



# RediCareControl<sup>DTx</sup> Snack Pack 2024



**Queries:** [info@controldtx.com](mailto:info@controldtx.com)



# Vanilla Pecans



**Serves:**6



**Prep Time** 5 mins



**Cook Time:** 15 mins

**Carbohydrates:** 4 grams   **Fat:** 22 grams   **Protein:** 3 grams

## Ingredients:

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- 250g pecans
- 10g Xylitol
- 1 tsp cinnamon
- ½ tsp vanilla extract
- 60g butter

## Instructions:

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1. Melt butter, mix in Xylitol, cinnamon, vanilla, and coat pecans.
2. Bake at 180°C until toasted. Cool and store.





# Serrano Wrapped Olive Bites



Serves: 1



**Prep Time** 5 mins



**Cook Time:** 0 mins

**Carbohydrates:** 2 grams   **Fat:** 15 grams   **Protein:** 6 grams

## Ingredients:

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- 50g sharp cheddar cheese
- 6 large olives, drained
- 2 slices prosciutto

## Instructions:

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1. Stuff olives with cheese, wrap in prosciutto, and chill before serving.





# Spiced Almonds



Serves: 6



**Prep Time** 5 mins



**Cook Time:** 20 mins

**Carbohydrates:** 5 grams   **Fat:** 18 grams   **Protein:** 7 grams

## Ingredients:

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- 150g almonds
- 1 medium egg
- 2 tsp cinnamon
- 1 tsp allspice
- ½ tsp Xylitol (optional)

## Instructions:

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1. Coat almonds in whisked egg, then mix in spices.
2. Bake at 160°C, turning halfway.



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# Green Ginger Smoothie



**Serves:**1



**Prep Time** 5 mins



**Cook Time:** 0 mins

**Carbohydrates:** 10 grams   **Fat:** 14 grams   **Protein:** 3 grams

## Ingredients:

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- 1 cup spinach
- 1 small cucumber, chopped
- 1-inch piece of fresh ginger
- 1/2 avocado
- 1 cup unsweetened almond milk
- Juice of 1/2 lemon

## Instructions:

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1. Add spinach, cucumber, ginger, avocado, almond milk, and lemon juice to a blender.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy immediately.





# Pizza Waffles



**Serves: 4**



**Prep Time 10 mins**



**Cook Time: 10 mins**

**Carbohydrates: 4 grams   Fat: 42 grams   Protein: 38 grams**

## Ingredients:

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- 4 eggs
- 230g shredded cheddar cheese
- 30g grated Parmesan
- 4 tsp sugar-free tomato sauce
- 16 pepperoni slices
- 80g shredded mozzarella

## Instructions:

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1. Mix eggs, cheddar, and Parmesan in a bowl.
2. Cook the mixture in a preheated waffle maker for about 6 minutes.
3. Top each waffle with tomato sauce, pepperoni, and mozzarella, then grill until the cheese is bubbly.





# Prawn Cocktail



**Serves:**4



**Prep Time** 10 mins



**Cook Time:** NA

**Carbohydrates:** 5 grams   **Fat:** 10 grams   **Protein:** 15 grams

## Ingredients:

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- 400g cooked prawns, peeled and deveined
- 4 tbsp mayonnaise
- 2 tbsp ketchup (sugar-free if preferred)
- 1 tbsp lemon juice
- 1 tsp Worcestershire sauce
- 1 tsp paprika (optional)
- 1 small lettuce, shredded

## Instructions:

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1. In a bowl, mix mayonnaise, ketchup, lemon juice, Worcestershire sauce, and paprika to make the cocktail sauce.
2. Arrange the shredded lettuce in serving glasses or bowls.
3. Place prawns on top of the lettuce and spoon the cocktail sauce over the prawns.
4. Garnish with a lemon wedge and a sprinkle of paprika if desired.



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# Homemade Chocolates



**Serves:**2



**Prep Time** 10 mins



**Chill Time:** 20 mins

**Carbohydrates:** 9 grams   **Fat:** 25 grams   **Protein:** 5 grams

## Ingredients:

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- 100g coconut oil
- 100g peanut butter
- 2 tbsp cocoa powder (unsweetened)
- 1-2 tbsp sweetener (erythritol or stevia)

## Instructions:

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1. Melt the coconut oil and peanut butter together in a saucepan over low heat.
2. Stir in the cocoa powder and sweetener until smooth.
3. Pour the mixture into molds or a lined baking dish.
4. Refrigerate for 20 minutes until set, then cut into pieces or pop out of molds.



