

My best

sweets recipes



SWEETNESS WITHOUT LIMITS!

Desserts should be a joy, not a worry! That's why I've created this little collection of 12 irresistible, easy-to-make treats (& 3 extra surprises!)

All lipedema-friendly, gluten-free, sugar-free & lactose-free.

Think gooey brownies, soft muffins, dreamy puddings... pure sweetness without the guilt! Whether you're baking for yourself or sharing with loved ones, these recipes will bring comfort, joy, and a whole lot of love to your kitchen.

So grab your whisk, and let's make magic!

I hope you truly enjoy all these recipes!
Love,
Elise

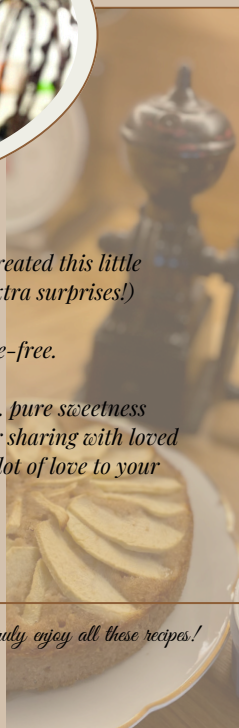


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GLOSSARY

RAD: Rare Adipose Disorder Diet – A nutritional approach for lipedema management.

Keto: A low-carb, high-fat diet that helps with inflammation.

Sugar-free: Contains no added sugars, making it a better choice for managing blood sugar levels and inflammation.

Gluten-free: All of the recipes do not contain gluten, a protein found in wheat, barley, and rye.


Low-carb: Contains a reduced amount of carbohydrates, focusing on proteins and healthy fats to help stabilize blood sugar and support weight management.


Lactose-free: Free from lactose, the sugar found in dairy products. Ideal for lipedema patients & those with lactose intolerance.




Joan's cozy oat bites

With vanilla & almonds

 150-180 calories

 12-15 servings

 20 minutes

COMPATIBILITY

 **RAD**

 **Sugar-Free**

 **Gluten-free**

INGREDIENTS

- 500gr/ 17oz oat flakes (gluten-free)
- 300ml olive or coconut oil
- 200gr/7oz almond flour
- 125gr/4.5oz erythritol
- 1 tbsp baking powder
- 1 tsp salt
- 5 eggs
- 1 tsp vanilla essence
- 125gr/4.5oz slivered almonds
- 3 tbsp unsweetened cocoa powder

ELISE'S SECRET

This is the first sugar-free recipe I made in my life for Joan, a beloved friend's life partner.

I created this recipe especially for Joan when, due to medical reasons, had to completely eliminate sugar.

INSTRUCTIONS

1. Pre-heat oven to 180 °C/355°F.
2. In a bowl mix all the dry ingredients (oats, flour, cocoa, erythritol, salt, baking powder, nuts).
3. If you have a mixer or food-processor, add the rest of the liquid ingredients and mix until it is well integrated. If you don't have it, beat the liquid ingredients in another bowl and add to the previous mixture.
4. Once everything is mixed, make small balls and flatten, place on a baking tray (with greaseproof paper). If you want to go faster because these cookies disappear at home... fill the entire baking tray and cut the cookie dough into squares.
5. Bake at 180°C/355°F for about 12 minutes, or until you see that they are golden brown. If you have made a pre-mark on your cookies with the knife, mark them again.
6. Remove cookies from the tray when cool, because when they are warm they are very fragile and break easily.
7. If you feel it was too easy to make, just melt some 70% dark chocolate and pour it on top. Enjoy!

Jean's cozy oat bites

SOME TIPS

WHY SO GOOD?

Oats are a great source of fiber, which helps improve digestion and keep you feeling fuller longer and balancing blood sugar levels.

HOW OFTEN?

These yummy cookies are great as an occasional treat, so enjoy them 2-3 times a week for a satisfying snack!

WEIGHT-LOSS FRIENDLY?

While these cookies are healthy, be mindful not to overconsume. Nuts & coconut oil can be high in calories, which may slow down weight-loss if eaten too frequently.

BODY-LOVING BENEFITS

The oats & almonds are full of anti-inflammatory properties, thanks to their high content of healthy fats and antioxidants.

