

SMOOTHIES & BREAKFASTS

The ketogenic diet and breakfast foods are a perfect pair. For just one ingredient, eggs, there are endless ways you can get creative. The recipes in this chapter are some of the favorites I often make for my daughter and me. During the busy work and school week, I generally stick to Bulletproof Coffee or an Americano with heavy whipping cream for breakfast. But on the weekends, I love to make large keto breakfasts. These breakfast recipes will show you how you can take some of your favorite morning dishes, such as sugar- and carb-filled smoothies and pancakes, and turn them into easy, keto-friendly options.

Bulletproof Coffee	19
Berry-Avocado Smoothie	20
Almond Butter Smoothie	21
Blackberry-Chia Pudding	22
Double-Pork Frittata	23
Sausage Breakfast Stacks	24
Spicy Breakfast Scramble	25
Bacon-Jalapeño Egg Cups	26
Bacon and Egg Cauliflower Hash	27
Bacon, Spinach, and Avocado Egg Wrap	28
Smoked Salmon and Cream Cheese Roll-Ups	29
Brussels Sprouts, Bacon, and Eggs	30
BLT Breakfast Salad	31
Cheesy Egg and Spinach Nest	32
Kale-Avocado Egg Skillet	33
Egg-in-a-Hole Breakfast Burger	34
Cream Cheese and Coconut Flour Pancakes or Waffles	35
Pancake “Cake”	37
Breakfast Quesadilla	38
Cream Cheese Muffins	39

BLACKBERRY-CHIA PUDDING

I developed this recipe one day when I had a can of coconut milk in my pantry and wanted to find a new way to use it. I reached out to my lovely Instagram followers, and someone suggested I make chia pudding. I whipped up the pudding using blackberries, which are a great low-carb option and they add a lot of great flavor and texture. This sweet treat could be a dessert, but I also enjoy it as a super-delicious breakfast. Loaded with fiber, iron, calcium, and omega-3 fatty acids, chia seeds are one of the most nutritious foods on the planet. It's puzzling that such a tiny food can have so many health benefits, right? The chia seeds soak in the coconut milk and soften overnight to help set the pudding mixture. Chia seeds help slow digestion, and the fat content of this dish helps keep you feeling satisfied for hours.

ONE PAN
NO COOK
VEGETARIAN

SERVES 2

PREP 10 minutes, plus
overnight to set

1 cup unsweetened full-fat
coconut milk

1 teaspoon liquid stevia

1 teaspoon vanilla extract

½ cup blackberries, fresh
or frozen (no sugar added
if frozen)

¼ cup chia seeds

Per Batch

Calories: 873; Total Fat: 75g;
Carbs: 46g; Net Carbs: 15g;
Fiber: 30g; Protein: 15g

Per Serving

Calories: 437; Total Fat: 38g;
Carbs: 23g; Net Carbs: 8g;
Fiber: 15g; Protein: 8g

1. In a food processor (or blender), process the coconut milk, stevia, and vanilla until the mixture starts to thicken.
2. Add the blackberries, and process until thoroughly mixed and purple. Fold in the chia seeds.
3. Divide the mixture between two small cups with lids, and refrigerate overnight or up to 3 days before serving.

COOKING TIP The first time I made this recipe, I tried whisking the mixture by hand in a bowl instead of using a food processor or blender, assuming it would thicken overnight, but it did not. So using a food processor or blender is a must.

CREAM CHEESE MUFFINS

I came up with this recipe by serendipity. I intended to make sour-cream muffins, but I was out of sour cream, so I decided to substitute cream cheese mixed with heavy whipping cream. They were so delicious, I've enjoyed this recipe often since then.

30-MINUTE VEGETARIAN

Makes 6 muffins

PREP 10 minutes

COOK 10 minutes

4 tablespoons melted butter, plus more for the muffin tin

1 cup almond flour

$\frac{3}{4}$ tablespoon baking powder

2 large eggs, lightly beaten

2 ounces cream cheese mixed with 2 tablespoons heavy (whipping) cream

Handful shredded Mexican blend cheese

Per Batch

Calories: 1483; Total Fat: 139g;

Carbs: 34g; Net Carbs: 22g;

Fiber: 12g; Protein: 45g

Per Serving

Calories: 247; Total Fat: 23g;

Carbs: 6g; Net Carbs: 4g;

Fiber: 2g; Protein: 8g

1. Preheat the oven to 400°F. Coat six cups of a muffin tin with butter.
2. In a small bowl, mix together the almond flour and baking powder.
3. In a medium bowl, mix together the eggs, cream cheese-heavy cream mixture, shredded cheese, and 4 tablespoons of the melted butter.
4. Pour the flour mixture into the egg mixture, and beat with a hand mixer until thoroughly mixed.
5. Pour the batter into the prepared muffin cups.
6. Bake for 12 minutes, or until golden brown on top, and serve.