# Scones



**Serves:**2



**Prep Time** 10 mins



**Cook Time:** 20 mins

**Carbohydrates:** 5 grams    **Fat:** 22 grams    **Protein:** 9 grams

## Ingredients:

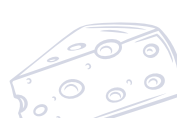
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- 250g almond flour
- 40g erythritol or other low-carb sweetener
- ½ tsp baking powder
- ¼ tsp salt
- 1 large egg
- 45ml melted butter or coconut oil
- 20ml almond milk
- 1½ tsp vanilla extract

## Instructions:

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1. Preheat the oven to 180°C (350°F) and line a baking sheet with parchment paper.
2. Mix the almond flour, erythritol, baking powder, and salt in a bowl.
3. In another bowl, whisk together the egg, melted butter, almond milk, and vanilla extract.
4. Gradually add the dry mixture to the wet mixture, forming a dough.
5. Shape the dough into a circle about 1 inch thick, cut into 8 wedges, and place on the baking sheet. Bake for 20 minutes.





# Peanut Butter Cookies



**Serves:**12



**Prep Time** 10 mins



**Cook Time:** 10–12 mins

**Carbohydrates:** 4 grams   **Fat:** 12 grams   **Protein:** 6 grams

## Ingredients:

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- 1 cup smooth peanut butter
- 1/2 cup erythritol (or preferred low-carb sweetener)
- 1 large egg
- 1 tsp vanilla extract

## Instructions:

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1. Preheat oven to 180°C (350°F). Line a baking tray with parchment paper.
2. In a bowl, mix peanut butter, erythritol, egg, and vanilla until well combined.
3. Roll the dough into 12 balls, place on the tray, and flatten each with a fork to create a criss-cross pattern.
4. Bake for 10–12 minutes until edges are golden. Let cool before serving.



# Banana Bread



**Serves:**12



**Prep Time** 10 mins



**Cook Time:** 45–50 mins

**Carbohydrates:** 4 grams   **Fat:** 12 grams   **Protein:** 5grams

## Ingredients:

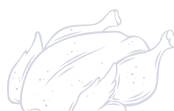
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- 1 cup almond flour
- 1/4 cup coconut flour
- 1/2 cup erythritol (or preferred low-carb sweetener)
- 1/4 cup melted butter
- 3 large eggs
- 1 tsp vanilla extract
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1 tsp banana extract (for flavor)

## Instructions:

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1. Preheat oven to 180°C (350°F). Line a loaf pan with parchment paper.
2. Mix almond flour, coconut flour, erythritol, baking powder, and salt in a bowl.
3. In another bowl, whisk melted butter, eggs, vanilla extract, and banana extract.
4. Combine wet and dry ingredients until smooth. Pour into the loaf pan.
5. Bake for 45–50 minutes or until a toothpick comes out clean. Let cool before slicing.



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# Cinnamon Vanilla Apples



**Serves:**2



**Prep Time** 5 mins



**Cook Time:** 10 mins

**Carbohydrates:** 12 grams   **Fat:** 7 grams   **Protein:** 1 grams

## Ingredients:

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- 2 apples, peeled and sliced
- 1 tbsp butter
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 tbsp powdered erythritol (or your preferred sweetener)

## Instructions:

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1. Melt butter in a pan over medium heat.
2. Add the apple slices, cinnamon, and vanilla extract, and cook for 5-7 minutes until the apples are soft.
3. Stir in the sweetener and cook for another 1-2 minutes.
4. Serve warm as a dessert or topping.



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# Coconut Bites



**Serves:**12



**Prep Time** 10 mins



**Chill Time:** 20 mins

**Carbohydrates:** 4 grams   **Fat:** 12 grams   **Protein:** 2 grams

## Ingredients:

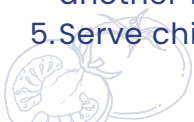
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- 150g shredded coconut (unsweetened)
- 3 tbsp coconut oil, melted
- 2 tbsp powdered erythritol (or your preferred sweetener)
- 1 tsp vanilla extract
- 100g dark chocolate (70% or higher), melted

## Instructions:

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1. In a bowl, mix shredded coconut, coconut oil, sweetener, and vanilla extract until well combined.
2. Shape the mixture into small bite-sized bars or balls and place them on a lined baking sheet.
3. Freeze for 15–20 minutes until firm.
4. Dip each bite into the melted dark chocolate, coating well. Return to the freezer for another 10 minutes to set.
5. Serve chilled and store in the fridge.





# Lemon Sherbet Melts



**Serves:**12



**Prep Time** 10 mins



**Chill Time:** 20 mins

**Carbohydrates:** 3 grams   **Fat:** 8 grams   **Protein:** 1 grams

## Ingredients:

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- 100g cream cheese, softened
- 2 tbsp coconut oil, melted
- 2 tbsp powdered erythritol (or your preferred sweetener)
- 1 tbsp lemon juice
- Zest of 1 lemon
- 1 tsp vanilla extract

## Instructions:

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1. In a bowl, mix cream cheese, coconut oil, sweetener, lemon juice, lemon zest, and vanilla extract until smooth.
2. Spoon the mixture into silicone molds or small muffin liners.
3. Freeze for 15–20 minutes until firm.
4. Once set, pop them out of the molds and serve chilled.