They help reduce inflammation and support overall health.





Tropical cloud cake

With almond milk & coconut



150-170 calories



8-10 servings



55 minutes

COMPATIBILITY

✔ Keto

✔ Low-carb

✔ RAD

INGREDIENTS

2 eggs

½ cup / 120 ml olive or coconut oil

½ cup / 120 ml almond milk

¾ cup / 75 g almond flour

¾ cup / 60 g shredded coconut

½ cup / 50 g erythritol

ELISE'S SECRET

You have no idea how much I missed my grandma's cake since my Lipedema diagnosis!

So I adapted this recipe from her most traditional one.

I love you yaya ❤️

INSTRUCTIONS

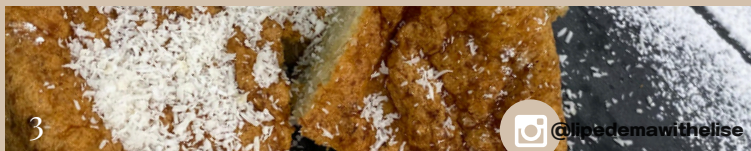
1. Preheat the oven to 180°C / 350°F.
2. Separate the egg whites from the yolks.
3. Mix the yolks with the liquid ingredients (oil and almond milk). Then, add the dry ingredients (almond flour, shredded coconut, and erythritol) and combine well.
4. Whisk the egg whites until stiff peaks form.
5. Gently fold the egg whites into the batter.
6. Line a baking pan with parchment paper and pour in the mixture.
7. Bake for 45 minutes at 180°C (350°F)

MIND-BLOWING FACTS

Did you know coconut cake became wildly popular in the American South during the 1800s, when coconuts were shipped in from the Caribbean? It was considered an exotic luxury back then!

Coconut is technically a drupe, not a nut—and every part of it is useful: water, milk, oil, flesh, even the shell!

In some regions, coconut cake is a wedding tradition: symbolizing good luck, prosperity, and sweet beginnings



Tropical cloud cake

SOME TIPS

WHY SO GOOD?

Coconut oil is full of medium-chain triglycerides (MCTs) that support metabolism and fat-burning, while almond flour provides a low-carb option to keep blood sugar stable.

HOW OFTEN?

Enjoy a slice of this cloud-like cake once a week as a special treat to brighten your day!

WEIGHT-LOSS FRIENDLY?

Since this recipe contains coconut oil, which is calorie-dense, it's best to keep portions in check if you're focusing on weight loss.

BODY-LOVING BENEFITS

Coconut oil has powerful anti-inflammatory properties and helps reduce swelling and pain, while almond flour is rich in magnesium, which supports muscle and nerve function.





Velvet cocoa bliss

With hazelnut & chocolate



120-140 calories



8-10 servings



15 minutes

COMPATIBILITY

✔ Keto

✔ Low-carb

✔ RAD

INGREDIENTS

200g / 7 oz toasted hazelnuts

20g / 1.5 tbsp erythritol

12g / 2 tbsp unsweetened cocoa powder

2-3 oz / 20 g 95% dark chocolate

ELISE'S SECRET

*I missed chocolate spread so much!
It was pure childhood joy—until I
had to give it up.*

*So, I made my own, just as creamy
and delicious, but without the
sugar crash & all of the chemistry.*

INSTRUCTIONS

1. Blend the hazelnuts until you get a smooth, liquid butter.
2. Add the cocoa powder and erythritol, then mix well.
3. Melt the dark chocolate and incorporate it into the mixture.
4. Enjoy guilt-free!

MIND-BLOWING FACTS

Did you know that Nutella was born out of necessity?

In 1964, Michele Ferrero created Nutella in Italy, inspired by Supercrema, a spread his father, Pietro Ferrero, developed in the 1940s.

Due to a post-war cocoa shortage, they blended cacao with Piemontese hazelnuts, turning a crisis into an iconic treat!



Velvet cocoa bliss

SOME TIPS

WHY SO GOOD?

Hazelnuts are packed with healthy fats, antioxidants, and vitamin E, which support healthy circulation and reduce inflammation—perfect for lipedema care.

HOW OFTEN?