SUBSTITUTION TIP You can use almond meal instead of almond flour. The mix will just have more texture because almond meal is less refined.

VARIATIONS

This cream-cheese muffin mix is a great base for savory or sweet additions.

- Add savory Trader Joe's Everything But the Bagel Seasoning on top of the muffins prior to baking to give them a salty, sesame-seed flavor and texture.
- Add diced jalapeños to the mix for a spicy muffin.
- Add 1 tablespoon of grated lemon zest and a handful of blueberries to the mix for a sweeter muffin.



Chopped Greek Salad, page 52

HEARTY SOUPS & SALADS

Salads can be your best friend when you are on a ketogenic diet. You just have to know what to watch out for. A lot of restaurant salads or prepackaged convenience salads are loaded with sugar. Sometimes that sugar comes in the form of high-sugar fruit or dried fruit, and sometimes it is in the form of a sweet dressing or candied nuts. Stick to lots of greens, healthy fats, low-carb vegetables, high-fat nuts, and low-carb dressings. These 5 ingredients will really pack your salads full of the optimal amount of taste and nutrition.

Regarding soups, there are a lot of options for the keto dieter: If you are looking for something hearty and filling, choose cream-, cheese-, and cauliflower-based soups. I have been making the Creamy Tomato-Basil Soup in this chapter since “BK” (before keto), and I still love it—simple and delicious.

Creamy Tomato-Basil Soup	43
Broccoli-Cheese Soup	44
Cheesy Cauliflower Soup	45
Taco Soup	46
Coconut and Cauliflower Curry Shrimp Soup	47
Roasted Brussels Sprouts Salad with Parmesan	48
BLT Wedge Salad	49
Mexican Egg Salad	50
Blue Cheese and Bacon Kale Salad	51
Chopped Greek Salad	52
Mediterranean Cucumber Salad	53
Avocado Egg Salad Lettuce Cups	54
Avocado Caprese Salad	55
Shrimp and Avocado Salad	56
Salmon Caesar Salad	57
Salmon and Spinach Cobb Salad	58
Taco Salad	60
Cheeseburger Salad	61
California Steak Salad	62
Skirt Steak Cobb Salad	63

COCONUT AND CAULIFLOWER CURRY SHRIMP SOUP

The Asian flavors in this dish work on all levels: You have the spiciness of the red curry paste along with the creamy fat of coconut milk. Then the juicy shrimp and fresh cilantro finish off the dish.

ONE POT

SERVES 4

PREP 5 minutes

COOK 2 hours 15 minutes

8 ounces water

1 (13.5-ounce) can unsweetened full-fat coconut milk

2 cups riced/shredded cauliflower (I buy it pre-riced at Trader Joe's)

2 tablespoons red curry paste

2 tablespoons chopped fresh cilantro leaves, divided

Pink salt

Freshly ground black pepper

1 cup shrimp (I use defrosted Trader Joe's Frozen Medium Cooked Shrimp, which are peeled and deveined, with tail off)

Per Batch

Calories: 1074; Total Fat: 85g;
Carbs: 31g; Net Carbs: 18g;
Fiber: 13g; Protein: 64g

Per Serving

Calories: 269; Total Fat: 21g;
Carbs: 8g; Net Carbs: 5g;
Fiber: 3g; Protein: 16g

1. With the crock insert in place, preheat the slow cooker to high.
2. Add the water, coconut milk, riced cauliflower, red curry paste, and 1 tablespoon of chopped cilantro, and season with pink salt and pepper. Stir to combine.
3. Cover and cook on high for 2 hours.
4. Season the shrimp with pink salt and pepper, add them to the slow cooker, and stir. Cook for an additional 15 minutes.
5. Ladle the soup into two bowls, top each with half of the remaining 1 tablespoon of chopped cilantro, and serve.