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# Stuffed Mini Peppers



**Serves:**4



**Prep Time** 10 mins



**Cook Time:** 10 mins

**Carbohydrates:** 5 grams   **Fat:** 12 grams   **Protein:** 6 grams

## Ingredients:

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- 12 mini bell peppers, halved and deseeded
- 150g cream cheese, softened
- 50g shredded cheddar cheese
- 1 tbsp fresh chives, chopped
- Salt and pepper to taste

## Instructions:

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1. Preheat oven to 180°C (350°F).
2. In a bowl, mix cream cheese, shredded cheddar, chives, salt, and pepper.
3. Spoon the cream cheese mixture into the halved mini peppers.
4. Place the stuffed peppers on a baking sheet and bake for 10 minutes, until the cheese is melted and bubbly.
5. Serve warm as a snack or appetizer.



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# Aubergine Stacks



Serves:2



**Prep Time** 5 mins



**Cook Time:** 20 mins

**Carbohydrates:** 16 grams   **Fat:** 28 grams   **Protein:** 14 grams

## Ingredients:

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- 2 large aubergines (eggplants), sliced
- 1½ cups ricotta cheese
- 2 large tomatoes, sliced
- 2 tbsp olive oil
- Fresh basil leaves for garnish
- Salt and pepper to taste

## Instructions:

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1. Preheat the oven to 180°C (350°F). Brush aubergine slices with olive oil, season with salt and pepper, and grill or bake until golden (about 10 minutes).
2. Mix ricotta cheese with a pinch of salt and pepper.
3. Layer grilled aubergine, ricotta cheese, and tomato slices to form stacks.
4. Garnish with fresh basil and a drizzle of olive oil.
5. Serve warm or at room temperature.



# Keto Seed Crackers



**Serves:** 2



**Prep Time** 10 mins



**Cook Time:** 40 mins

**Carbohydrates:** 8 grams    **Fat:** 20 grams    **Protein:** 6 grams

## Ingredients:

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- ⅓ cup ground almonds
- ⅓ cup sunflower seeds
- ⅓ cup pumpkin seeds
- 1 tbsp chia seeds
- 1 tbsp sesame seeds
- 1 tbsp olive oil
- ½ tsp salt
- 100ml water

## Instructions:

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1. Preheat oven to 160°C (320°F) and line a baking sheet with parchment paper.
2. Mix all the seeds, ground almonds, salt, and olive oil in a bowl.
3. Add water and stir until a dough forms.
4. Spread the dough thinly between two sheets of parchment paper and roll it out evenly.
5. Remove the top sheet and bake for 40 minutes until golden and crispy.
6. Let cool, then break into crackers.





# Jalapeño Peppers



**Serves: 4**



**Prep Time 10 mins**



**Cook Time: 15 mins**

**Carbohydrates: 5 grams   Fat: 18 grams   Protein: 6 grams**

## Ingredients:

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- 8 large jalapeño peppers, halved and deseeded
- 150g cream cheese, softened
- 50g shredded cheddar cheese
- 4 strips of cooked bacon, crumbled
- 1 tsp garlic powder
- Salt and pepper to taste

## Instructions:

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1. Preheat oven to 180°C (350°F) and line a baking sheet with parchment paper.
2. In a bowl, mix cream cheese, shredded cheddar, bacon, garlic powder, salt, and pepper.
3. Spoon the cream cheese mixture into each jalapeño half.
4. Place the stuffed jalapeños on the baking sheet and bake for 12-15 minutes until the cheese is melted and bubbly.
5. Serve warm.



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# Air Fryer Cauli-Wings



**Serves: 4**



**Prep Time 10 mins**



**Cook Time: 15 mins**

**Carbohydrates: 8 grams   Fat: 7 grams   Protein: 3 grams**

## Ingredients:

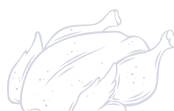
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- 1 medium cauliflower, cut into florets
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp paprika
- Salt and pepper to taste
- ¼ cup hot sauce (optional for buffalo-style wings)

## Instructions:

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1. Preheat air fryer to 200°C (390°F).
2. In a bowl, toss cauliflower florets with olive oil, garlic powder, paprika, salt, and pepper until evenly coated.
3. Place the cauliflower in the air fryer basket in a single layer and cook for 12-15 minutes, shaking halfway through.
4. For buffalo-style wings, toss the cooked cauliflower in hot sauce before serving.





# Cheese Crisps



Serves:1



**Prep Time** 5 mins



**Cook Time:** 5 mins

**Carbohydrates:** 1 grams   **Fat:** 3 grams   **Protein:** 4 grams

## Ingredients:

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- 1 cup shredded cheddar cheese
- (or any cheese you prefer)

## Instructions:

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1. Preheat oven to 180°C (350°F) and line a baking tray with parchment paper.
2. Place small mounds of shredded cheese on the tray, leaving space between each one.
3. Bake for 5 minutes, or until the cheese is melted and crispy.
4. Let cool completely before removing from the tray.



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