5 Keto Recipes for Energy

Although the keto diet does naturally give you more energy, there will still be days you could use a little boost. The good news is, there’s plenty of recipes you can use to give your body the additional energy it needs throughout the day.

Here, you’ll discover 5 keto recipes for energy you won’t want to miss.

1. Keto power bites

If it’s a quick burst of energy you’re looking for, keto power bites are exactly what you need. These little balls of goodness aren’t just great for boosting energy levels – they’re also a delicious snack.

You’ll need hemp seeds, sesame seeds, semisweet chocolate chips, cinnamon, almond butter, coconut butter and unsweetened shredded coconut. Find the full recipe below.

<https://www.today.com/recipes/keto-power-bites-recipe-t123219>

Keep in mind that if you’re following a really strict form of the diet, these are a little higher in carbs than what you’re recommended to have. However, provided you follow the diet strictly for the rest of the day, there’s no harm in trying these tasty snacks.

2. Peperoni bites

These small but juicy peperoni bites are an absolute must-try on the keto diet. They’re super-easy to make, pack a flavorful punch and they’re sure to keep you satisfied and energized until your next meal.

All you need to make them is ground beef, finely diced peperoni and a little salt and pepper to taste. You can check out the full recipe below.

<https://www.ditchthecarbs.com/super-easy-pepperoni-bites/>

3. Chicken liver pate

This tasty pate is packed full of nutrients and when spread over cucumber or avocado, provides oodles of energy. It even contains Vitamin D – a vitamin which is difficult to get in your daily diet.

The only ingredients you’ll need for this delicious pate are chicken livers, garlic, butter, cracked black peppercorns and a little salt to taste. Find the full recipe below.

<https://www.ditchthecarbs.com/easy-low-carb-pate/>

4. Healthy Breakfast Parfait

If you want to feel energized in the morning, start off your day with this delicious healthy breakfast parfait. Featuring banana ice cream, raspberry chai pudding and coconut yoghurt, this truly is a mouthwatering recipe.

Considering how many elements there are to this dish, you need surprisingly few ingredients. You’ll largely need frozen berries, non-dairy milk, ripe bananas, spirulina powder, coconut yoghurt and raspberries. Discover the full recipe below.

<https://www.julieslifestyle.com/en/blog/detail/healthy-breakfast-parfait-banana-ice-cream-raspberry-chia-pudding-coconut-yogurt>

5. Grilled Vegetable Skewers with Mexican quinoa

If you’re looking for a light, savory snack that’s going to energize you, these grilled vegetable skewers with a Mexican quinoa are perfect. They’re especially well-suited to vegans and are quick and simple to make.

You’ll need seasonal vegetables, smoked tempeh, lime juice, tamari, olive oil, oregano and ground cumin. Check out the recipe below.

<https://www.julieslifestyle.com/en/blog/detail/grilled-vegetable-skewers-with-mexican-quinoa-vegan-raw-2>

These are some of the best keto recipes for energy. So, whenever you need a little pick-me-up, try any of the recipes above and see how energized you feel.