



KETO DIPS, DRESSINGS AND DECADENCE

MISSION STATEMENT

The Charlie Foundation for Ketogenic Therapies was founded in 1994 to provide information about diet therapies for people with epilepsy, other neurological disorders and select cancers. Charlie Abrahams continues to be the inspiration for the foundation. He's been seizure-free for 20 years proving that Epilepsy can be cured through Ketogenic Therapy.



MANIFESTO

Behind the scenes at the Charlie Foundation are frequent discussions about recipes.

In fact, recipes receive more traffic on our website than any other topic. Good recipes are essential to any ketogenic diet therapy - taste should not be compromised. Fortunately, fat, the main macro in ketogenic diets, supplies us with a unique taste and mouthfeel over its partners, protein and carbohydrate. We've harnessed this notion by designing a variety of recipes that highlight bold tastes and textures in high-fat meal accompaniments. Venture into a combination of foods that you've never tried before. If your taste buds are asking for a tangy kick try Tzatziki sauce over cooked meat or poultry. Drizzle our Dijon Mustard Dressing over scrambled eggs. If you love the combination of umami (savory) and tart, pour our Lime Cream sauce over meat or poultry with chopped lettuce. Looking for a new creamy comfort food? Eat one of our hummus recipes with a spoon or spread over celery or Almond Crackers, an old recipe of ours. So go on and explore! There are no rules when it comes to combining these dips and dressings with other food to make tasty keto meals. Afterward, enjoy some decadence! My all-time favorite are the chocolates. Make a big batch of these then hide them in the freezer in an old container that no one will pay attention to!

B E T H Z U P E C - K A N I A A N D T H E C R E A T I V E T E A M :

Jim Abrahams (Supervisor and provider of comic relief)

Derek Chase (Design)

Dawn Marie Martenz (Recipe consultant)

Megan Harmon (Apprentice sous chef)

Shaughn and John (Photography and Art Direction)

Jen Sisco (Design)

Note: for our Ketodietcalculator™ users, you'll find these recipes listed as food items in the Fat category and a soon to be released Ketodietcalculator™ Cookbook.



DIPS

LIME CREAM SAUCE



Serving - 1 Tablespoon (14gm) 62 Calories Ratio: 10:1

Pro – 0.3 gm

Fat – 6.5 gm

Carb – 0.3 gm

Ingredients

- 1 cup (240gm) homemade avocado mayonnaise
- 1 cup (240gm) sour cream (not low-fat)
- 2 Tablespoons (30gm) lime Juice (fresh or bottled)
- 1 teaspoon (3gm) lime zest
- a pinch of sea salt

Directions

Mix ingredients together in a container with a tight-fitting lid.
Store in refrigerator and use within the expiration date of the sour cream.

HOLLANDAISE SAUCE



Serving - 1 Tablespoon (14gm) 72 Calories Ratio: 7.6:1

Pro - 0.7 gm

Fat – 7.5 gm

Carb – 0.3 gm

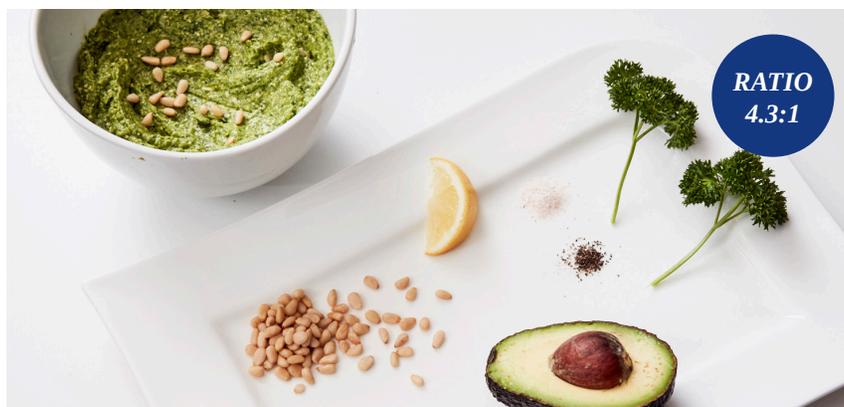
Ingredients

- 3 egg yolks (50 gm)
- 2 Tablespoons (30gm) lemon juice (fresh or bottled)
- 1/8th teaspoon sea salt
- a pinch of cayenne pepper (optional)
- ½ cup (120gm) butter

Directions

1. Place all ingredients except the butter in a blender cup or use an immersion blender and a deep bowl. Blend for a few seconds to mix thoroughly.
2. Melt butter in a small sauce pan to bubbling stage, do not brown. Let butter cool for 1 minute then pour hot butter over the egg mixture and blend until thickened.

