



# llinea monk fruit recipe book summer 2022



## CELEBRATE SUMMER WITH THE SWEETNESS OF LLINEA

We are excited to bring you great tasting recipes that use llinea monk fruit's pure, simple sweetness. Great taste with fewer carbs makes these recipes even more refreshing and appetizing, whether it's a hot summer day lemonade, a nutrient and antioxidant packed blueberry spinach smoothie, a tasty raspberry lemon bar, an amazing blueberry galette, or an easy keto bbq sauce.

Enjoy!

# ZERO CALORIE NATURAL SWEETNESS FROM FRUIT





## ABOUT LLINEA™ MONK FRUIT

### IT'S AN AMAZING LITTLE MELON

We are excited to bring you llinea™ monk fruit. Enjoy adding it to your favorite beverages and foods where just a little bit of pure sweetness of the monk fruit simply creates a better flavor.

Just 6 drops of llinea™ monk fruit equals the sweetness in one teaspoon of sugar.

Traditionally, monk fruit was dried at harvest and then crushed and added to boiling water to create a healthy tea-like drink. There was so much interest in this unique fruit that back in the 1930s the president of the National Geographic Society, Dr. Gilbert Grosvenor, approved a grant for an expedition to locate the plant in its native habitat in Asia. That support resulted in honoring Grosvenor with the monk fruit scientific name, *Siraitia grosvenorii*. Despite the interest, it was another 80 years or so before the fruit became more broadly available than the dried fruit sold in Asian food markets around the world.

And so today, whether added to a cup of coffee or tea, a pitcher of sweet tea or refreshing lemonade, a healthy smoothie or a get-going-in-the-morning bowl of oatmeal, there are all kinds of ways to easily add sweetness with llinea™ monk fruit. Experiment. Enjoy. Let us know your favorites.



## CONVERSION TABLE FOR MEASURING SWEETNESS EQUIVALENCE

sugar	llinea™ monk fruit
1 cup	3 tsp.
3/4 cup	2 tsp. + 1/4 tsp.
1/2 cup	1 tsp. + 1/2 tsp.
1/4 cup	1/2 tsp. + 1/4 tsp.
1/8 cup	1/4 tsp. + 1/8 tsp.

# blueberry spinach smoothie



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yield	prep time	cook time	total time
2 cups	5 minutes	NA	5 minutes

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## INGREDIENTS

- $\frac{2}{3}$  cup yogurt of your choice (dairy, coconut, soy)
- 1 ripe banana
- $\frac{2}{3}$  cup frozen blueberries
- 2 large frozen strawberries
- 1 cup spinach leaves
- $\frac{1}{2}$  cup milk of choice (dairy, coconut, soy, almond)
- $\frac{1}{4}$  teaspoon llinea™ monk fruit

## STEPS

1. Add all of the ingredients into a blender. Cover with lid and puree until smooth.
2. Adjust liquid to reach desired consistency. Taste for sweetness, adjusting as desired.



# lemonade



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yield	prep time	cook time	total time
4 cups	5 minutes	NA	5 minutes

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## INGREDIENTS

- 3 3 lemons\*
- 3 3 cups cold water
- 1 3/4 1 3/4 teaspoons l|inea™ monk fruit

## STEPS

1. Juice the lemons to make 1/2 cup of juice.
2. In a pitcher combine lemon juice, water and l|inea™ monk fruit.
3. Stir. Adjust water to taste.
4. Chill and serve over ice.
5. \*To make your labor easier, FIRMLY roll the lemons between your hand and the counter before cutting in half and juicing.



# green tea arnold palmer



yield  
8 cups

prep time  
5 minutes

cook time  
10 minutes

total time  
15 minutes

## INGREDIENTS

- 4 cups water
- 8 green tea bags
- 3 cups cold water
- ½ cup fresh lemon juice (3 lemons)
- 1 ½ teaspoons llinea™ monk fruit

## STEPS

1. Bring 4 cups water to a simmer. Add 8 green tea bags and steep 5 minutes.
2. Remove the tea bags and gently squeeze out the liquid. Pour into a pitcher.
3. Stir in 3 cups cold water, lemon juice and llinea™ monk fruit.
4. Chill. Serve over ice with lemon slices.