Indulge in this creamy delight once or twice a week, especially when you want to treat yourself to something extra special.

WEIGHT-LOSS FRIENDLY?

Be mindful of portion size as this treat is rich in healthy fats from hazelnuts and dark chocolate, which can be calorie-dense.

BODY-LOVING BENEFITS

Hazelnuts are a powerhouse of anti-inflammatory properties thanks to their high content of antioxidants, which help reduce oxidative stress and inflammation.





Napoleon's cheesecake

With sheep cheese & salt



200-220 calories



8-10 servings



55 minutes

COMPATIBILITY

✔ Keto

✔ Low-carb

✔ RAD

INGREDIENTS

- 500 g/ 1 lb fresh sheep or goat cheese
- Zest of 1 lemon
- 5 eggs
- 70 g/ ½ cup erythritol
- 1 pinch of salt

ELISE'S SECRET

Fiadone is a Corsican classic, and I made it lipedema-friendly without losing its magic. Light, citrusy, and naturally sweet—add a splash of Grappa if you want the original touch.

A taste of Corsica in every bite!

INSTRUCTIONS

1. Preheat the oven to 180°C / 350°F.
2. Drain the cheese to remove excess water (let it sit for 30 minutes).
3. Separate the egg yolks from the egg whites. Whisk the yolks with erythritol until pale.
4. Add the crumbled cheese in two batches and mix well. Then, add the lemon zest & the salt.
5. Beat the egg whites until stiff peaks form.
6. Gently fold the egg whites into the cheese mixture.
7. Line a baking pan with parchment paper and pour in the mixture.
8. Bake for 45 minutes at 180°C (350°F).

MIND-BLOWING FACTS

Legend has it this cheesecake was a favorite of Napoleon Bonaparte, who was born in Corsica in 1769. Locals say he had a soft spot for this zesty, creamy treat!

Brocciu -the original cheese- is so iconic in Corsica that it's protected under AOC (Appellation d'Origine Contrôlée) status—just like Champagne or Roquefort. Only cheese made in Corsica can truly be called *brocciu*!



Napoleon's cheesecake

SOME TIPS

WHY SO GOOD?

Sheep or goat cheese is rich in protein and healthy fats, which are easier to digest than cow's milk, helping reduce inflammation and support muscle mass.

HOW OFTEN?

You can enjoy a slice of this indulgent cheesecake once a week as a delightful treat.

WEIGHT-LOSS FRIENDLY?

Due to its richness, it's best not to overconsume this cheesecake if you're focused on weight loss, as it can be higher in calories from fats.

BODY-LOVING BENEFITS

Sheep and goat cheese contain less lactose, which can cause inflammation, and their healthy fats help to reduce inflammation in the body.





Fudgy cocoa delight

With nuts & almonds



180-200 calories

10-12 servings

35 minutes

COMPATIBILITY

✓ Keto

✓ Low-carb

✓ RAD

INGREDIENTS

- 2 eggs
- 100gr / ½ cup erythritol
- 50gr / ½ cup almond flour
- 120 ml / ½ cup coconut or olive oil
- 30grs / ⅓ cup unsweetened cocoa powder
- 40g / ¼ cup 70% dark chocolate
- 30gr / ¼ cup chopped walnuts
- ¼ tsp salt
- ¼ tsp baking powder
- 1 tsp vanilla extract

ELISE'S SECRET

Brownies take me straight back to my teenage years—late-night cravings, messy kitchens, and pure chocolate bliss.

INSTRUCTIONS

1. Preheat the oven to 175°C/ 350°F.
2. Mix the eggs and oil (melt coconut oil if using).
3. Add the dry ingredients (almond flour, baking powder, salt, etc.). Chop the chocolate in small pieces and mix well.
4. Pour the mixture into a silicone mold or a metal pan lined with parchment paper.
5. Bake at 175°C/ 350°F for about 25 minutes.

MIND-BLOWING FACTS

Did you know that *November 11th* is World's Brownie Day?

The first brownie recipe was published in 1896 in *The Boston Cooking School Book*. Another version claims it was created in 1893 at the Palmer House Hotel in Chicago by the chef Walter Catalan, and the legend says the chef accidentally omitted the leavening agent.



