



3-Ingredient 1-Minute Keto Snack

7 oz = 200 g mixed nuts

2 teaspoons [light olive oil](#)

1 teaspoon [barbecue seasoning](#) (or your favorite seasoning mix to taste)

1/2 teaspoon (or to taste) [unrefined sea salt](#)

Directions:

1. Place all ingredients into a freezer bag.
2. Close the bag tightly. Toss well to let the spices cover the nuts properly.
3. Spread the mixture on a microwave-proof plate into an even layer.
4. Nuke, uncovered, on high for 15 seconds. Check; and continue in 15 second spans if the nuts are not done. They should get golden, but not burned.
5. Let cool down and serve.



5-Ingredient 1-Minute Cinnamon Bun Keto Snack

7 oz = 200 g mixed nuts

1 tablespoon melted [organic extra virgin coconut oil](#)

2 tablespoons [Sukrin Gold](#)

1/2 teaspoon [ground organic Ceylon cinnamon](#)

1/4 teaspoon [ground organic cardamom](#)

Directions:

1. Place all ingredients into a freezer bag.
2. Close the bag tightly. Toss well to let the seasonings cover the nuts properly.
3. Spread the mixture on a microwave-proof plate into an even layer.
4. Nuke, uncovered, on high for 15 seconds. Check; and continue in 15 second spans if the nuts are not done. They should get golden, but not burned.
5. Let cool down and serve.



5-Ingredient 1-Minute Lemon Rosemary Keto Snack

7 oz = 200 g mixed nuts

1 tablespoon [light olive](#) oil OR [ghee](#)

2 teaspoons finely grated lemon peel from organic lemon (only the yellow part), packed

2 teaspoons fresh rosemary leaves, very finely chopped

1/2 teaspoon (or to taste) [unrefined sea salt](#)

Directions:

1. Place all ingredients into a freezer bag.
2. Close the bag tightly. Toss well to let the seasonings cover the nuts properly.
3. Spread the mixture on a microwave-proof plate into an even layer.
4. Nuke, uncovered, on high for 15 seconds. Check; and continue in 15 second spans if the nuts are not done. They should get golden, but not burned.
5. Let cool down and serve.



5-Ingredient 1-Minute Pizza-Flavored Keto Snack

7 oz = 200 g mixed nuts

1 tablespoon [light olive oil](#) OR [ghee](#)

2 teaspoons [pizza seasoning](#)

1 tablespoon [organic powdered tomato](#)

1/2 teaspoon (or to taste) [unrefined sea salt](#)

(Optional: 3 tablespoons freshly grated Parmesan)

Directions:

1. Place all ingredients into a freezer bag.
2. Close the bag tightly. Toss well to let the seasonings cover the nuts properly.
3. Spread the mixture on a microwave-proof plate into an even layer.
4. Nuke, uncovered, on high for 15 seconds. Check; and continue in 15 second spans if the nuts are not done. They should get golden, but not burned (especially the cheese if you use it).
5. Let cool down and serve.