INGREDIENT TIP You could also make this soup with cooked, shredded chicken breast.

AVOCADO EGG SALAD LETTUCE CUPS

I just recently started making egg salad with avocado instead of mayo. It adds a delicious flavor element. And for some enjoyable crunch, add sliced radishes.

30-MINUTE VEGETARIAN

SERVES 2

PREP 15 minutes

COOK 15 minutes

FOR THE HARDBOILED EGGS

4 large eggs

FOR THE EGG SALAD

1 avocado, halved

Pink salt

Freshly ground
black pepper

½ teaspoon freshly
squeezed lemon juice

4 butter lettuce cups,
washed and patted dry with
paper towels or a clean
dish towel

2 radishes, thinly sliced

Per Batch

Calories: 515; Total Fat: 40g;
Carbs: 15g; Net Carbs: 5g;
Fiber: 10g; Protein: 29g

Per Serving

Calories: 258; Total Fat: 20g;
Carbs: 8g; Net Carbs: 3g;
Fiber: 5g; Protein: 15g

TO MAKE THE HARDBOILED EGGS

1. In a medium saucepan, cover the eggs with water. Place over high heat, and bring the water to a boil. Once it is boiling, turn off the heat, cover, and leave on the burner for 10 to 12 minutes.
2. Remove the eggs with a slotted spoon and run them under cold water for 1 minute or submerge them in an ice bath.
3. Then gently tap the shells and peel. Run cold water over your hands as you remove the shells.

TO MAKE THE EGG SALAD

1. In a medium bowl, chop the hardboiled eggs.
2. Add the avocado to the bowl, and mash the flesh with a fork. Season with pink salt and pepper, add the lemon juice, and stir to combine.
3. Place the 4 lettuce cups on two plates. Top the lettuce cups with the egg salad and the slices of radish and serve.

SUBSTITUTION TIP You could also use romaine hearts or baby cos lettuce.

VARIATIONS

For this recipe, you can incorporate additional ingredients that you may have in your refrigerator or pantry:

- Add a guacamole vibe to your egg salad with chopped jalapeño and red onion.
- Chopped bacon adds appealing texture to your egg salad, or add slices of crisp bacon to your lettuce cups.



SIDE DISHES & SNACKS

These side dishes are some of my absolute favorite keto recipes. I love them because they are super easy to make and they combine some fun flavors. I often eat one of these as my main dish when I am craving a veggie-forward meal, but they are also great beside your favorite protein. This chapter really highlights some of the many creative ways you can use vegetables on a keto diet.

Roasted Cauliflower with Prosciutto, Capers, and Almonds	67
Buttery Slow-Cooker Mushrooms	68
Baked Zucchini Gratin	69
Roasted Radishes with Brown Butter Sauce	70
Parmesan and Pork Rind Green Beans	71
Pesto Cauliflower Steaks	72
Tomato, Avocado, and Cucumber Salad	73
Crunchy Pork Rind Zucchini Sticks	74
Cheese Chips and Guacamole	75
Cauliflower “Potato” Salad	76
Loaded Cauliflower Mashed “Potatoes”	77
Keto Bread	78
Deviled Eggs	79
Chicken-Pecan Salad Cucumber Bites	81
Buffalo Chicken Dip	82
Roasted Brussels Sprouts with Bacon	83
Salami, Pepperoncini, and Cream Cheese Pinwheels	84
Cauliflower Steaks with Bacon and Blue Cheese	85
Bacon-Wrapped Jalapeños	86
Creamy Broccoli-Bacon Salad	87

ROASTED CAULIFLOWER WITH PROSCIUTTO, CAPERS, AND ALMONDS

This dish is one of my favorite things to eat. Sometimes I eat it as my dinner, but it is also perfect as a side with any meat. The capers are probably the best part; they provide a nice pop of flavor, and the slivered almonds give it a surprising crunch. I always make roasted cauliflower right after I make bacon, because I have all that wonderful bacon grease left in the pan, and the cauliflower soaks it right up. Sometimes I also throw a couple of seasoned chicken breasts into the pan with the cauliflower for a complete meal in one pan.

