



# BEST KETO SNACKS

*Satisfy Your Hunger While Staying On Track*





# Welcome!

## **How did "Moscatomom" become Keto?**

Hi! I'm Lynsey, the blogger behind Moscatomom. I began my blog on a whim back in 2011 to have a fun hobby... never imagining it would turn into what it is today. When a friend challenged me to a round of Whole30 back in 2014, my life and my blog were forever changed.

After discovering just how much my food choices were affecting how I felt - *and looked!* - I began a wellness journey that eventually led me to Keto and Intermittent Fasting.

I am now 35 pounds down and feeling the best I ever have in my own skin. I feel like my success with Keto has been largely because I have kept it very simple – with almost every recipe only needing a few tasty ingredients. When a meal or lifestyle is too complicated, it makes it too easy to quit! So I have kept my meals simple and delicious, and had great success, and even gotten my family on board as well!

Over the past few years, the keto diet plan has become quite popular. This diet has helped many people – myself included – lose weight quickly and feel more confident as well as help numerous ailments and illnesses. With that being said, there are some things you should know before you get started with the keto diet.

A keto diet is simple in theory, you basically eat low carbs, high fat, and moderate protein amount each day. Generally, you want your diet to consist of 75-80% fat, 15-20% protein, and 5% carbs. There are some great keto macro calculators out there, but from my experience, you may need to tweak your numbers to find what works best for your body and lifestyle.

The basic theory of the Ketogenic Diet is that by restricting carbohydrates your body must burn fat for fuel – a process called ketosis. With a typical diet where you are eating carbs and fats your body will burn the carbs first and store the fat. By taking the carbs out of your diet, your body will go directly to burning fat – both from what is on your plate... and what is on your body.

Let's Connect!



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Find all of my favorite  
keto friendly recipes at  
[Moscatomom.com](https://www.Moscatomom.com)



**\*Warning – unpopular opinion ahead.**

My first experience with starting with keto was not a good one. I calculated my macros and spent every day trying to perfectly achieve each number – going so far as to eat straight coconut oil in order to hit the super high fat recommendation. I spent several weeks lethargic, unable to venture far from a bathroom, and gained weight.

It was not until I heard someone explain “Protein is a GOAL, Carbs are a LIMIT, and Fat is a LEVER” that I was able to succeed. I changed my diet to make sure I was staying under 20g carbs and hitting my protein and only added fat when I actually felt hungry. The results were... well, fantastic.

Here are some of my favorite Keto Friendly Snacks that have become a staple in my household – all made with a few simple ingredients you probably already have on hand!

\*\*\*It is important to note that for these macros to be exact, you need to have used the exact ingredients and measurements that I did. As a general rule, I suggest that you always calculate your exact macros by scanning your own ingredients as you add them to your recipe. My most favorite app for calculating macros is CarbManager, but there are several available on the market today.

You can find more great recipes on my blog – [MoscatoMom.com](http://MoscatoMom.com) – and be sure to also connect with me on Instagram @lynsey.kmetz where I share my life daily - including everything I eat!

I hope you love these recipes as much as my family and I do and I wish you the best of luck on your Keto journey!

All the best,  
Lynsey

# 3 Steps

to make the perfect meal every time!

- ✓ Choose a high quality protein like eggs or chicken
- ✓ Pair it with 1-2 low carb, cruciferous vegetables
- ✓ Top with a healthy fat like real butter, avocado oil or full fat dressing to keep you full

By using this simple formula for every meal, you can stay on track while keeping your keto lifestyle very simple.

**My biggest tip for Keto:** *Do not make it harder than it needs to be!*

Simple, delicious meals and snacks that leave you feeling satisfied will ultimately lead to success!

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# Air Fryer Chicken Nuggets



**Serves**  
3 PERSONS



**Cooking**  
10 MINUTES



**Prep**  
5 MINUTES



**Ready in**  
15 MINUTES



## INGREDIENTS

- 1 lb ground chicken
- 1 cup grated parmesan cheese, divided
- 1 egg
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 cup ground pork rinds
- 1 tablespoon paprika
- 1 teaspoon chili powder
- ½ tablespoon garlic powder

## MACROS

Cal	Fat	Carb	Pro
594	14g	5g	11g

## INSTRUCTIONS

- In a mixing bowl, mix together ground chicken, ½ cup grated parmesan cheese, egg, salt, and pepper.
- In a shallow bowl, mix together remaining ingredients well.
- Scoop a Tablespoon of chicken mixture and form into a flattened nugget.
- Coat chicken with breading mixture and place in air fryer.
- Cook at 375\* for 10 minutes. Check to make sure chicken is cooked through.
- Serve with your favorite dipping sauces!