# llinea-rita



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yield	prep time	cook time	total time
1 large margarita	5 minutes	NA	5 minutes

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## INGREDIENTS

- 1 ½ oz Tequila (Silver or other light tequila)
- 1 ½ oz Fresh Lime Juice
- ½ oz Cointreau
- ¼ tsp llinea™ monk fruit
- Ice
- Coarse Sea Salt
- Lime Wedges

## STEPS

1. Combine the first 4 ingredients in a cocktail shaker.
2. Pack the rest of the shaker with ice.
3. Shake!
4. Salt the rim of your glass if desired.
5. Serve neat or over additional ice.



# sweet iced tea



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yield	prep time	cook time	total time
4 cups	5 minutes	10 minutes	15 minutes

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## INGREDIENTS

- 4 tea bags of any good quality black tea
- 4 cups simmering water
- 1½ teaspoons llinea™ monk fruit

## STEPS

1. Place the tea bags in a heatproof pitcher.
2. Pour the simmering water into the pitcher and let it steep at least 5 minutes. Remove the tea bags and discard.
3. Stir in the llinea™ monk fruit and refrigerate tea until cool.
4. To serve, fill glasses with ice and pour the tea over the ice. Adjust sweetness as desired.





# sticky sesame air fryer chicken wings {low-carb, gluten-free}



yield	cook time	prep time	total time
2 pounds	25 minutes	10 minutes	40 minutes

## INGREDIENTS

- 2 pounds chicken wings (a mix of wings and drumettes)
- 2 teaspoons baking powder (gluten-free and aluminum-free)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 6 tablespoons coconut aminos
- 3 tablespoons toasted sesame oil
- 2 tablespoons tamari
- 2 teaspoons llinea™ monk fruit
- 2 teaspoons minced garlic
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cayenne (optional)
- 2 teaspoons apple cider vinegar or fresh lemon juice
- 1 to 1-1/2 teaspoons xanthan gum
- 1 teaspoon sesame seeds (optional)
- chopped chives or cilantro (optional)



## NOTES

\*Xanthan gum is a gluten-free thickener that will turn the mixture from a thin marinade to a thick sauce with a ketchup-like texture. Use it sparingly as too much can make the sauce too gelatinous. Start with 1 teaspoon and always wait a couple of minutes to allow it to thicken more.

I like to taste the sauce before adding in the xanthan gum. You can adjust to taste as needed- more cayenne (or even sriracha) for heat, more tamari for salt, and more monk fruit drops for sweetness.

For a sesame soy salad dressing, omit the xanthan gum and add 1/4-1/2 cup avocado oil. To make a marinade, simply omit the xanthan gum.



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# sticky sesame air fryer chicken wings (cont.)



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yield	cook time	soak/freeze time	total time
12 servings	13 minutes	16 hours	16 hours 13 minutes

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## STEPS

1. Preheat the air fryer to 365°F. Dry the wings well with paper towels and place them in a gallon-sized Ziploc bag with the salt, pepper, and baking powder. Close the bag and shake to toss the wings and coat them evenly.
2. Place the wings in the air fryer basket, spaced apart well (they shouldn't be crowded). Cook at 365°F for 10 minutes. (Depending on the size of your air fryer, you may need to divide the chicken and cook the wings in batches.)
3. While the wings cook, make the sauce. In a small mixing bowl, combine the coconut aminos, toasted sesame oil, tamari, llinea™ monk fruit sweetener, minced garlic, ground ginger, cayenne (optional), and apple cider vinegar (or lemon juice). Whisk the mixture together, then gradually whisk in 1 teaspoon of xanthan gum. Let the mixture sit for 2-3 minutes to thicken. If it still appears too thin, whisk in 1/4 teaspoon more of xanthan gum and wait another couple of minutes. Add extra xanthan gum as needed.\*
4. After the first 10 minutes of cook time, pull out the air fryer basket and flip each wing. Use a basting brush to coat the wings with the soy sesame sauce. Turn the air fryer temperature up to 390°F and cook another 5 more minutes.
5. Flip the wings again, brush on more sauce, and air fry another 5-9 minutes at 390°F. This last stretch of cook time should be at least 5 minutes- give it more time if you prefer the wings to be more sticky and caramelized instead of extra saucy.
6. Remove the wings from the air fryer basket and sprinkle them with the sesame seeds and chopped chives (optional).