CREAMY AVOCADO PESTO



Serving – 2 Tablespoons (28gm) 73 Calories Ratio: 4.3:1

Pro – 0.8 gm

Fat – 7 gm

Carb – 0.8 gm

Fiber – 1.6

Ingredients

2 medium (260 gm) avocados
1 cup (60gm) chopped fresh flat leaf parsley
3 Tablespoons (42 gm) avocado oil
4 Tablespoons (56 gm) (pine nuts)
2 Tablespoons (30gm) lemon juice – fresh
Pinch of salt and pepper

Directions

Blend all ingredients except for avocado oil until creamy.
Add avocado oil then blend well.

Serve over spiralized raw zucchini

TZATZIKI SAUCE



Serving – 1 Tablespoon (14gm) 26 Calories Ratio: 2:1

Pro – 0.3 gm

Fat – 2.4 gm

Carb – 0.9 gm

Ingredients

1 cup (133 gm) grated cucumber
1 cup (240 gm) sour cream (not low-fat)
2 cloves (6gm) garlic – minced
1 Tablespoon (8 gm) dill weed
1 Tablespoon (15g m) fresh lemon juice
2 Tablespoons (30gm) avocado oil
Pinch of sea salt

Directions

Mix everything together and store in the refrigerator for 30 minutes or longer before serving. Use within a few days. Serve over salad and ground meat or poultry.

CAULIFLOWER HUMMUS



Serving – 1 Tablespoon (14gm) 41 Calories Ratio: 2:1

Pro – 1 gm

Fat – 3.7 gm

Carb – 0.75 gm

Fiber – 0.25

Ingredients

- 1 small head (440gm) cauliflower
- 1 clove (3gm) garlic
- 1/3 cup (163 gm) tahini
- 1 Tablespoon (15 gm) fresh lemon juice
- ¼ cup Tablespoons (56gm) avocado oil
- Pinch of sea salt

Directions

1. Break the cauliflower into small pieces and toss with the olive oil. Place on roasting pan and bake at 375 F for 40 minutes, tossing after 20 minutes to evenly bake. Allow to cool.
2. Combine roasted cauliflower and remaining ingredients in a blender and blend until smooth.

MACADAMIA NUT HUMMUS



Serving – 1 Tablespoon (14gm) 98 Calories Ratio: 2.2:1

Pro – 1.3 gm

Fat – 10 gm

Carb – 0.9 gm

Ingredients

- 125gm Macadamia nuts - roasted
- 30gm Tahini, Athina Greek 100% ground sesame seeds
- 15gm olive oil
- 9gm Lemon juice
- 2gm garlic - raw

Directions

1. Grind macadamia nuts in a blender until finely chopped.
2. Add remaining ingredients and blend until desired smoothness.
3. Weigh out desired portions. Refrigerate up to 2 weeks.

OLIVE, BASIL AND ALMOND TAPENADE



Serving - 1 Tablespoon (14gm) 56 Calories Ratio: 7:1

Pro - 0.5 gm

Fat - 6 gm

Carb - 0.3 gm

Fiber - 0.5

Ingredients

2 cup (224 gm) pitted green olives

½ cup (72 gm) raw almonds - chopped

1 small clove (1gm) garlic

1 Tablespoon (15 gm) lemon juice

1 Tablespoon (5 gm) capers – rinsed and squeezed dry

½ cup packed (8gm) basil leaves

½ cup (112 gm) extra-virgin olive oil

Directions

1. Place the olives, almonds, garlic, lemon juice and capers in a food processor.
2. Coarsely chop the basil then add to the processor and pulse a few times.
3. Add the olive oil and a pinch of salt. Pulse a few times until mixture forms a paste but still has texture.
4. Transfer to a bowl. Cover and refrigerate until ready to serve.



DRESSINGS

HERBED VINAIGRETTE



RATIO
34:1

Serving - 1 Tablespoon (14gm)

60 Calories Ratio: 34:1

Pro - 0 gm

Fat - 6.5 gm

Carb - 0.15 gm

Ingredients

¼ cup (60 gm) Wine vinegar

1/2 cup (112gm) olive oil

1 clove (3 gm) garlic

1gm Oregano

pinch of sea salt

Directions

Place ingredients in a jar with a tight fitting cover and shake well before serving.