Fudgy cocoa delight

SOME TIPS

WHY SO GOOD?

Almond flour is a low-carb alternative to regular flour, helping stabilize blood sugar and support healthy fat loss, while dark chocolate provides antioxidants that support circulation.

HOW OFTEN?

Enjoy these fudgy delights 2-3 times a week, especially when you're craving something sweet yet healthy.

WEIGHT-LOSS FRIENDLY?

Since almond flour and dark chocolate are calorie-dense, it's best to keep portions moderate to avoid excess calorie intake.

BODY-LOVING BENEFITS

Cocoa & almond both have anti-inflammatory benefits. Cocoa is rich in antioxidants, & almond provides healthy fats that help reduce inflammation and support heart health.





Gaudi's golden custard

With lemon & cinamon



150-170 calories



4-6 servings



25 minutes

COMPATIBILITY

✔ Gluten-free

✔ Lactose-free

✔ Sugar-free

INGREDIENTS

475 ml / 2 cups almond milk

50 g / ¼ cup erythritol

4 egg yolks

20 g / 2 tbsp cornstarch

Zest of 1 lemon

1 cinnamon stick

ELISE'S SECRET

Here's my Lippy-friendly Crema Catalana! This dessert dates back to the 14th century, long before Crème Brûlée, and was traditionally enjoyed on St. Joseph's Day (March 19th), Spain's Father's Day.

The secret? It's my favorite dessert

INSTRUCTIONS

1. Heat $\frac{3}{4}$ of the almond milk in a saucepan with the lemon peel and cinnamon stick. Bring to a gentle boil, then turn off the heat and let it infuse for about 15 minutes.
2. In a separate bowl, mix the egg yolks, cornstarch, erythritol, and the remaining $\frac{1}{4}$ of the almond milk until smooth.
3. Strain the infused milk to remove the lemon peel and cinnamon, then slowly mix it into the egg mixture, whisking constantly.
4. Pour everything back into the saucepan and cook over low heat, stirring constantly to prevent it from boiling. Keep cooking until the mixture thickens into a smooth custard.
5. Divide the custard into small ramekins or bowls and let it cool in the refrigerator.
6. Serve chilled with a sprinkle of cinnamon on top.

MIND-BLOWING FACTS

If you prefer to make this low-carb recipe instead of the traditional version, replace the cornstarch with $\frac{1}{2}$ tsp of xanthan gum. And enjoy it!



Gaudi's golden custard

SOME TIPS

WHY SO GOOD?

The star ingredient, egg yolks, are packed with choline, which helps reduce inflammation and supports fat metabolism—perfect for lipedema warriors!

HOW OFTEN?

Enjoy this creamy custard once a week for a comforting dessert.

WEIGHT-LOSS FRIENDLY?

The egg yolks and almond milk make this a rich dessert, so enjoy it in moderation to avoid calorie overload.

BODY-LOVING BENEFITS

Almond milk and cinnamon both have anti-inflammatory properties that can help soothe the body and reduce swelling.





Cocoa hug bites

With coconut & almonds



150-170 calories



12-15 cookies



35 minutes

COMPATIBILITY

✔ Keto

✔ Sugar-free

✔ RAD

INGREDIENTS

- 120gr / ½ cup butter
- 50gr / 2 tbs coconut oil
- 360gr / 3 cups almond flour
- 50gr / ¼ cup erythritol
- 2 eggs
- A splash of vanilla extract
- ½ tsp baking soda or baking powder
- ½ tsp salt
- 140gr / 5 oz 75% dark chocolate, chopped

ELISE'S SECRET

There's something magical about warm chocolate chip cookies—gooey centers, crispy edges, and that first bite that melts in your mouth!

INSTRUCTIONS

1. Preheat the oven to 355°F (180°C).
2. Melt the butter and coconut oil in a small saucepan over low heat. Once melted, add the erythritol and stir until dissolved.
3. Remove from heat and mix in the eggs, vanilla extract, salt, and baking soda.
4. Once fully combined, add the almond flour and chopped chocolate. Stir well until a dough forms.
5. Wet your hands slightly to prevent sticking and shape the dough into small balls.
6. Place them on a baking sheet and press them down slightly with a spoon.
7. Bake at 355°F (180°C) for 15-20 minutes, or until golden brown.

