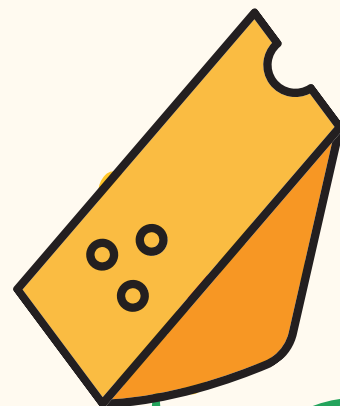
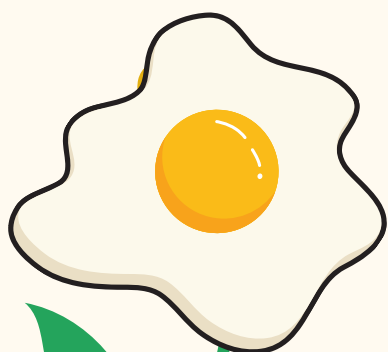




# FATSNAX!<sup>®</sup>

## KETO BRUNCH

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# LE MENU



## APPETIZERS

HERB & CRACKER DEVILED EGGS

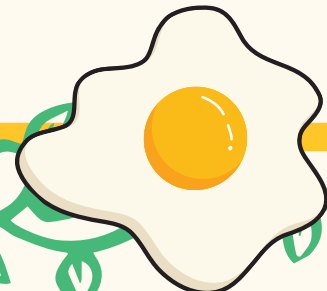
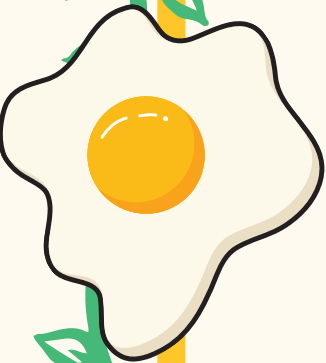
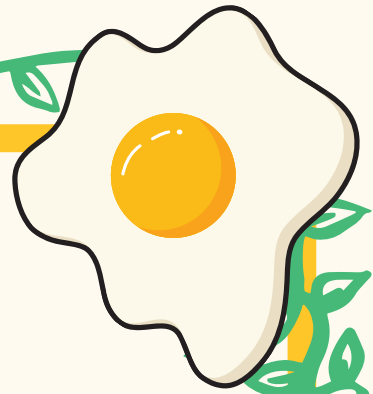
SALMON "SUSHI" ROLLS

## ENTRÉE

EASY QUICHE-Y

## DESSERT

WHITE CHOCOLATE &  
LEMON TART





## HERB & CRACKER DEVEILED EGGS

Servings: 6

Net Carbs: 2 per serving

### Ingredients:

- 6 hard boiled eggs
- ¼ cup mayonnaise
- 1 teaspoon apple cider vinegar
- 1 teaspoon minced parsley
- ¾ teaspoons grainy Dijon mustard
- ¼ teaspoon dried chopped rosemary
- ½ teaspoon salt
- [4 Fat Snax Almond Flour Crackers, crushed](#)

### Directions:

1. Slice each hard boiled egg in half lengthwise. Remove yellow yolk and place in a small bowl. Set aside whites.
2. To the small bowl with the yolk, smash the yolks using a fork. Add mayonnaise, vinegar, parsley, mustard, rosemary and salt. Mix until combined and smooth.
3. Spoon a small amount of the yolk mixture into each egg white cavity.
4. Sprinkle crushed Fat Snax Crackers on top of each deviled egg. *Egg-cellent work!*



## SALMON "SUSHI" ROLLS

Servings: 4

Net Carbs: 3 per serving

### Ingredients:

- 1 cucumber
- $\frac{3}{4}$  cups cream cheese
- $\frac{1}{2}$  avocado, sliced into chunks
- 4 oz smoked salmon
- [4 Fat Snax Almond Flour Crackers](#), crushed

### Directions:

1. Using a mandoline slicer, slice thin strips of cucumber lengthwise. Slice both sides of the cucumber, avoiding the seedy center.
2. Place 1 tablespoon of cream cheese onto the end of a cucumber strip. Top with avocado and a piece of smoked salmon. From this end roll the sushi. Secure with a toothpick if needed. Repeat with remaining cucumber slices.
3. Top with crushed Fat Snax Crackers. *Roll me another one of those!*





## EASY QUICHE-Y **Servings: 8** **Net Carbs: 2 per serving**

### **Ingredients:**

#### Crust:

- 3 cups Fat Snax Almond Flour Crackers (1 cup = 1 bag)
- 1 egg
- 1/3 cup melted butter

#### Filling:

- 5 eggs
- 1/2 cup heavy cream
- 3/4 cup milk of choice
- 1/4 tsp pepper
- Fillings of choice

### **Directions:**

1. Preheat oven to 375 degrees. Use a rolling pin to smush the crackers to fine crumbs.
2. Mix together the cracker crumbs, 1 egg, and 1/4 cup melted butter.
3. Press the mixture into the base of a 9-inch pie plate and spread it evenly on the base and around the sides. Use a fork to prick holes across the bottom. Bake the base for 12 minutes. Remove from the oven and set aside.
4. Use a mixer or whisk to combine the 5 eggs, 1/2 cup heavy cream, 3/4 cup milk-of-choice, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Combine well until frothy. Stir in your fillings.
5. Spread the filling on the bottom of the pie crust. Pour the egg mixture on top.
6. Bake at 350 degrees for 30-35 minutes, or until the quiche stops jiggling when moved.
7. Allow to cool for about 20 minutes to room temperature. Serve warm or room temp.

*Ya darn did it!*



## WHITE CHOCOLATE & LEMON TART

Servings: 1

Net Carbs: 3 per serving

### Ingredients:

- 1 package (2 cookies) of Fat Snax Lemony Lemon Cookies
- 1 tablespoon cold butter
- ¼ cup sugar-free white chocolate chips
- 1 tablespoon heavy cream
- Sugar-free sprinkles for topping

### Directions:

1. Preheat oven to 350 degrees.
2. Add lemon cookies and butter to a small bowl. Using a fork, cut the butter into the cookies until coarse crumbles form.
3. Press the crumbled mixture into a greased 3-inch tart pan. Bake at 350 degrees for 4-5 minutes. Remove from the oven and set aside to cool.
4. In a small microwave safe bowl, add white chocolate chips. Melt in the microwave at 30 second intervals, stirring in between, until melted. Add heavy cream. Stir to combine. Pour on top of the crust. Top with sugar free sprinkles. Place in the refrigerator for 1-2 hours to set before enjoying. *You're sweet as can be & smart as a tart!*



**FAT Yeah!**