

1. Keto-three-colored-skewer stick



Ingredients:

egg, green pepper, button mushroom, onion, tomato, mayonnaise, olive oil

Recipe:

Mix mashed egg and chopped vegetable to build a ball shape.

Stick button mushroom, green pepper, onion to the skewer with the ball.

Blend tomato and olive oil

2. Keto-dim-sum



Ingredients:

chicken, cabbage, carrot, mayonnaise, butter, peanut, olive oil

Recipe:

Stir-fry chopped chicken and carrot.

Build dim sum shape with cabbage.

Mix olive oil, mayonnaise, butter, chopped peanut for sauce

3. Keto-Sausage-roll



Ingredients:

sausage, egg, cucumber, tomato, milk, olive oil

Recipe:

Roll sausage, cucumber with thin julienned cooked egg.

Stick the roll to skewer.

Blend tomato, olive oil and milk.

4. Keto-cheese stick



Ingredients:

tofu, cheese, tomato, butter, olive oil

Recipe:

Build stick shape with mashed butter and drained tofu.

Stuff the stick with cheese.

Deep-fry the stick.

Blend together tomato, olive oil and butter.