MIND-BLOWING FACTS

Did you know the original chocolate chip cookie was invented by accident in 1938 by Ruth Wakefield at the Toll House Inn in Massachusetts? She thought the chocolate would melt completely—but it didn't, and history was made!

During World War II, soldiers from Massachusetts shared these cookies overseas, and soon they became a national (and then global!) obsession.



Cocoa hug bites

SOME TIPS

WHY SO GOOD?

Dark chocolate (85% or higher) is rich in flavonoids, which improve circulation and reduce inflammation—a must for lipedema-friendly treats!

HOW OFTEN?

These bites are a perfect treat 2-3 times a week when you need a little pick-me-up.

WEIGHT-LOSS FRIENDLY?

Be mindful of portions, as the dark chocolate and almond flour are calorie-dense, so it's best to enjoy them in moderation.

BODY-LOVING BENEFITS

Dark chocolate and almond flour both have anti-inflammatory properties that help reduce oxidative stress and improve circulation.





Berrylicious bliss muffins

With lemon and yogurt



100-130 calories

8-10 muffins

30 minutes

COMPATIBILITY

✔ Keto

✔ Sugar-free

✔ RAD

INGREDIENTS

- 2 eggs
- 50 g / 3 tbsp yogurt (coconut, sheep, or goat)
- 100 g / $\frac{3}{4}$ cup blueberries
- 30 g / 3 tbsp almond flour
- 5 g / 1 tsp baking powder
- 15 g / $\frac{1}{2}$ tbsp erythritol
- A splash of lemon juice

ELISE'S SECRET

Blueberry muffins feel like a hug in a bite—soft, fluffy, and bursting with juicy berries! Perfect with a cup of tea on a cozy morning.

INSTRUCTIONS

1. Preheat the oven to 355°F (180°C).
2. Mix the eggs, lemon juice, and yogurt with the erythritol until well combined.
3. Add the almond flour and blueberries, stirring gently.
4. Pour the batter into muffin molds, filling them up to $\frac{3}{4}$ full.
5. Bake at 350°F (180°C) for 20 minutes

These muffins are very moist—different from the ones you're used to—but their fresh and delicate flavor will surprise you!

MIND-BLOWING FACTS

Blueberries are one of the few fruits native to North America, and Indigenous tribes were already using them for food and medicine long before colonists arrived.

Early cookbooks called them “star berries” because of the five-pointed star shape at their blossom end—how cute is that?

Berrylicious bliss muffins

SOME TIPS

WHY SO GOOD?

Blueberries are anti-inflammatory powerhouses! They help with lymphatic flow and protect your blood vessels—hello, happy legs!

HOW OFTEN?

This muffin recipe can be enjoyed 2-3 times a week as a delightful treat while supporting overall health.

WEIGHT-LOSS FRIENDLY?

While generally healthy, erythritol may cause digestive discomfort for some, so it's best to consume in moderation.

BODY-LOVING BENEFITS

The blueberries are rich in antioxidants, and the coconut or goat yogurt provides anti-inflammatory properties to support your body in reducing inflammation.





Lesty sunshine cookies

With lemon and yogurt



140-190 calories



12-14 cookies



25 minutes

COMPATIBILITY

✔ Keto

✔ Sugar-free



INGREDIENTS

- 30 g / 2 tbsp butter
- 60 ml / ¼ cup Mandarin juice
- Grated mandarin or orange zest
- 680 g / 6 cups almond flour
- 40 g / 6 tbsp shredded coconut
- 20 g / 2 tbsp stevia or erythritol
- 5 g / 1 tsp baking powder
- A splash of vanilla extract
- 240 ml / 1 cup coconut oil
- 170 g / 1 cup 70% dark chocolate

ELISE'S SECRET

These cookies are like sunshine on a plate—zesty, soft, and just the right amount of sweet! They remind me of childhood winters, peeling mandarins by the fireplace.