# Boiled Egg Sliders



**Serves**  
6 SERVINGS



**Cooking**  
10 MINUTES



**Prep**  
10 MINUTES



**Ready in**  
20 MINUTES

## Ingredients

- 6 hard boiled eggs peeled
- 6 Thin slices of cheddar cheese
- 3 Slices of cooked bacon
- ½ Avocado
- ½ teaspoon Lime juice
- ½ teaspoon cumin

## MACROS

Cal	Fat	Carb	Pro
237	18g	3g	15g

## Notes

For perfectly boiled eggs every time, use an Egg Cooker or put a tablespoon of baking powder into your boiling water.



## Instructions

- Place ½ of an avocado into a food processor.
- Add in lime juice and cumin. Blend until smooth. Add salt to taste.
- Slice each hard boiled egg in half lengthwise.
- Place one slice of thin cut cheddar cheese on the bottom half of the egg.
- Top with ½ a slice of cooked bacon.
- Place a dollop of the avocado mixture on top of the bacon.
- Put the other half of the egg face down on top to create a little sandwich. Secure the egg bite with a toothpick inserted down the center.
- Repeat steps 4-7 with the remaining eggs.
- Top each egg bite with salt and pepper to taste, and serve.



# NUT-FREE SAUSAGE BALLS

*These **Cheesy Keto Sausage Balls** are a crowd favorite. Made without any nut flours, these low carb sausage balls have tons of flavor with only 1 carb per ball!*

## INGREDIENTS

- 1 pkg breakfast sausage
- 1 cup sharp cheddar, shredded
- 1 cup mild cheddar, shredded
- ½ cup grated parmesan
- 1 egg

## MACROS

Cal	Fat	Carb	Pro
53	4g	1g	3g



**Serves**  
24 SERVINGS



**Cooking**  
15 MINUTES



**Prep**  
10 MINUTES



**Ready in**  
25 MINUTES

## INSTRUCTIONS

- Preheat oven to 350\*
- Using your hands, mix all ingredients together in a large bowl.
- Using a spoon, scoop out mixture and roll in to 1" balls.
- Place on a parchment paper or foiled cookie sheet about 1" apart.
- Bake at 350\* for about 15 minutes or until done throughout. Tops will start to brown and look dry.

## NOTE

*The cheddar cheese will pool on the cookie sheet - and that is perfectly fine! Simply remove it with your fingers or a fork for perfectly round little sausage balls!*



# Two Ingredient Cheese Crisps



**Serves**  
6 SERVINGS



**Cooking**  
20 MINUTES



**Prep**  
2 MINUTES



**Ready in**  
22 MINUTES

## Ingredients

- 1 cup shredded cheese of choice
- 2 egg whites only

## MACROS

Cal	Fat	Carb	Pro
82	6g	1g	6g

## Instructions:

- Preheat oven to 400.
- In a small mixing bowl, combine the egg whites, cheddar, and any herbs or spices you chose.
- Grease a 24 slot mini muffin pan and drop very small portions of the cheese mixture into the muffin tins.
- Spread it around getting it as thin as you can for optimal crispiness.
- Bake for 10-20 minutes, or until browned to your liking.
- Allow to cool before serving.

# PATRIOTIC CHEESE TRAY

This fun and festive Patriotic Cheese Tray is as cute as it is delicious. Great for all patriotic holidays or just to celebrate summer!

## MACROS

Cal	Fat	Carb	Pro
89	6g	3g	6g



## INGREDIENTS

- 1 Carton Cherry Tomatoes
- 1 Package Pre-sliced Havarti Cheese
- 3 Thinly Sliced Red Bell Peppers
- 1 Pre-sliced Mozzarella
- 1 Bag Pre-sliced Pepperoni
- 1 Package Pre-sliced White Cheddar Cheese
- 1 Carton Raspberries
- 1 Bag Blanched Almonds
- 1 Bag Macadamia Nuts
- 1 Carton Blueberries
- 2 Provolone Cheese Slices cut into stars
- 1 Large Pepperoni Meat Stick

## INSTRUCTIONS

- Starting at the bottom of your 9x13 dish, begin layering red and white ingredients - using the pepperoni meat stick to help hold each layer in place.
- When halfway to the top, fill the top left corner with blueberries - using your hand to hold into place.
- Continue layering the right side with red and white snacks until the entire tray is full.
- Using star cookie cutters, cut stars out of cheese and place on top of blueberries.
- Once finished, slice the meat stick and use the slices as one of the red layers.



