

Andrea's Low Carb Cinco de Mayo

Super Simple Queso

Ingredients:

- 4 oz monterey jack(shredded)
- 4 oz white cheddar(shredded)
- 1/4 cup Heavy Whipping Cream
- 1 tbsp Butter
- 1/2 tsp minced garlic
- 2 tbsp chopped jalapeños(jarred)
- 1/4 tsp xanthan Gum
- 1/4 tsp Pink Himalayan Salt
- 3 oz chorizo (optional)

Instructions

Optional: If you are using chorizo, cook it in the skillet first and remove once fully cooked. Drain most of the excess grease. If you aren't using chorizo omit this step.

If you bought the cheese in blocks, shred 4 oz of each and set aside.

Add butter and garlic to a medium-low heat skillet and mix until fragrant - about 15-20 seconds (don't let the garlic burn).

Add heavy whipping cream and combine.

Slowly add in the monterey jack and white cheddar cheese while combining and ensuring the cheese melts until you add more.

Allow it to heat through and combine as you continue to mix for a couple minutes.

Add in salt and xanthan gum and combine. Mixture will thicken slightly.

Dice jarred jalapeños and toss into cheese and combine.

TIP: let it heat through until it's fully combined and resembles a queso dip - you'll know when it's done! No longer than 10 minutes at this point.

OPTIONAL: At this point you can add the chorizo back in along with diced tomatoes if you opt to use it.

Mexican Taco Skillet

INGREDIENTS:

- 1 pound ground beef**
- 1/2 white onion, diced**
- 1/2 bell pepper, diced**
- 1 (4oz) can green chilis**
- 3 tablespoons taco seasoning**
- 2 roma tomatoes, seeded and diced or small can diced tomatoes**
- 12 ounces cauliflower rice**
- 1 cup shredded Cheddar and Monterey Jack Cheeses**

Toppings:

- 1 avocado, diced**
- Sliced jalapeño**
- Sour cream**
- Cilantro**

INSTRUCTIONS

Heat the oil in a large cast iron skillet over medium high heat. Once hot add in the beef and cook while crumbling with a wooden spoon until it starts to brown. Add in the onion, bell pepper, and taco seasoning and cook 3 minutes or until the onion and pepper starts to soften.

Stir in the green chiles and tomatoes along with the cauliflower rice. Cook 5-7 minutes until most of the moisture has evaporated.

Sprinkle with cheese and cover just until melted, about 2 minutes. Top with desired toppings and serve.

No Bake Key Lime Pie

Ingredients

Crust:

3/4 cup plus 2 tablespoons almond flour

1/2 teaspoon cinnamon

1 1/2 tablespoons low carb sweetener or Natvia

4 tablespoons unsalted butter melted

Stabilized whipped cream:

1 teaspoon grass-fed gelatin

4 teaspoons cold water

1 cup heavy whipping cream

2 tablespoons low carb sweetener powdered

Filling:

12 ounces cream cheese softened

1/4 cup low carb sweetener

1/2 teaspoon vanilla extract

zest of 2 key limes

juice from 4 key limes about 3 tablespoon

Instructions:

Crust:

In a small bowl, combine the almond flour, cinnamon, and Natvia sweetener.

Add melted butter then divide between eight 4 ounce jars or dessert cups.

Press down to form a crust at bottom of each cup.

Stabilized Whipped Cream:

In a small pan, combine gelatin and cold water; let stand to soften gelatin.

Place over low heat, stirring constantly, just until the gelatin dissolves.

Remove from heat; cool slightly at room temperature (do not allow it to set).

Whip the cream with the icing sugar, until slightly thick.

While slowly beating, stream in the gelatin liquid to whipping cream.

Whip at high speed until stiff. Set aside.

Filling:

In medium bowl, blend all filling ingredients with an electric mixer until well combined.

Fold in half of the stabilized whipped cream.

Pipe or spoon filling over crust in each jar, dividing evenly between the cups.

Top off each jar with the remaining whipped cream.

Decorate with additional lime zest and slices if desired.