# keto chia pudding



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yield	chill time	prep time	total time
4 servings	4 hours	5 minutes	4 hours 5 minutes

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## vanilla chia seed pudding

### INGREDIENTS

- 1 cup unsweetened almond milk or macadamia milk (or nut milk of choice)
- 1 cup canned coconut milk (full-fat and unsweetened)
- 3/4 teaspoon llinea™ monk fruit
- 1 tablespoon vanilla extract
- 1/3 cup chia seeds
- pinch of salt (optional)



## chocolate chia seed pudding

### INGREDIENTS

- 1 cup unsweetened almond milk or macadamia milk
- 1 cup canned coconut milk (full-fat and unsweetened)
- 3/4 teaspoons llinea™ monk fruit
- 2 teaspoons vanilla extract
- 1/3 cup chia seeds
- 3 tablespoons unsweetened cocoa powder
- pinch of salt (optional)



### NOTES

The sweetness can be adjusted at any point by adding in a few more drops of llinea monk fruit, to taste.

The pineapple compote is low-sugar but if it does not fit within your macro goals, feel free to swap in your fruit of choice or omit it entirely. Cooking the pineapple gives it a wonderful caramelized flavor.

Other add-ins for keto chia seed pudding include: nut butters, fresh fruit, low-carb granola, or keto-friendly chocolate chips.



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# keto chia pudding (cont.)



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yield	chill time	prep time	total time
4 servings	4 hours	5 minutes	4 hours 5 minutes

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## tropical chia seed pudding parfait

### INGREDIENTS

- 1 can (14 oz.) unsweetened, full-fat coconut milk
- 1/2 cup unsweetened almond milk or macadamia milk
- 3/4 teaspoon llinea™ monk fruit + 1/2 teaspoon for pineapple compote
- 1 tablespoon vanilla extract
- 2 tablespoons lime juice, divided
- 1 teaspoon fresh lime zest
- 1/4 cup chia seeds
- 1 cup chopped fresh pineapple
- 1 tablespoon water
- 1/2 cup unsweetened shredded coconut
- 1/2 cup chopped macadamia nuts



## for chocolate and vanilla

### STEPS

1. In a medium mixing bowl, stir together the nut milk, coconut milk, and monk fruit.
2. Whisk in the chia seeds and stir to combine well. Add the pinch of salt and flavor add-ins at this time depending on which chia pudding recipe you are making (vanilla extract and cocoa powder).
3. Cover the chia pudding and refrigerate for at least 4 hours, preferably overnight.
4. Serve with toppings of choice like fresh berries, low-carb granola, nuts, or whipped cream.



# keto chia pudding (cont.)



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yield	chill time	prep time	total time
4 servings	4 hours	5 minutes	4 hours 5 minutes

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## for tropical chia pudding parfait

### STEPS

1. In a medium mixing bowl, stir together the nut milk, coconut milk, 3/4 teaspoon monk fruit, vanilla, 1 tablespoon lime juice and lime zest.
2. Whisk in the chia seeds and stir to combine well.
3. Cover the chia pudding and refrigerate for at least 4 hours, preferably overnight.
4. Make the pineapple compote (optional): Set saucepan over medium heat and combine the chopped fresh pineapple with the water, 1 tablespoon of lime juice, and 1/2 teaspoon llinea monk fruit. Cook for about 10 minutes or until the pineapple breaks down and the juices reduce. Let it cool.
5. Toast the coconut and macadamia nuts (optional): Spread the coconut and macadamia nuts on a sheet pan in an even layer. Toast at 350°F for 1-3 minutes, watching it closely as it will quickly brown.
6. Assemble the tropical chia pudding parfait: Spoon the coconut-lime chia seed pudding into a serving dish. Top with the pineapple compote and toasted macadamia nuts and coconut.



# keto key lime pie {vegan, gluten-free}



yield	cook time	soak/freeze time	total time
12 servings	13 minutes	16 hours	16 hours 13 minutes

## pie crust

### INGREDIENTS

- 2 cups fine/blanched almond flour
- 3 tablespoons coconut oil, melted and slightly cooled
- 1 egg white (if vegan, omit and add 1 more tablespoon of coconut oil)
- 1/2 teaspoon llinea™ monk fruit
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon



## key lime pie filling

### INGREDIENTS

- 1 cup raw cashews, soaked for 1-2 hours in hot water or 6-8 hours in cool water, then drained
- 1 large avocado
- 1/2 cup fresh lime juice
- 2-3 tablespoons lime zest
- 3 teaspoons llinea™ monk fruit
- 1/2 cup coconut cream
- 1 teaspoon vanilla extract
- 1/3 cup coconut oil, melted and cooled slightly (preferably "refined" for its neutral taste)

whipped coconut cream and lime slices, wedges and/or zest for topping (optional)\*



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# keto key lime pie (cont.)



