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HALLOWEEN RECIPES

& FALL FAVORITES



HALLOWEEN RECIPES

Hey everyone!

I am so excited for you to try all of my favorite fall recipes! These are great to have anytime or serve for your friends and family at your next Halloween party.

In this cookbook you will find both keto recipes and good ol' fashion healthy recipes. These are sure to be a hit in your household just as they are in mine!

Enjoy!

Your friend,
Drew Manning

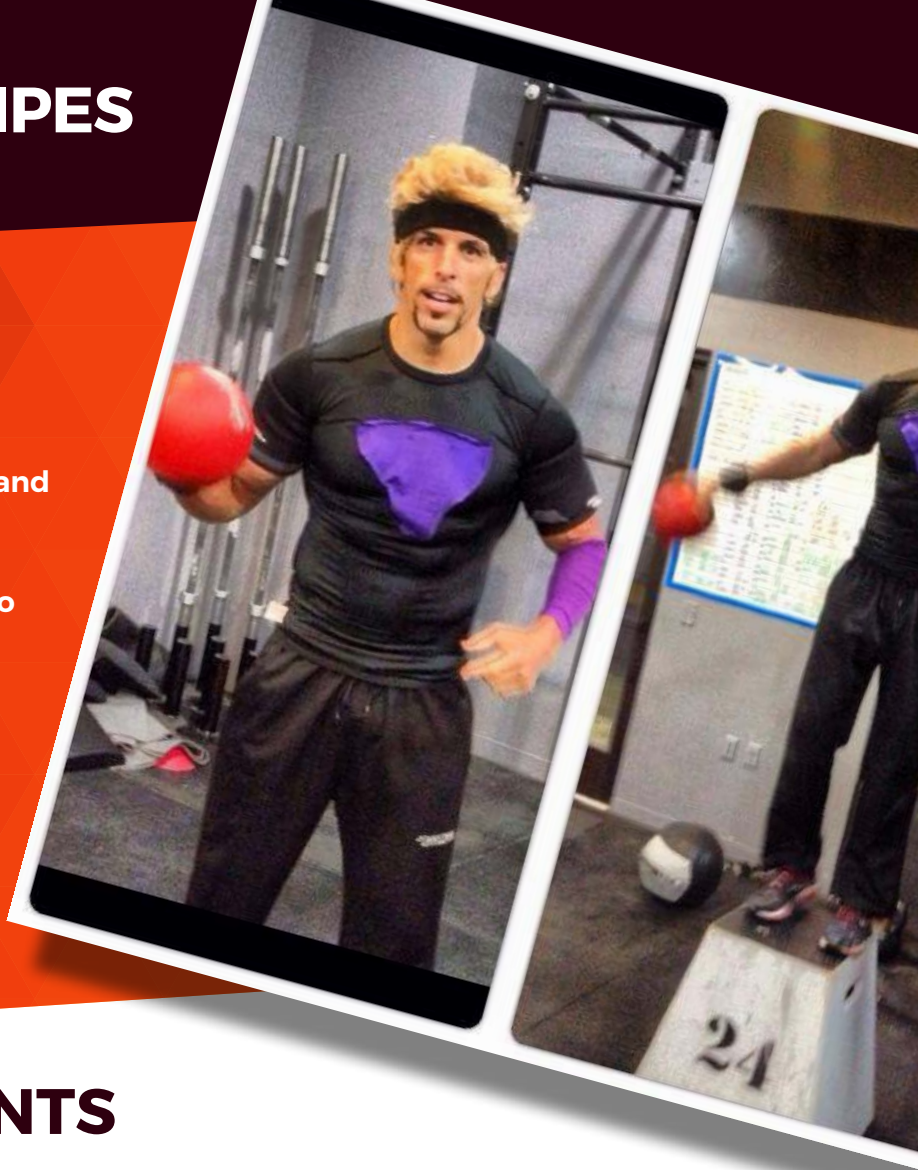


TABLE OF CONTENTS

KETO RECIPES

Drinks

Keto Pumpkin Spice Latte.....	2
Bullet Proof Hot Chocolate.....	3
Skinny Apple Spritzer.....	4