INSTRUCTIONS

1. Preheat the oven to 350°F (180°C).
2. Melt the butter and mix it with the yogurt, mandarin juice, vanilla, and egg (adding the egg gradually to avoid cooking it).
3. Incorporate the shredded coconut, almond flour, sweetener, and baking powder.
4. Form small dough balls and place them on a baking tray lined with parchment paper.
5. Bake for 20 minutes at 350°F (180°C) or until golden brown.
6. Once cooled, melt the coconut oil with the chocolate and drizzle over the cookies.
7. Sprinkle with shredded coconut for decoration

MIND-BLOWING FACTS

Did you know that tangerines are one of the oldest cultivated citrus fruits, dating back over 3,000 years in China? They were considered a symbol of good luck and often gifted during the Lunar New Year!

As for coconut, it's so versatile that it's nicknamed the "Tree of Life" in many tropical cultures—used for food, water, oil, and even shelter!



Lesty sunshine cookies

SOME TIPS

WHY SO GOOD?

Mandarins are loaded with vitamin C, which helps strengthen connective tissue and keep your skin firm—a win for lipedema care!

HOW OFTEN?

These cookies are best enjoyed 2–3 times a week as a healthy treat, thanks to the antioxidant-rich mandarin and the nourishing fats.

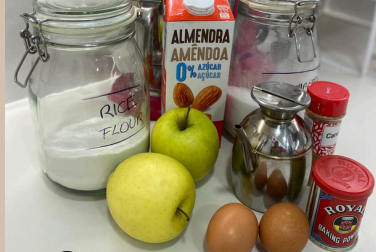
WEIGHT-LOSS FRIENDLY?

Coconut oil is a healthy fat, but it's calorie-dense, so be mindful of portion sizes if you're focusing on weight loss.

BODY-LOVING BENEFITS

The almond flour, coconut, and dark chocolate all contain anti-inflammatory properties, while mandarin juice adds a boost of antioxidants, reducing oxidative stress and inflammation.





Golden orchard cake

With coconut & rice flour



160-180 calories



8-10 slices



45 minutes

COMPATIBILITY

✓ RAD

✓ Sugar-free

INGREDIENTS

- 2 eggs
- 75 g / 1/3 cup erythritol
- 80 ml / 1/3 cup olive or coconut oil
- 120 ml / 1/2 cup almond milk
- 120 g / 1 cup rice flour
- 5 g / 1 tsp baking powder
- 2 apples
- Cinnamon (to taste – I used 1 tsp because I love cinnamon!)

ELISE'S SECRET

There's nothing more comforting than a warm apple cake—it smells like home and tastes like a cozy autumn day.

INSTRUCTIONS

1. Preheat the oven to 350°F (180°C).
2. Blend 1 apple into a purée. Mix it with the eggs, oil, almond milk, and erythritol.
3. Add the rice flour, baking powder, and cinnamon.
4. Pour the batter into a baking mold lined with parchment paper.
5. Slice the 2nd apple into thin strips (or any shape you prefer) and arrange them on top in a decorative pattern.
6. Bake at 350°F (180°C) for about 40-45 minutes or until a toothpick comes out clean.
7. Let it cool and serve with whipped cream sweetened with liquid stevia, if desired.

MIND-BLOWING FACTS

Did you know that apple cake has been a beloved treat since medieval times? Back then, apples were used to sweeten desserts before sugar became widely available.

One of the earliest known recipes for apple cake appeared in a 14th-century English cookbook called 'The Forme of Cury', commissioned by King Richard II!



Golden orchard cake

SOME TIPS

WHY SO GOOD?

Apples contain quercetin, a powerful antioxidant that fights inflammation and supports vascular health. Plus, they help regulate blood sugar!

HOW OFTEN?

This cake is perfect for a weekly treat—enjoy a slice once a week!

WEIGHT-LOSS FRIENDLY?

Although rice flour is light, it's calorie-dense, so enjoy in moderation if you're focusing on weight loss.

BODY-LOVING BENEFITS

Cinnamon has incredible anti-inflammatory properties, helping to reduce inflammation and improve circulation.