30-MINUTE ONE PAN

SERVES 2

PREP 5 minutes

COOK 25 minutes

12 ounces cauliflower florets (I get pre-cut florets at Trader Joe's)

2 tablespoons leftover bacon grease, or olive oil

Pink salt

Freshly ground black pepper

2 ounces sliced prosciutto, torn into small pieces

¼ cup slivered almonds

2 tablespoons capers

2 tablespoons grated Parmesan cheese

Per Batch

Calories: 576; Total Fat: 48g;

Carbs: 14g; Net Carbs: 7g;

Fiber: 6g; Protein: 28g

Per Serving

Calories: 288; Total Fat: 24g;

Carbs: 7g; Net Carbs: 4g;

Fiber: 3g; Protein: 14g

1. Preheat the oven to 400°F. Line a baking pan with a silicone baking mat or parchment paper.
2. Put the cauliflower florets in the prepared baking pan with the bacon grease, and season with pink salt and pepper. Or if you are using olive oil instead, drizzle the cauliflower with olive oil and season with pink salt and pepper.
3. Roast the cauliflower for 15 minutes.
4. Stir the cauliflower so all sides are coated with the bacon grease.
5. Distribute the prosciutto pieces in the pan. Then add the slivered almonds and capers. Stir to combine. Sprinkle the Parmesan cheese on top, and roast for 10 minutes more.
6. Divide between two plates, using a slotted spoon so you don't get excess grease in the plates, and serve.

SUBSTITUTION TIP Sliced green olives work well if you don't have capers.



Baked Garlic and Paprika Chicken Legs, page 110

FISH & POULTRY ENTRÉES

Chicken and fish are staples in my house. There are so many ways to add flavor and fat to these proteins to make them extra delicious and perfect for the keto diet. You can enjoy any of these entrées on their own or pair them with a side dish from chapter 4. Whether you are looking for a dish that is crunchy or creamy, this chapter is filled with recipes you'll love to cook over and over again.

Baked Lemon-Butter Fish	91
Fish Taco Bowl	92
Scallops with Creamy Bacon Sauce	93
Shrimp and Avocado Lettuce Cups	94
Garlic Butter Shrimp	95
Parmesan-Garlic Salmon with Asparagus	96
Seared-Salmon Shirataki Rice Bowls	97
Pork Rind Salmon Cakes	99
Creamy Dill Salmon	100
Chicken-Basil Alfredo with Shirataki Noodles	101
Chicken Quesadilla	102
Garlic-Parmesan Chicken Wings	103
Chicken Skewers with Peanut Sauce	104
Braised Chicken Thighs with Kalamata Olives	105
Buttery Garlic Chicken	106
Cheesy Bacon and Broccoli Chicken	107
Parmesan Baked Chicken	108
Crunchy Chicken Milanese	109
Baked Garlic and Paprika Chicken Legs	110
Creamy Slow-Cooker Chicken	111

CHICKEN-BASIL ALFREDO WITH SHIRATAKI NOODLES

Miracle Noodles are one of my favorite products, which I discovered after going keto. At first you might find them puzzling, because the cooking process for these noodles is different from what you are used to. But they can totally satisfy that pasta craving. This decadent “pasta” dish uses shirataki noodles, creamy Alfredo sauce, chicken, and fresh herbs. It is so filling and delicious!

30-MINUTE

SERVES 2

PREP 10 minutes

COOK 15 minutes

FOR THE NOODLES

1 (7-ounce) package
Miracle Noodle Fettuccini
Shirataki Noodles

FOR THE SAUCE

1 tablespoon olive oil
4 ounces cooked shredded
chicken (I usually use a store-
bought rotisserie chicken)
Pink salt
Freshly ground black pepper
1 cup Alfredo Sauce (page
175), or any brand you like
¼ cup grated
Parmesan cheese
2 tablespoons chopped
fresh basil leaves

Per Batch

Calories: 1346; Total Fat: 122g;
Carbs: 8g; Net Carbs: 8g;
Fiber: 0g; Protein: 58g

Per Serving

Calories: 673; Total Fat: 61g;
Carbs: 4g; Net Carbs: 4g;
Fiber: 0g; Protein: 29g

TO MAKE THE NOODLES

Follow the instructions on the package:

1. In a colander, rinse the noodles with cold water (shirataki noodles naturally have a smell, and rinsing with cold water will help remove this).
2. Fill a large saucepan with water and bring to a boil over high heat. Add the noodles and boil for 2 minutes. Drain.
3. Transfer the noodles to a large, dry skillet over medium-low heat to evaporate any moisture. Do not grease the skillet; it must be dry. Transfer the noodles to a plate and set aside.