Appetizers & Finger Foods

Keto Deviled Eggs.....	5
Jalapeño Poppers.....	6
Zucchini Spider Pizzas.....	7

Main Dishes

Keto Pumpkin Pancakes.....	8
Keto Shredded Smoked Pork Salad.....	9
Keto Stuffed Peppers.....	10

Desserts

Keto Ghosts in Graveyard.....	11
Keto Pumpkin Fluff.....	12
Peanut Butter Cup Fat Bombs.....	13

NON-KETO RECIPES

Drinks

Pumpkin Spice Latte.....	14
Blackberry Mojito.....	15
Witches Potion Float.....	16

Appetizers & Finger Foods

Muddy Buddies.....	17
Pumpkin Spice Fruit Dip.....	18
Spinach Veggie Dip.....	19

Main Dishes

Pumpkin Protein Pancakes.....	20
Butternut Squash Chili.....	21
BBQ Pork Sliders.....	22

Desserts

Slow Cooker Apple Crisp.....	23
Pumpkin Pudding Trifle.....	24
Pumpkin Chocolate Chip Cookies.....	25

Keto Pumpkin Spice Latte

Ingredients:

1 cup brewed coffee
¼ cup heavy whipping cream
¼ cup unsweetened almond milk
½ tbs. grass fed butter
1 tbs. pumpkin puree
¼ tsp. pumpkin pie spice
¼ tsp. vanilla extract
Stevia or xylitol, to taste
Dash cinnamon

Instructions:

- Combine almond milk, heavy cream, pumpkin puree, butter, and stevia in a small pot over medium heat. Heat until warm, careful not to boil.
- Remove from heat and pour into large mug with brewed coffee, add spices and vanilla. Blend with milk frother until well combined. (you may also blend in a blender.) Enjoy!

Makes 1 serving

Nutrition Information: 270 calories, 28g fat, 3g carbs, 2g protein



Bullet Proof Hot Chocolate

Ingredients:

¾ cup unsweetened almond milk
¼ cup heavy whipping cream
½ tbs. grass fed butter
½ tbs. coconut oil
½ tbs. unsweetened cocoa powder
Stevia or xylitol, to taste
Dash cinnamon

Instructions:

- Combine all ingredients in a sauce pan until warm and mixed well. Once warm, place hot chocolate into a blender and mix until frothy. Enjoy immediately!

Makes 1 serving

Nutrition Information: 241 calories, 26g fat, 1g protein, 3g carbs



Skinny Apple Spritzer

Ingredients

1 cup Sprite Zero
1 shot Crown Apple

Instructions

- In a shaker combine Sprite, crown, and ice. Shake until well combine, serve immediately.

Makes 1 serving

Nutrition Information: 103 calories, 0g fat, 4g carbs, 0g protein



Keto Deviled Eggs

Ingredients:

12 hard-boiled eggs, cut in half
1 medium avocado, mashed
2 slices bacon, cooked and crumbled
2 tbs. avocado oil mayo
2 tsp. lime juice
½ tsp. garlic powder
½ tsp. onion powder
sea salt & pepper, to taste
paprika, for garnish

Instructions:

- Place egg yolks in a medium size bowl and mash with a fork.
- Add avocado, mayo, lime juice, and seasonings to the egg yolks. Mix well and occasionally mash with fork until puree begins to form.
- Scoop puree into a zip-lock bag, cut a small slit into the corner, creating a piping bag. Pipe filling into egg whites, distributing evenly.
- Once eggs are filled sprinkle with bacon crumbles and paprika. Enjoy!

Makes 12 servings (2 deviled eggs per serving)

Nutrition information: 105 calories, 8g fat, 1g carbs, 7g protein



Jalapeño Poppers

Ingredients:

6 jalapeños, sliced in half and deseeded
4 ounces cream cheese, softened
1/3 cup shredded cheddar cheese
4 slices bacon, cooked and crumbled
2 tsp. minced garlic
1 tbs. dried minced onion

Instructions:

- Preheat oven to 400 degrees Fahrenheit. Line a baking sheet with foil or parchment paper and spray with nonstick cooking spray. Set aside.
- In a medium bowl mix together cream cheese, shredded cheese, garlic, and minced onion with a fork, mashing as you mix until well combined.
- Fold in crumbled bacon and distribute mixture evenly between jalapeño halves.
- Line stuffed jalapeños on baking sheet. Bake in preheated oven for 15-18 minutes until peppers are soft. Enjoy!