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yield	cook time	soak/freeze time	total time
12 servings	13 minutes	16 hours	16 hours 13 minutes

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## STEPS

1. Preheat the oven to 350°F. (See notes for vegan and no-bake crust). In a medium bowl, combine the almond flour, coconut oil, egg white, monk fruit, vanilla, salt, and cinnamon.
2. Mix until a crumbly dough forms. Transfer it to a 9-inch pie pan and press it into the pan to form the crust, working it up the sides and evenly along the bottom of the pan (about ¼-inch thick). Flute the edges if you like. I use a small measuring cup to flatten the crust along the base of the pan. With a fork, poke holes in the bottom of the pie crust. Bake for 10-13 minutes, or until it is golden brown. Remove and allow it to cool completely- you can place it in the freezer to speed up the process.
3. In a high-speed blender or food processor, add the soaked/drained cashews. Pit the avocado and use a spoon to scoop it from the skin, place in the blender. Add the lime juice, lime zest (start with 2 tablespoons), monk fruit sweetener, coconut cream, and vanilla.
4. Pulse the blender a few times, then blend/process on high for 3-5 minutes, scraping down the sides with a spatula every minute or so. When the mixture is smooth, turn the blender to low speed and slowly drizzle in the melted coconut oil. Blend on high for another minute to combine.
5. Taste and adjust, adding a few more drops of sweetener or more lime juice or zest if needed.
6. Pour the Key lime pie filling into the almond flour crust. Smooth the top of it with a spatula. Transfer the pie to the refrigerator to chill for at least 4 hours, preferably overnight.
7. Before serving, top with coconut whipped cream.\* Decorate with lime wedges, lime slices, and lemon zest (optional).



# keto key lime pie (cont.)



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yield	cook time	soak/freeze time	total time
12 servings	13 minutes	16 hours	16 hours 13 minutes

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## NOTES

**For a vegan pie crust:** Toast the almond flour in a pan set over medium heat for about 5-8 minutes, or until the almond flour turns a light golden brown. It toasts quickly so watch it carefully and stir it continually to prevent burning. Transfer the almond flour to a bowl and add the remaining crust ingredients (omit the egg white). Stir to combine. Press the crust into the pan- it will more closely resemble a "graham cracker crust" instead of a workable dough. Place it in the freezer for at least 15 minutes to set.

**To make whipped cream topping:** Place  $\frac{3}{4}$  cup coconut cream OR whipped cream (if not dairy-free/vegan) in a chilled mixing bowl. Add  $\frac{1}{2}$  teaspoon the monk fruit sweetener and  $\frac{1}{2}$  teaspoon vanilla. Beat on low for about 1 minute, then increase to high speed and beat until it thickens, about 3-5 minutes. Spoon on top of the entire pie or serve individual slices with a spoonful of the whipped cream/coconut cream.

**Substitutions:** You can use butter or vegan butter in the crust if you'd prefer a buttery flavor. Use Key limes for a more traditional flavor (slightly sweeter and more tart) but regular limes will also work fine and are much easier to juice.

**Taste the filling:** The flavor can vary a bit based on the ripeness of the avocado, the limes used, etc. Taste and adjust as needed. Note that the lime flavor will mellow a bit once the pie is chilled.