LEMONY BALSAMIC VINAIGRETTE



RATIO
7:1

Serving - 1 Tablespoon (14gm)

65 Calories Ratio: 7:1

Pro - 0.1 gm

Fat - 13 gm

Carb - 1.0 gm

Ingredients

2 Tablespoons (30 gm) balsamic vinegar

2 Tablespoons (30 gm) lemon juice – fresh

¼ cup (56 gm) extra virgin olive oil

½ teaspoon (0.7gm) sea salt

¼ teaspoon (0.5 gm) black pepper – freshly ground

Directions

Place ingredients in a jar with a tight fitting cover and shake well before serving.

DIJON MUSTARD DRESSING



RATIO
21:1

Serving - 1 Tablespoon (14gm) 94 Calories Ratio: 21:1

Pro - 0.2 gm

Fat -10.3 gm

Carb - 0.3 gm

Ingredients

1 Tablespoon (14gm) Dijon

2 Tablespoons (30 gm) lemon juice - fresh

1/2 cup (120 gm) extra virgin olive oil

½ teaspoon (0.7gm) sea salt

¼ teaspoon (0.5 gm) black pepper - freshly ground

Directions

Place ingredients in a jar with a tight fitting cover and shake well before serving.



DECADENCE

CHOCOLATES



Serving 1 Tablespoon – 88 Calories Ratio: 3:1

Pro - 0.6 gm

Fat – 8.5 gm

Carb – 2.3 gm

Fiber 1 gm

Ingredients

½ cup (120 gm) coconut oil – melted

½ cup (48 gm) cocoa powder – Ghirardelli

40gm Dates, Medjool – pitted

Directions

1. Remove the pit and thin skin of the dates then press through a garlic press or mash well – then weigh.
2. Blend dates into the oil then add the cocoa powder and blend thoroughly with an immersion blender or in a blender cup. Pour into silicone molds or form a mold out of foil.
3. Refrigerate until firm.

COCONUT MANNA TRUFFLES



Serving 1 Tablespoon – 95 Calories Ratio: 4.5:1

Pro - 1 gm

Fat – 9.6 gm

Carb – 1gm

Fiber gm - 2

Ingredient

Coconut manna - Nutiva

Directions

Soften coconut manna by placing the jar on a mug warmer for 2-3 hours, stirring occasionally or scoop manna out of jar and place in a sealed container in boiled water. Pour manna into candy molds and refrigerate until hardened.

MARSHMALLOWS

Makes 16 Marshmallows

Serving: 1 Marshmallow – 63 Calories each Ratio 1.46:1

Pro – 2.7gm

Fat – 5.4gm

Carb 1.0gm

Ingredients

4 large egg whites (120 gm) OR 16 grams dried egg whites (reconstitute following packaging directions)

1 cup (238 gm) heavy cream

4 packets or 3 Tablespoons (29 gm) unflavored gelatin powder

1 Tablespoon (8gm) arrowroot flour

3 teaspoons or 4 packets (14gm) Truvia

1 teaspoon (5gm) pure vanilla extract

pinch of salt

Directions

1. Prepare a 9x9 inch glass baking dish by lining the bottom with parchment paper. The sides do not have to be lined.
2. Place the egg whites into a large glass or metal mixing bowl and whip on high speed until they have formed stiff peaks. Set the egg whites aside.
3. In a cold pot, whisk together the heavy cream, gelatin, Truvia, arrowroot powder, and salt. Set the pot over medium low heat. Gently heat until the gelatin has dissolved. The mixture will be very thick and sticky.
4. Mix the gelatin mixture into the egg whites by pouring a very slow steady stream of gelatin mixture into the egg whites. While you are pouring the mixture, run the mixer on low speed to incorporate the gelatin into the eggs. Scrape the sides of the bowl once and mix again. The egg mixture should be thick and shiny.
5. Pour the egg mixture into the glass baking dish and refrigerate until firm, about 2 hours. Using a sharp knife, slice the marshmallow into 16 squares. Separate the marshmallows and store in an airtight container in the refrigerator.



Tips:

Use pasteurized eggs in the shell or dried egg whites to make this recipe since the egg whites will be eaten raw. Fresh pasteurized eggs may take longer to whip into stiff peaks. Use a metal or glass bowl that is completely clean and dry. Any fat on the bowl or mixer will prevent the whites from whipping. Allow the eggs to come to room temperature in the shell before whipping. Use a stand mixer or an electric hand mixer. The process could take up to 10 minutes.