5 Surprisingly Satisfying Keto Recipes

One of the key challenges of sticking to a long-term keto diet, is finding new delicious recipe ideas. Sometimes, you just want to indulge in mouthwatering foods, but is it possible to eat anything satisfying on the keto diet?

The good news is there absolutely are delicious, satisfying meals you can enjoy on the keto diet. Below, you’ll discover just 5 surprisingly satisfying keto recipes you can try out.

1. Pumpkin cheesecake with a walnut crust

Who says you can’t indulge your sweet tooth on a diet! This delicious pumpkin cheesecake with a walnut crust is absolutely divine.

The main ingredients you’ll need are walnuts, softened cream cheese, cinnamon, vanilla, heavy whipping cream, pumpkin puree and pumpkin spice. It’s packed full of delicious fall and winter flavors. You can check the full recipe out below.

<https://www.heyketomama.com/keto-pumpkin-cheesecake/>

2. Keto meat pie

Few dishes can match this ultra-satisfying meat pie. Topped With cheese, this is sure to be a big hit with the entire family. It can be used as a main meal or for packed lunches and is best served at a lukewarm temperature.

You will need quite a lot of ingredients for this one, but it is worth it. The oregano, tomato paste, garlic, sesame seeds and almond and coconut flour added to the recipe are what give it a beautiful fresh flavor. Check out the full recipe below.

<https://www.dietdoctor.com/recipes/keto-meat-pie>

3. Keto pizza pockets

If you’re looking for a satisfying keto recipe even the kids will love, you’ll want to try these awesome pizza pockets.

Some of the ingredients are a little more difficult to find for this one, but you should be able to pick them up online. What’s great about these pizza pockets, is you can put any filling in that you want. You can also serve them alongside your favorite sauce. Discover how to make them below.

<https://www.heyketomama.com/keto-fathead-pizza-pockets/>

4. Keto Tex-Mex Casserole

On cold winter days, you’ll definitely want to try out this satisfying Tex-Mex casserole. It’s extremely hearty and is packed full of delicious flavors.

The basis of the flavor comes from pickled jalapenos, sour cream, paprika, cumin and chili powder. Filled with ground beef and shredded cheese, it’s hard to believe this recipe is actually good for you. Check out the recipe below.

<https://www.dietdoctor.com/recipes/keto-tex-mex-casserole>

5. Keto cinnamon coffee

One thing many people struggle with when they start the keto diet, is giving up creamy coffee. However, as this delicious keto cinnamon recipe shows, you can still indulge your coffee cravings.

All you need is ground coffee, ground cinnamon, heavy whipping cream and water. It’s so simple to make and perfect for enjoying on cold days. Check out the recipe below.

<https://www.dietdoctor.com/recipes/keto-cinnamon-coffee>

So, there you have it – 5 surprisingly satisfying keto recipes you’ll definitely want to try. Following a long-term keto plan doesn’t have to be boring. There’s so much variety you can enjoy to make it easier to maintain.