**Serves**  
12 SERVINGS



**Cooking**  
0 MINUTES



**Prep**  
20 MINUTES



**Ready in**  
20 MINUTES

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# French Toast Bites

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## Ingredients

- 8 oz cream cheese, softened
- 8 large eggs
- 2 tablespoon butter, melted
- 1 tablespoon Pyure Stevia Blend
- 1 teaspoon ground cinnamon
- ½ teaspoon nutmeg
- 8 slices precooked bacon
- 1 cup fresh blueberries

These Keto Breakfast Bites have a bit of sweet and a bit of savory in every bite.

They are the perfect Keto Breakfast Appetizer perfect for staying on track!

## MACROS

Cal	Fat	Carb	Pro
87	7g	2g	4g

## Instructions

- In a large bowl, blend together cream cheese, eggs, butter, sweetener, cinnamon, and nutmeg.
- Pour into small muffin tins - about half full. Egg loaf will rise significantly but will settle as it cools.
- Bake for 8-12 minutes depending on the size of the muffin tin. Egg Loaf is done when top begins to brown and edges pull away from the tin.
- Break bacon into 1-inch pieces and use a toothpick or appetizer skewer to assemble a breakfast bite.
- Serve with warm sugar-free syrup for dipping!



**Serves**  
24 SERVINGS



**Cooking**  
10 MINUTES



**Prep**  
10 MINUTES



**Ready in**  
20 MINUTES



# PIZZA CHIPS



**Serves**  
2 SERVINGS



**Cooking**  
10 MINUTES



**Prep**  
5 MINUTES



**Ready in**  
15 MINUTES

## INGREDIENTS

- 14 Pepperoni, (one ounce)
- 1/8 cup Fresh Grated Parmesan
- 1/4 cup Shredded Mozzarella cheese
- 1 teaspoon Italian seasoning

## MACROS

Cal	Fat	Carb	Pro
130	10g	2g	7g

*For best results, use a silicon muffin tray.*

## INSTRUCTIONS

- Preheat oven to 400°F.
- Blot some of the excess oil off the pepperoni, there will still be plenty left.
- Place 1 pepperoni in the bottom of a muffin tin or on a parchment-lined baking sheet.
- Sprinkle with shredded mozzarella cheese, grated parmesan, and a tiny bit of Italian seasoning.
- Bake for 8-10 minutes.
- Remove from oven and allow to cool until crispy.
- Take a paper towel and blot off the excess oil on both sides.
- Serve with marinara or ranch for dipping.

# Pigs in a Blanket



**Serves**  
10 SERVINGS



**Cooking**  
15 MINUTES



**Prep**  
45 MINUTES



**Ready in**  
60 MINUTES

## INGREDIENTS

- 1 package cream cheese, softened and cubed
- 2 cups shredded mozzarella
- 2 eggs
- 2 cups almond flour
- 2 packages Hillshire Farms Little Smokies

## MACROS

Cal	Fat	Carb	Pro
229	19g	7g	11g

## INSTRUCTIONS

- In a large bowl combine cream cheese and mozzarella, microwaving in increments of 30 seconds until well combined.
- Add in almond flour while the mixture is still warm and mix well.
- Add in eggs and mix until a dough forms – adding more almond flour if needed. (may vary depending on the size of eggs)
- Pour the dough on top parchment paper and cover with a second piece of parchment paper. Roll out to approximately ¼ inch thick.
- Refrigerate dough for about 30 minutes or freeze for 10. Remove and slice into thin strips.
- Wrap each strip around a sausage and place on a parchment paper-lined cookie sheet at least ½ inch apart.
- Bake at 350\* for 15-18 minutes or until tops are beginning to brown.
- Let cool before removing from the cookie sheet.

# Crunchy Fried Pickles

## MACROS

Cal	Fat	Carb	Pro
38	3g	3g	2g

## INGREDIENTS

- 16 oz dill pickle chips
- ¼ cup blanched almond flour
- 1 teaspoon garlic powder
- 2 teaspoon paprika
- ½ teaspoon salt
- 1 egg, whisked
- Avocado oil, for frying

## INSTRUCTIONS:

- Drain all juice from pickle jar and place pickle chips on paper towels. Blot with additional paper towels until pickles are dry to the touch.
- In a shallow bowl whisk egg well.
- In a second shallow bowl, mix almond flour, garlic powder, paprika, and salt.
- In a skillet, heat oil to medium high heat.
- Using tongs, dredge dry pickle chips through egg and coat with almond flour mixture and place into hot oil. Let fry 1-2 minutes and then flip over.
- Once both sides are browned, remove fried pickles and place on dry paper towels.
- Serve hot with your favorite Keto Dipping Sauce.



**Serves**  
8 SERVINGS



**Cooking**  
5 MINUTES



**Prep**  
5 MINUTES



**Ready in**  
10 MINUTES

# THANK YOU!

Find over 200 more Keto Recipes  
at [www.MoscatoMom.com](http://www.MoscatoMom.com)