**Store the pie covered in the refrigerator for up to 7 days.**





# keto popsicles {dairy-free, low carb}



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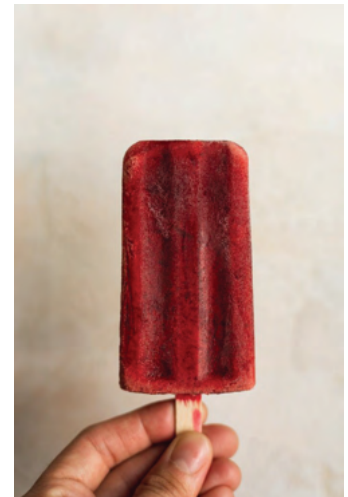
yield	prep time	freeze time	total time
8-10 pops	5 minutes	6 hours	6 hours 5 minutes

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## strawberry lemonade popsicles

### INGREDIENTS

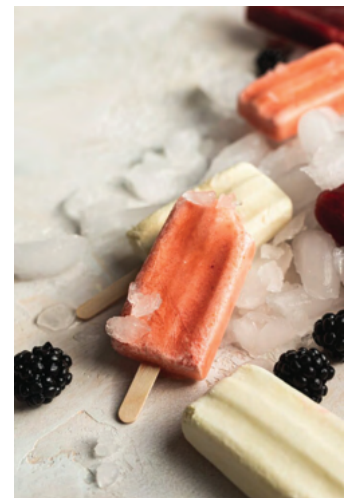
- 1/2 cup fresh lemon juice
- 8 oz. strawberries
- 1-1/2 cups filtered water
- 1/2 cup full-fat, unsweetened coconut milk
- 2-1/2 teaspoons llinea™ monk fruit



## piña colada popsicles

### INGREDIENTS

- 2 cups unsweetened, full-fat coconut milk (canned)
- 1-1/4 cups cubed pineapple (fresh or frozen but don't use canned pineapple as it often contains added sugar)
- 2 teaspoons llinea™ monk fruit
- 2 tablespoons unsweetened desiccated coconut (optional)
- 1/2 teaspoon vanilla (optional)



## blackberry lime popsicles

### INGREDIENTS

- 1/2 cup fresh lime juice
- 2 cups filtered water
- 6 oz. blackberries
- 2-1/2 teaspoons llinea™ monk fruit
- 1/2 cup full-fat, unsweetened coconut milk



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# keto popsicles (cont.)



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yield	prep time	freeze time	total time
8-10 pops	5 minutes	6 hours	6 hours 5 minutes

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## STEPS

1. Place all of the ingredients in a blender and blend for 1-2 minutes or until the mixture is smooth.
2. Use a spoon to scrape off (and discard) the foamy layer on top of the mixture (this is optional but will keep that foam from pooling at the top of your popsicle mold).
3. Pour the popsicle mix into the popsicle molds, being careful to leave about 1/2-inch to 1-inch of space from the top (in other words, don't fill them all the way full). Place the cover on the popsicle mold and insert the wooden sticks.
4. Freeze until set-about 6 hours, but preferably overnight.
5. To remove the popsicles from their molds, run the base of the popsicle mold under hot water for about 10 seconds, then gently pull on the popsicle stick until it slides out.



# low-carb blueberry galettes with mint



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yield	prep time	cook time	total time
4 servings	20 minutes	20 minutes	40 minutes

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## INGREDIENTS

### BLUEBERRY GALETTE DOUGH

- 2 ½ cups almond flour
- 2 tablespoons arrowroot starch
- 1 teaspoon baking powder, gluten-free and aluminum-free
- ¼ teaspoon salt
- 5 tablespoons butter, melted (or sub ghee/coconut oil if dairy-free)
- 1 large egg
- ¾ teaspoon llinea™ monk fruit
- ½ teaspoon almond extract

### BLUEBERRY FILLING

- 1 ½ cups fresh blueberries
- 1 ½ teaspoons llinea™ monk fruit
- ¼ teaspoon arrowroot starch
- 1 tablespoon fresh mint leaves, chopped (optional)

### GALETTE TOPPING

- 1 egg white
- 5 drops llinea™ monk fruit
- 1-2 1-2 tablespoons sliced almonds

\*steps on the next page



# low-carb blueberry galettes with mint (cont.)



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yield	prep time	cook time	total time
4 servings	20 minutes	20 minutes	40 minutes