Makes 6 servings (2 poppers per serving.)

Nutrition information: 120 calories, 10g fat, 3g carbs, 4g protein



Zucchini Spider Pizzas

Ingredients:

1 medium zucchini, sliced into 12 slices
¼ cup pizza sauce
¾ cup shredded mozzarella cheese
12 black olives, pitted

Instructions:

- Preheat oven to 350 degrees Fahrenheit. Line a baking sheet with foil or parchment paper and spray with nonstick cooking spray.
- On each slice of zucchini spread pizza sauce, distribute evenly between slices.
- Sprinkle each slice with about a tablespoon of cheese.
- Cut olives in half. Top each zucchini slice with 1 half of olive. Slice remaining halves into "legs", place 3 "legs" on each side of olives.
- Bake in preheated oven for 5-8 minutes or until cheese is melted and lightly browned.

Makes 4 servings (3 pizzas per serving)

Nutrition information: 96 calories, 6g fat, 4g carbs, 7g protein



Keto Pumpkin Pancakes

Ingredients:

½ cup blanched almond flour
4 ounces cream cheese
¼ cup pumpkin puree
2 eggs
½ tsp. pumpkin pie spice
½ tsp. cinnamon
1 tsp. vanilla extract
1 tbs. stevia

Instructions:

- Mix all ingredients in a blender until smooth.
- Spray griddle with non-stick cooking spray. Over medium heat divide batter to create 8 small pancakes. Allow to cook until middle begins to bubble, then flip. About 2-4 minutes. Cook for another few minutes.
- Serve with toppings of choice and enjoy!

Makes 2 servings (4 pancakes per serving)

Nutrition information: 434 calories, 38g fat, 12g carbs, 17g protein



Keto Shredded Smoked Pork Salad

Ingredients:

4 cups romaine salad mix
1 bell pepper, diced
½ cup feta cheese crumbles
12 ounces smoked pulled pork, cooked
6 tbs. chipotle mayo
3 tbs. olive oil
2 tbs. apple cider vinegar

Instructions:

- In a large bowl layer romaine salad mix, diced peppers, feta, and smoked pulled pork.
- In a small bowl mix together chipotle mayo, avocado oil, and apple cider vinegar. Drizzle over salad and enjoy!

Makes 3 servings

Nutrition Information: 548 calories, 45g fat, 8g carbs, 31g protein



Keto Stuffed Peppers

Ingredients:

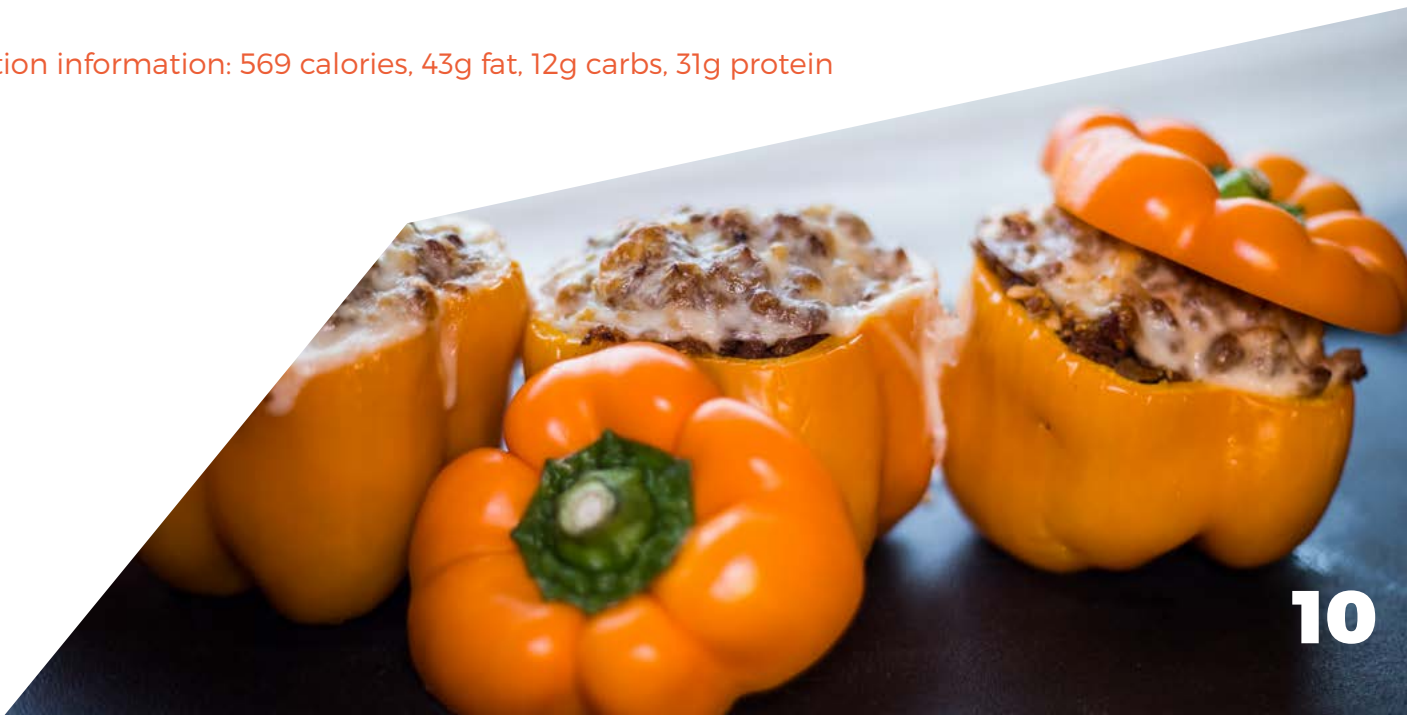
10 oz. Italian ground sausage
3 bell peppers
2 cups riced cauliflower
1/3 cup onion, diced
1 tsp. minced garlic
½ cup shredded cheddar cheese
3 slices mozzarella cheese
2 tbs. grass fed butter
Sea salt & pepper, to taste

Instructions:

- Preheat oven to 350 degrees Fahrenheit.
- In a skillet brown ground sausage over medium heat until cooked through, about 8 minutes. Set aside.
- Melt butter in same skillet, add diced onion and garlic. Cook for about 5 minutes until clear and soft. Add riced cauliflower, season to taste, cook for about 3 more minutes or until just colored. Remove from heat.
- In a bowl mix cooked sausage and cauliflower mixture. Add shredded cheese, toss until just combined.
- Cut the tops off of bell peppers and remove seeds. Fill each pepper with sausage mixture until full, careful to not over-fill.
- Spray an 8x8 baking dish with nonstick cooking spray. Place peppers into dish, bake uncovered for 25 minutes. Top with sliced mozzarella and continue cooking for 5-10 more minutes or until cheese is melted.
- Enjoy!

Makes 3 servings (1 stuffed pepper, per serving)

Nutrition information: 569 calories, 43g fat, 12g carbs, 31g protein



Keto Ghosts in Graveyard

Ingredients:

2 medium avocados
½ cup unsweetened dark cocoa powder
¼ cup stevia
1/3 cup unsweetened almond milk
2 ½ tsp. vanilla extract
1 tbs. sugar free maple syrup
pinch cinnamon
1 cup heavy whipping cream
1-2 tbs. stevia
4 tbs. chocolate protein powder
8 mini chocolate chips

Instructions:

- Blend all ingredients, except for heavy cream and additional stevia, in a blender until smooth. Chill in refrigerator for about 2 hours.
- In a bowl beat heavy cream and additional stevia with a hand mixer until stiff peaks form.
- Distribute pudding into 4 serving dishes. Place whipped cream into zip-lock bag with one corner cut off to create a piping bag.
- Sprinkle 1 tablespoon of protein powder on top of pudding. Pipe whipped cream on one side of pudding to make "ghost." Place 2 mini chocolate chips for eyes on each ghost.
- Serve immediately after.