Silky chia deligh

With yogurt & coffee



120-140 calories



4-6 servings



25 minutes

COMPATIBILITY

✔ Keto

✔ Sugar-free

✔ RAD

INGREDIENTS

Chia Layer

80 ml / 1/3 cup almond milk

30 g / 3 tbsp chia seeds

10 g / 1 tbsp erythritol

6 g / 1 tbsp cocoa powder (& for dusting)

Coffee Layer

50 g / 3 tbsp yogurt (coconut, goat, sheep)

A splash of strong coffee

10 g / 1 tbsp erythritol

ELISE'S SECRET

This creamy, dreamy pudding is my lipedema-friendly version of tiramisu—because who says we can't enjoy indulgent flavors in a healthy way?

INSTRUCTIONS

1. Mix the chia layer ingredients and refrigerate for about 20 minutes.
2. Mix the coffee layer ingredients and set aside.
3. Layer both mixtures in a nice serving glass.
4. Dust with cocoa powder and refrigerate for at least 2 hours before serving.
5. A creamy, indulgent treat with a coffee kick!

MIND-BLOWING FACTS

Did you know chia seeds were once called "warrior food" by the Aztecs? These tiny powerhouses were used to boost energy and endurance during long journeys and battles.

Coffee is the second most traded commodity in the world—right after oil! And legend has it, it was discovered by an Ethiopian goat herder whose animals got extra peppy after nibbling coffee berries.



Silky chia deligh

SOME TIPS

WHY SO GOOD?

Chia seeds are a fiber and omega-3 powerhouse! They help reduce inflammation and keep digestion smooth—super important for lipedema!

HOW OFTEN?

This creamy chia dessert is perfect for an indulgence 1-2 times a week.

WEIGHT-LOSS FRIENDLY?

If you're watching calories, be mindful of portion sizes since the chia seeds are calorie-dense and can add up.

BODY-LOVING BENEFITS

Chia seeds are rich in omega-3s, which are known for their anti-inflammatory benefits, helping to soothe inflammation in the body.





Choco loco bite

With coconut oil & almond milk



150-200 calories



6-8 servings



15 minutes

COMPATIBILITY

✔ Keto

✔ Sugar-free

✔ RAD

INGREDIENTS

Cake

- 1 egg
- 40 g / 1/3 cup almond flour
- 80 ml / 1/2 cup milk (almond or similar)
- 30 g / 2 1/2 tbsp erythritol
- 5 g / 1 tsp cocoa powder
- 5 g / 1 tsp baking powder
- A dash of vanilla
- 60 g / 2 oz dark chocolate (70%), chopped

Cocoa keto ganache

- 55gr / 1/4 cup coconut oil
- 40gr / 1/4 cup cocoa powder
- 20gr / 1/8 cup erythritol

ELISE'S SECRET

Swap almonds flour for oats -gluten free- It won't be keto, but it will give you a different texture. Yes, please! This cake is moist, rich, and gives you the best of both worlds—comfort and indulgence!

INSTRUCTIONS

1. In a microwave-safe bowl, mix the egg, milk, and vanilla.
2. Add erythritol, flour, cocoa powder, baking powder, and chocolate chunks. Mix well.
3. Microwave on medium heat for 2-3 minutes—best when slightly gooey. Let it cool down before decorating.
4. Melt the coconut oil, mix it with the erythritol, then add the cocoa. Let the mixture cool for about 10 minutes.
5. Decorate the cake with this ganache.
6. Enjoy!

MIND-BLOWING FACTS

Did you know almond flour has been used in baking for over 800 years? It dates back to medieval times when it was a luxury ingredient in European pastries and royal kitchens.

No almond flour? No worries! You can swap it for oat flour—oats were cultivated as early as 1,000 B.C. and were once considered a medicinal food by the Greeks and Romans.

Choco loco bite

SOME TIPS

WHY SO GOOD?

Rich in Antioxidants – Dark chocolate (70%+) and cocoa powder contain flavonoids, which help fight oxidative stress and inflammation.

HOW OFTEN?

Enjoy these bites 2-3 times a week, perfect for a quick sweet treat.

WEIGHT-LOSS FRIENDLY?

While almond flour or gluten-free oat flour are healthy, they're calorie-dense, so it's best to enjoy these bites in moderation if you're focusing on weight loss.

BODY-LOVING BENEFITS

Dark chocolate contains antioxidants that fight inflammation, while almond flour provides healthy fats that support overall well-being.





