fluffy, not to mention very easy to make!"

Ingredients

160g of almond flour

3 eggs

50ml of milk

Spices like cinnamon and nutmeg or vanilla for flavours (optional)

Blueberries (optional)

Instructions

1. Mix all ingredients in a medium-sized bowl using a hand blender until the batter is a pourable consistency.
2. One at a time, cook the pancakes in a greased pan for approximately 2-3 minutes per side (or until bubbles form and both sides are golden brown).
3. Serve with blueberries.

Find more low-carb inspiration on
www.uk.atkins.com

