1. Keto-three-colored-skewer stick

**Ingredients:**
egg, green pepper, button mushroom, onion, tomato, mayonnaise, olive oil

**Recipe:**
Mix mashed egg and chopped vegetable to build a ball shape. Stick button mushroom, green pepper, onion to the skewer with the ball. Blend tomato and olive oil.

2. Keto-dim-sum

**Ingredients:**
chicken, cabbage, carrot, mayonnaise, butter, peanut, olive oil

**Recipe:**
Stir-fry chopped chicken and carrot. Build dim sum shape with cabbage. Mix olive oil, mayonnaise, butter, chopped peanut for sauce.

3. Keto-Sausage-roll

**Ingredients:**
sausage, egg, cucumber, tomato, milk, olive oil

**Recipe:**
Roll sausage, cucumber with thin julienned cooked egg. Stick the roll to skewer. Blend tomato, olive oil and milk.

4. Keto-cheese stick

**Ingredients:**
tofu, cheese, tomato, butter, olive oil

**Recipe:**
Build stick shape with mashed butter and drained tofu. Stuff the stick with cheese. Deep-fry the stick. Blend together tomato, olive oil and butter.