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## STEPS

1. Preheat the oven to 375°F. In a large mixing bowl, add all the dough ingredients. Use a hand mixer to mix the ingredients until a dough forms (it will be crumbly).<sup>\*</sup> Using your hands, knead the dough, pressing it together until it forms a dough ball. Divide in half and set aside.
2. In a separate mixing bowl, combine the fresh blueberries, llinea monk fruit, arrowroot starch, and chopped mint. Stir the berries until they're evenly coated with the mint/arrowroot/liquid monk fruit.
3. Spread parchment paper or a baking mat on a flat work surface. Sprinkle on a bit of almond flour to help prevent the dough from sticking. Take one of the dough balls and roll it out until it's about 1/4-inch thick.
4. Place half the berries in the center of the rolled out dough, leaving a 1-inch border of dough around the berries. Working in small sections, gently fold the border up and over the berries. Almond flour dough can break easily- if that happens simply place those pieces back in and reshape the dough. Pinch together any breaks at the base of the galette (this will keep berry juice from leaking out).
5. Pick up the parchment paper and gently set it on a baking sheet. Repeat steps 3 and 4 to make the second galette. Gently transfer that one to the baking sheet- I use a wide spatula to carefully lift/slide it.
6. In a small dish, combine the egg white with five drops of llinea monk fruit. Brush the egg wash onto the galette crusts. Top with sliced almonds and brush a little more egg white onto the almonds to set them.
7. Bake at 375° for 15-20 minutes, or until the crusts turn golden brown. Allow the galettes to cool for 5 minutes, then enjoy warm.

[\\*ingredients on the previous page](#)



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# keto raspberry lemon bars

## {gluten-free + dairy-free}



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yield	prep time	cook time	additional time	total time
12 bars	20 minutes	30 minutes	10 minutes	1 hour

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## INGREDIENTS

### SHORTBREAD CRUST

- 1 cup superfine almond flour
- 5 tablespoons coconut flour
- ¼ cup coconut oil, melted and cooled
- ½ teaspoon llinea™ monk fruit
- 1 teaspoon vanilla extract
- 1 egg, room temperature (pasture-raised when possible)
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt

### RASPBERRY JELLY LAYER

- 1, 6 oz. container of fresh raspberries
- 1 teaspoon llinea monk fruit
- ¼ teaspoon xanthan gum

### LEMON FILLING

- 4 eggs, room temperature (pasture-raised when possible)
- 1 egg yolk, room temperature (pasture-raised when possible)
- 1 heaping tablespoon lemon zest (1 zest 1 lemon)
- ½ cup fresh lemon juice (juice from 3-4 lemons)
- 3 ½ teaspoons llinea™ monk fruit
- 1 teaspoon vanilla extract
- ⅓ cup superfine almond flour

\*steps on the next page



# keto raspberry lemon bars (cont.)



yield	prep time	cook time	additional time	total time
12 bars	20 minutes	30 minutes	10 minutes	1 hour

## STEPS

### SHORTBREAD CRUST

1. Preheat the oven to 350°F. Cut a strip of parchment paper to line the bottom of an 8x8 or 9x9 baking pan, with overhang on two sides (similar to wings). Grease the opposite edges with coconut oil.
2. In a medium bowl, combine all of the shortbread crust ingredients. Mix until it turns into a dough that has a similar texture as cookie dough (not too crumbly but not wet and sticky either).
3. Press the dough into the bottom of the baking pan, forming an even layer. Bake for 10 minutes, then remove from the oven and allow it to cool.

### RASPBERRY JELLY LAYER

1. In a small saucepan, combine the raspberries and llinea monk fruit. Cook over medium heat for about 5 minutes, using a spoon to stir the mixture and mash the fruit as it breaks down. Once the fruit comes to a boil and all the berries are mashed, remove from heat.
2. OPTIONAL STEP: Place a fine mesh strainer over a small bowl and pour the raspberry mixture into the strainer. Press the mixture into the strainer, moving the mixture and pressing it some more to separate the seeds from the thickened juice. (You may need to scrape some of the strained mixture off the bottom of the strainer). Discard the pulp/seeds.
3. Whisk the xanthan gum into the raspberry mixture. It will thicken slightly.\* Spread the raspberry mixture onto the cooled crust to form the middle layer. Place the entire dish in the freezer for 5-10 minutes to allow the raspberry to set.

### LEMON FILLING

1. In a large bowl, whisk together the eggs, egg yolk, lemon juice, lemon zest, llinea™ monk fruit, vanilla, and almond flour. Make sure the mixture is smooth and well-combined.
2. After the 5-10 minute freeze to set the raspberry layer, remove the baking dish from the freezer. Gently pour the lemon filling on top of the raspberry layer (you can even ladle it in for a more gentle pour). Be careful not to dump the lemon filling into the dish, as too much force could lift the raspberry.
3. Bake at 350° for 18-22 minutes or until the lemon layer looks set and it's no longer jiggly in the center. Remove from the oven and allow it to cool for at least an hour at room temperature.
4. Chill the lemon bars in the refrigerator for at least 5 hours, preferably overnight.
5. \*Garnish with fresh raspberries, lemon slices, or lemon zest.