Makes 4 servings

Nutrition information: 281 calories, 24g fat, 13g carbs, 7g protein



Keto Pumpkin Fluff

Ingredients:

1/2 cup heavy cream
2 ½ tbs. stevia
4 oz. cream cheese, softened
½ cup pumpkin puree
1 tsp. pumpkin pie spice
1 tsp. cinnamon
1 tsp. vanilla extract

Instructions:

- In a bowl beat heavy cream and 1 tablespoon of stevia with a hand-mixer until stiff peaks form. Reserve about ¼ cup of whipped cream.
- Add remaining ingredients and beat until well combined and fluffy.
- Divide fluff between two serving dishes, top with remaining whipped cream and enjoy!

Makes 2 servings

Nutrition information: 422 calories, 38g fat, 9g carbs, 5g protein



Peanut Butter Cup Fat Bombs

Ingredients for Chocolate:

2 tbs. coconut oil, melted
4 tbs. natural peanut butter
4 tbs. unsweetened cocoa powder
¼ tsp. vanilla

Ingredients for Peanut Butter:

4 tbs. natural peanut butter
2 tbs. coconut oil, melted
¼ tsp. vanilla
1 tbs. stevia

Instructions:

- Combine all of the chocolate layer ingredients together, mix until well combined and smooth.
- Divide chocolate layer between 8 muffin tins, you may use liners for easy clean up. Freeze for about 10-15 minutes.
- Meanwhile, mix ingredients for peanut butter layer until smooth. Once chocolate layer is done freezing, distribute peanut butter layer over the chocolate layer.
- Freeze for ½ hour to an hour.
- Enjoy! Store in air-tight container for up to 1 month in freezer.

Nutrition information: 156 calories, 15g fat, 4g protein, 4g carbs

Pumpkin Spice Latte

Ingredients:

1 cup brewed coffee
½ cup unsweetened almond milk
1 tbs. pumpkin puree
¼ tsp. pumpkin pie spice
¼ tsp. vanilla extract
Stevia or xylitol, to taste
Dash cinnamon
2 tbs. whip-topping

Instructions:

- Combine almond milk, pumpkin puree, and stevia in a small pot over medium heat. Heat until warm, careful not to boil.
- Remove from heat and pour into large mug with brewed coffee, add spices and vanilla. Blend with milk frother until well combined. (you may also blend in a blender.)
- Top with whip-topping and enjoy!

Makes 1 serving

Nutrition Information: 34 calories, 2g fat, 3g carbs, 0g protein



Blackberry Mojito

Ingredients:

¼ cup blackberries, mashed
1 tbs. lemon juice
½ tbs. stevia
¼ cup lime flavored carbonated water, chilled
1 ounce white rum
4-5 mint leaves
½ lime, juiced
4-5 whole blackberries
Ice to desire

Instructions:

- In a small pot, combine mashed blackberries, lemon juice, and stevia. Heat over medium heat until juices begin to separate and bubble creating a syrup, about 5 minutes, then remove from heat. Allow to cool about 15 minutes.
- In a small bowl combine cooled blackberry syrup, mint leaves, lime juice, mash with a muddler.
- In a shaker combine mint/blackberry mixture, carbonated water, rum, and ice. Shake until well combined.
- Pour into a glass and garnish with whole blackberries. Enjoy responsibly!

Makes 1 serving

Nutrition information: 83 calories, 0g fat, 5g carbs, 1g protein



Witches Potion Float

Ingredients:

1 pint vanilla Halo Top ice cream
4 cans ginger ale Zevia
½ cup pineapple juice
5 drops green food coloring
lime slices, for garnish

Instructions:

- Pour Zevia, pineapple juice, and food coloring into punch bowl.
- Just prior to serving add scoops of Halo Top to bowl, stirring so it begins to melt and foam.
- Pour into glass and garnish with lime slice! Enjoy!

Makes 4 servings

Nutrition information: 77 calories, 2g fat, 17g carbs, 5g protein



Muddy Buddies

Ingredients:

4 cups Rice Chex Cereal
¼ cup natural peanut butter
2 ounces sugar free chocolate chips
1/3 cup chocolate protein powder

Instructions:

- In a microwave safe bowl, melt the peanut butter and sugar free chocolate chips. Be sure to stir every 30 seconds as it melts.
- In a large bowl stir together cereal and melted chocolate/peanut butter until well coated.
- Place cereal mixture into a large zip-lock bag, add in protein powder and seal. Toss cereal until well coated with protein powder. Enjoy!