TO MAKE THE SAUCE

1. In the saucepan over medium heat, heat the olive oil. Add the cooked chicken. Season with pink salt and pepper.
2. Pour the Alfredo sauce over the chicken, and cook until warm. Season with more pink salt and pepper.
3. Add the dried noodles to the sauce mixture, and toss until combined.
4. Divide the pasta between two plates, top each with the Parmesan cheese and chopped basil, and serve.

SUBSTITUTION TIP To make this meal vegetarian, you need only replace the shredded chicken with sautéed mushrooms.



Steak and Egg Bibimbap, page 130

PORK & BEEF ENTRÉES

When people think of the keto diet, pork and beef are definitely two of the most enjoyed foods that come to mind. This chapter offers dishes that are simple and packed with flavor. From slow-cooker meals that you can let cook all day to dishes that are ready in less than 30 minutes, this chapter's variety is tasty and satisfying.

BLTA Cups	115
Butter and Herb Pork Chops	116
Parmesan Pork Chops and Roasted Asparagus	117
Sesame Pork and Green Beans	118
Slow-Cooker Barbecue Ribs	119
Kalua Pork with Cabbage	120
Pork Burgers with Sriracha Mayo	121
Blue Cheese Pork Chops	122
Carnitas	123
Carnitas Nachos	124
Pepperoni Low-Carb Tortilla Pizza	125
Beef and Broccoli Roast	126
Beef and Bell Pepper “Potato Skins”	127
Skirt Steak with Chimichurri Sauce	128
Barbacoa Beef Roast	129
Steak and Egg Bibimbap	130
Mississippi Pot Roast	132
Taco Cheese Cups	133
Bacon Cheeseburger Casserole	135
Feta-Stuffed Burgers	137

PEPPERONI LOW-CARB TORTILLA PIZZA

There are so many great ways to make a low-carb pizza, but this version wins for being the quickest and the easiest. My daughter and I sometimes get home late, and this recipe is perfect for such late evenings.

30-MINUTE ONE PAN

SERVES 2

PREP 5 minutes

COOK 5 minutes

2 tablespoons olive oil

2 large low-carb tortillas
(I use Mission brand)

4 tablespoons low-sugar
tomato sauce (I use Rao's)

1 cup shredded
mozzarella cheese

2 teaspoons dried Italian
seasoning

½ cup pepperoni

Per Batch

Calories: 1094; Total Fat: 88g;

Carbs: 34g; Net Carbs: 16g;

Fiber: 18g; Protein: 54g

Per Serving

Calories: 547; Total Fat: 44g;

Carbs: 17g; Net Carbs: 8g;

Fiber: 9g; Protein: 27g

1. In a medium skillet over medium-high heat, heat the olive oil. Add the tortilla.

2. Spoon the tomato sauce onto the tortilla, spreading it out. Sprinkle on the cheese, Italian seasoning, and pepperoni. Work quickly so the tortilla doesn't burn.

3. Cook until the tortilla is crispy on the bottom, about 3 minutes. Transfer to a cutting board, and cut into slices. Put the slices on a serving plate and serve hot.

INGREDIENT TIP You can use your favorite low-carb tortilla for this recipe. The olive oil helps make it really crisp so it feels like a pizza.

VARIATIONS

Since it's pizza, the possibilities are endless. Here are some of my favorite combinations:

- My favorite version does not use tomato sauce at all, just mozzarella cheese, pepperoni, pepperoncini, and Parmesan cheese.
- Another favorite uses tomato sauce, slices of fresh mozzarella cheese, thin tomato slices, and fresh basil leaves.



Strawberry-Lime Ice Pops, page 142

DESSERTS & SWEET TREATS

Desserts can be fun on a keto diet! I try to keep my dessert recipes as simple as possible so that if I am craving something sweet I can prepare a recipe quickly with ingredients I already have in the house. I make dessert an occasional treat, maybe once a week, because I find that the less I eat sweet foods, the less I crave them. Keep things simple with these 5-ingredient keto desserts.