[\\*ingredients on the previous page](#)



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# keto bbq sauce



yield  
3 cups

prep time  
5 minutes

cook time  
10 minutes

total time  
15 minutes

## INGREDIENTS

- 1 tablespoon coconut oil (or sub avocado or olive oil)
- ½ cup diced onion
- 2 large garlic cloves, minced
- 2, 6 oz. cans organic tomato paste
- 2 cups filtered water
- ½ cup apple cider vinegar
- 2 ½ teaspoons llinea™ monk fruit sweetener
- 3 teaspoons liquid smoke (I use hickory)
- 2 tablespoons Worcestershire sauce (gluten-free)
- 1 teaspoon salt
- ½ teaspoon ground pepper
- 2 teaspoons smoked paprika
- ½ chili powder
- ½ teaspoon cumin
- ½ teaspoon ground turmeric
- ¼ teaspoon ground cayenne pepper (optional)

\*steps on the next page



# keto bbq sauce (cont.)



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yield	prep time	cook time	total time
3 cups	5 minutes	10 minutes	15 minutes

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## STEPS

1. Heat the oil in a saucepan over medium heat for about 1 minute. Add the diced onion and sauté for 3-4 minutes or until they soften. Stir in the minced garlic and cook for 30 more seconds.
2. Add the liquid ingredients, whisking well after each addition.
3. Whisk in all of the spices. Taste and adjust, if needed (more liquid smoke/cumin/smoked paprika for smokiness; more monk fruit for sweetness; more chili powder/cayenne for heat).
4. Bring the sauce to a boil, whisking often. Reduce the heat to low, then let it simmer for about 5 minutes. Remove from heat and let it cool for a couple of minutes.
5. Carefully transfer the sauce to a blender and blend for 1 minute or until the sauce is smooth. (Do not close the small cap on the lid. Keep it propped open slightly and place a towel on top while blending to prevent the sauce from splashing and to allow steam to vent out. This is important because blending hot liquids causes pressure to form inside the blender).
6. Transfer the sauce into jars (or other storage containers) to cool completely. Store the cooled keto BBQ sauce in the refrigerator for up to two weeks.

\*ingredients on the previous page



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# keto ketchup



yield  
3 cups

cook time  
5 minutes

prep time  
NA

total time  
5 minutes

## INGREDIENTS

- 1 6-oz. can organic tomato paste
- 6 oz. filtered water (fill up the empty can)
- 1/2 teaspoon llinea™ monk fruit
- 1/2 teaspoon sea salt
- 1/4 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 2 tablespoons white vinegar



## STEPS

1. In a small saucepan, combine all of the ketchup ingredients. Whisk together until smooth.
2. Heat the mixture for about five minutes over medium heat, then remove from heat and allow it to cool.
3. Taste and adjust, if needed. More llinea™ monk fruit for sweetness, more white vinegar for sour, etc.
4. Store in a jar or air-tight container in the fridge for up to 10 days.



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# low-carb strawberry rhubarb chia jam



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yield	prep time	cook time	total time
2 cups	5 minutes	10 minutes	15 minutes

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## INGREDIENTS

- 2 cups rhubarb stalk, chopped
- 2 cups strawberries, quartered
- 1 ½ teaspoons [llinea™ monk fruit](#) (adjust to taste)
- 2 teaspoons lemon juice
- 2 tablespoons chia seeds

## STEPS

1. In a medium saucepan, add the chopped strawberries, chopped rhubarb, llinea monk fruit, and lemon juice. Toss the mixture to combine.
2. Heat over medium heat for about 5 minutes, stirring occasionally. The fruit will begin to break down. You can use your spoon or a fork to mash the strawberries, helping it break down faster.
3. Stir in the chia seeds and continue cooking the jam for another five minutes or so, until all the fruit has broken down and the jam has thickened.
4. Remove from heat and let the jam cool for a couple of minutes before transferring it into a glass jar or other type of storage container.
5. Chill the jam in the fridge before serving.



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