Makes 9 servings (1/2 cup per serving.)

Nutrition information: 103 calories, 4g fat, 15g carbs, 4g protein



Pumpkin Spice Fruit Dip

Ingredients:

1 cup pure pumpkin puree
8 ounces greek cream cheese, softened
1 cup nonfat plain greek yogurt
1 scoop vanilla protein powder
½ tbs. pumpkin pie spice
½ tbs. cinnamon
1 tsp. vanilla extract

Instructions:

- In a large bowl mix together pumpkin puree, greek yogurt, protein powder, and seasonings with a spoon.
- Add softened cream cheese and vanilla to the pumpkin mixture, beat with a hand mixer until thick and well combined.
- Chill in refrigerator until just prior to serving. Serve with preferred fruit!

Makes 12 servings

Nutrition information for dip only: 60 calories, 2g fat, 4g carbs, 6g protein



Spinach Veggie Dip

Ingredients:

16 ounces nonfat greek yogurt
3 tbs. avocado oil mayo
2 tbs. grated parmesan
1 tbs. stevia
1 packet ranch seasoning mix
2 cups spinach

Instructions:

- In a medium bowl mix together all the ingredients, except for spinach, mix until well combined.
- Chop spinach finely and fold into dip mixture.
- Chill in refrigerator for at least 1 hour prior to serving.
- Enjoy with vegetables of choice!

Makes 8 servings (1/4 cup serving)

Nutrition information for dip only: 66 calories, 2g fat, 5g carbs, 6g protein



Pumpkin Protein Pancakes

Ingredients:

1 scoop vanilla protein powder
¼ cup pumpkin puree
1 egg
1 egg white
¼ tsp. vanilla extract
¼ tsp. butter extract
¼ tsp. pumpkin pie spice
¼ tsp. cinnamon
1 tbs. stevia
dash nutmeg

Instructions:

- Place all ingredients into a blender and blend until smooth. Batter will be thin.
- Spray a griddle with nonstick cooking spray, pour batter into 6 small pancakes. Cook over medium/low heat until edges are set, about 3-4 minutes. Flip pancakes and cook another 2-3 minutes.
- Serve with toppings of choice and enjoy!

Makes 1 serving

Nutrition information: 199 calories, 6g fat, 7g carbs, 28g protein



Butternut Squash Chili

Ingredients:

1 ½ lbs. lean ground turkey
2 (15 oz.) cans tomato sauce
1 (4 oz.) can diced green chilies
1 (10 oz.) can diced tomatoes with green chilies
2 cups diced bell peppers
2 cups butternut squash, cubed
1 cup water
3 tbs. cumin
2 tbs. chili powder
1 tbs. minced garlic
sea salt & pepper, to taste

Instructions:

- In a skillet, brown ground turkey, salt, pepper, and garlic until cooked through, about 8 minutes.
- Place all remaining ingredients and cooked ground turkey into a slow cooker. Cover and cook on low for 8 hours or high for 4 hours.
- Enjoy with toppings of choice!

Makes 6 servings (about 1 ½ cups per serving)

Nutrition information: 251 calories, 9g fat, 16g carbs, 23g protein



BBQ Pork Sliders

Ingredients:

12 oz. smoked pulled pork, cooked & shredded
1/3 cup low sugar barbeque sauce
3 slices provolone cheese, cut in half
6 whole wheat rolls
2/3 cup shredded lettuce

Instructions:

- Preheat oven to 375 degrees Fahrenheit.
- Spray an 8x8 baking dish with nonstick cooking spray.
- Cut dinner rolls in half and place the bottom of the rolls in the sprayed baking dish, set aside.
- In a bowl combine smoked pulled pork and barbeque sauce, toss until well coated.
- Distribute barbeque pulled pork over the tops of the rolls in the baking dish. Place ½ a slice of cheese over each slider.
- Place the top of the rolls on sliders and cover baking dish with foil. Bake in preheated oven for 10 minutes. Remove foil and bake for another 8-10 minutes.
- Allow to cool. When ready to serve place shredded lettuce on each slider. Enjoy!

Makes 6 servings (1 slider per serving.)