Blueberry-Blackberry Ice Pops	141
Strawberry-Lime Ice Pops	142
Coffee Ice Pops	143
Fudge Ice Pops	144
Root Beer Float	145
Orange Cream Float	146
Strawberry Shake	147
“Frosty” Chocolate Shake	148
Strawberry Cheesecake Mousse	149
Lemonade Fat Bomb	150
Berry Cheesecake Fat Bomb	151
Peanut Butter Fat Bomb	152
Crustless Cheesecake Bites	153
Pumpkin Crustless Cheesecake Bites	154
Berry-Pecan Mascarpone Bowl	155
Peanut Butter Cookies	156
Chocolate Mousse	157
Mint-Chocolate Chip Ice Cream	158
Chocolate-Avocado Pudding	160
Dark-Chocolate Strawberry Bark	161

STRAWBERRY CHEESECAKE MOUSSE

I love this super-easy dessert that any cheesecake-loving person will devour! It takes only 10 minutes to make and can easily be customized with different fruits.

ONE PAN
NO COOK
VEGETARIAN

SERVES 2

PREP 10 minutes, plus
1 hour to chill

4 ounces cream cheese,
at room temperature

1 tablespoon heavy
(whipping) cream

1 teaspoon Swerve
natural sweetener or

1 drop liquid stevia

1 teaspoon vanilla extract

4 strawberries, sliced
(fresh or frozen)

Per Batch

Calories: 441; Total Fat: 42g;

Carbs: 21g; Net Carbs: 8g;

Fiber: 1g; Protein: 7g

Per Serving

Calories: 221; Total Fat: 21g;

Carbs: 11g; Net Carbs: 4g;

Fiber: 1g; Protein: 4g

1. Break up the cream cheese block into smaller pieces and distribute evenly in a food processor (or blender). Add the cream, sweetener, and vanilla.
2. Mix together on high. I usually stop and stir twice and scrape down the sides of the bowl with a small rubber scraper to make sure everything is mixed well.
3. Add the strawberries to the food processor, and mix until combined.
4. Divide the strawberry cheesecake mixture between two small dishes, and chill for 1 hour before serving.

INGREDIENT TIP The heavy whipping cream helps thin out the cream cheese a bit. If it still seems thick when you are mixing, mix in a little more cream.

VARIATIONS

- I often use blackberries instead of strawberries, about $\frac{1}{4}$ cup.
- At winter holidays, instead of strawberries, I love to add 3 ounces of pumpkin purée to this mixture along with 1 teaspoon of pumpkin pie spice.



Avocado-Lime Crema, page 168

SAUCES & DRESSINGS

There are a lot of great low-carb options when it comes to sauces and dressings, but sometimes if you have the ingredients at home, it can be great to make your own. The sauces in this chapter are some of my favorites and generally use ingredients you may already have in your fridge or pantry. The biggest benefit of making your own sauces and dressings, of course, is that you completely control what goes into them, and so can feel confident about their carb count.

Dijon Vinaigrette	165
Green Goddess Dressing	166
Caesar Dressing	167
Avocado-Lime Crema	168
Chunky Blue Cheese Dressing	169
Sriracha Mayo	170
Avocado Mayo	171
Peanut Sauce	172
Garlic Aioli	173
Tzatziki	174
Alfredo Sauce	175

AVOCADO-LIME CREMA

Think of this crema as a smoother guacamole that can also be used to top many different dishes. Try it on anything from salads to meaty entrées.

30-MINUTE
ONE POT
NO COOK
VEGETARIAN

SERVES 4
PREP 5 minutes

½ cup sour cream
½ avocado
1 garlic clove, finely minced
¼ cup fresh cilantro leaves
Juice of ½ lime
Pinch pink salt
Pinch freshly ground black pepper

Per Batch
Calories: 346; Total Fat: 33g;
Carbs: 14g; Net Carbs: 8g;
Fiber: 6g; Protein: 4g

Per Serving
Calories: 87; Total Fat: 8g;
Carbs: 4g; Net Carbs: 2g;
Fiber: 2g; Protein: 1g

1. In a food processor (or blender), mix the sour cream, avocado, garlic, cilantro, lime juice, pink salt, and pepper until smooth and fully combined.
2. Spoon the sauce into an airtight glass jar and keep in the refrigerator for up to 3 days.

INGREDIENT TIP I like to put the crema in a zip-top bag and cut off a small corner for a piping bag. It looks beautiful piped over tacos, meat, deviled eggs, and more.