Nutrition information: 222 calories, 11g fat, 16g carbs, 15g protein



Slow Cooker Apple Crisp

Ingredients:

6 large apples, cored, peeled, and diced
¼ cup sugar free maple syrup
¼ cup xylitol (or stevia)
1 tsp. cinnamon
½ tsp. pumpkin pie spice
2 tbs. lemon juice

Topping:

½ cup almond flour
1 cup oats
¼ cup sugar free syrup
¼ cup almond slivers
1 tbs. xylitol
1 tsp. cinnamon

Instructions:

- Line slow cooker with crockpot liner or spray with nonstick cooking spray. Add diced apples, sugar free syrup, xylitol, lemon juice, and seasonings. Toss until well coated.
- In a bowl combine ingredients for topping until crumble forms. Sprinkle evenly over the top of the apple mixture in the slow cooker.
- Cover and cook on low for 8 hours or high for 4 hours.
- Enjoy!

Makes 8 servings (about 1 cup per serving.)

Nutrition information: 190 calories, 8g fat, 28g carbs, 4g protein



Pumpkin Pudding Trifle

Ingredients for pudding layer:

2 cups unsweetened almond milk	2 tsp. cinnamon
2 cups pumpkin puree	¼ tsp. nutmeg
1 tbs. vanilla extract	½ cup xylitol
1 cup chia seeds	¼ tsp. salt
2 ½ tsp. pumpkin pie spice	1 tbs. sugar free maple syrup
	8 oz sugar free cool whip

Instructions for pudding:

- Combine all ingredients, except for sugar free cool whip, into a high powered blender and blend until smooth.
- Chill in refrigerator for 2 hours.

Instructions for brownies:

- Preheat oven to 400 degrees Fahrenheit.
- Mix together dry ingredients in a blender, blending until oats are fine and a flour like consistency forms.
- Add in wet ingredients and blend until well combined.
- Spray an 8x8 baking dish with nonstick cooking spray, pour in brownie mixture and distribute evenly.
- Bake in preheated oven for 20-25 minutes.
- Remove from oven and allow to cool to room temperature.

Instructions for Trifle:

- Pour half of pumpkin pudding into a trifle dish, evenly distributing.
- Crumble brownies into bite size pieces and layer all of crumble, distributing evenly.
- Top with remaining pudding, spread across brownies so no pieces are breaking through pudding.
- Spread sugar free cool whip over top. Sprinkle with cinnamon and pumpkin pie spice for garnish.
- Enjoy!

Makes 12 servings (about 1 cup per serving)

Nutrition information:

160 calories,
7g fat,
18g carbs,
9g protein

Ingredients for brownie layer:

½ cup unsweetened cocoa powder
½ cup rolled oats
1 scoop vanilla protein powder
1/3 cup stevia
¾ cup non-fat greek yogurt
¼ cup unsweetened almond milk
1/3 cup unsweetened apple sauce
1 egg
1 tsp. baking powder
Pinch salt



Pumpkin Chocolate Chip Cookies

Ingredients

¼ cup butter, melted
¼ cup coconut oil, melted
1 tbs. sugar free maple syrup
½ cup pumpkin puree
¼ cup stevia
¼ cup coconut sugar
2 scoops vanilla protein powder
1 ½ cup oat flour
2 tsp pumpkin pie spice
½ tsp cinnamon
1 ½ ounces sugar free chocolate chunks

Instructions

- In a bowl combine the melted butter, coconut oil, syrup, pumpkin puree, stevia, and coconut sugar, mixing until thoroughly combined.
- Slowly combine the dry ingredients with the wet one at a time until all ingredients, except for the chocolate chunks, are mixed well.
- Fold in chocolate chunks.
- Chill dough in the refrigerator for 2-3 hours.
- Once dough is chilled, preheat oven at 350 degrees Fahrenheit. Line a baking sheet with foil or parchment paper and spray with nonstick spray.
- Scoop a heaping tablespoon of dough and roll into a ball with your hands. Line balls on baking sheet with 2 inches of space in between. Bake in preheated oven for 8-10 minutes until bottoms are lightly golden brown. Allow to cool on sheet for 5 minutes before moving to a cooling rack. Enjoy!

Makes 24 servings (1 cookie per serving)

Nutrition information: 82 calories, 6g fat, 7g carbs, 3g protein