Sunday hug pancakes

With cheese & vanilla



180-200 calories



2-3 pancakes



20 minutes

COMPATIBILITY

✔ Keto

✔ RAD

✔ Lactose-free

INGREDIENTS

- 1 egg
- 50 g / 1/4 cup almond flour
- 50 g 1/4 cup fresh cheese (goat or sheep)
- 1 egg
- 7 g / 1/2 tbsp melted butter
- 7 g / 1/2 tbsp erythritol
- 7 g / 1/2 tbsp vanilla extract
- 7 g / 1/2 tbsp baking powder
- A pinch of salt

ELISE'S SECRET

Fluffy, golden pancakes that are completely keto-friendly? Yes, they exist! These beauties are my weekend breakfast obsession.

INSTRUCTIONS

1. In a bowl, beat the egg and mix it with the melted butter, vanilla, and erythritol.
2. Blend the fresh cheese and add it to the mixture. Stir well.
3. Incorporate the almond flour, baking powder, and salt. Mix until you get a smooth batter.
4. Heat a non-stick pan over medium heat and lightly grease it.
5. Pour small portions of the batter onto the pan and cook for 2-3 minutes per side until golden brown.
6. Serve warm and enjoy!

MIND-BLOWING FACTS

Did you know the word "pancake" dates back to the 15th century, but versions of flat cakes cooked on hot stones existed as far back as 30,000 years ago? That's right—your breakfast has prehistoric roots!

Traditional pancakes are carb-heavy, but keto pancakes flip the script: almond flour, eggs, and healthy fats make them a protein-packed, blood sugar-friendly alternative

Sunday hug pancakes

SOME TIPS

WHY SO GOOD?

Almond flour is low in carbs, high in fiber, and great for blood sugar control, which is key for managing lipedema.

HOW OFTEN?

These pancakes are perfect for a weekend treat, enjoy them once a week to start your day right!

WEIGHT-LOSS FRIENDLY?

Be mindful of the cheese and butter in the recipe, as they can add extra calories. Enjoy in moderation to keep it balanced.

BODY-LOVING BENEFITS

Almond flour and butter both have properties that can help reduce inflammation in the body, providing support for overall health.





Cloud-soft cocoa bites

With apple & coconut



95 calories



12 servings



35 minutes

COMPATIBILITY

✔ keto

✔ Sugar-free

✔ RAD

INGREDIENTS

Cake

1 egg

1 apple

20gr almond flour

10hr cocoa powder

4 gr baking powder

15g / tbsp erythritol

4 tbsp coconut oil

shredded coconut (for decoration)

Cocoa keto ganache

55gr / ¼ cup coconut oil

40gr / ¼ cup cocoa powder

20gr / ⅓ cup erythritol

ELISE'S SECRET

Sweet, spiced apple truffles that are completely RAD-friendly? Yes, they exist! These little bites of goodness are my guilt-free treat when cravings hit

INSTRUCTIONS

1. Preheat the oven to 350°F (180°C).
2. Grind the apple.
3. Mix it with the egg, oil, flour, cocoa, and baking powder until well combined.
4. Pour into a rectangular mold and bake for 20 minutes or until fully cooked. Let it cool.
5. Melt the coconut oil, mix it with the erythritol, then add the cocoa. Let the mixture cool for about 10 minutes.
6. Crumble the cake into crumbs, mix it with the ganache, and shape it into small balls (about the size of a walnut).
7. Coat the balls with shredded coconut.
8. Enjoy!

MIND-BLOWING FACTS

Did you know the word “truffle” originally comes from the Latin tuber, meaning lump? While chocolate truffles were inspired by the shape of the earthy fungus, today they’ve become a symbol of luxury in the dessert world.

Apples have been cultivated for over 4,000 years, and ancient Romans believed they were an aphrodisiac—sweet and powerful!

Cloud-soft cocoa bites

SOME TIPS

WHY SO GOOD?

Apples are little wonders! They're packed with fiber and polyphenols that help regulate blood sugar levels and support digestion. They contain quercetin, a natural antioxidant that fights inflammation.

HOW OFTEN?

Twice a week sounds like the sweet spot! These truffles are nourishing and delicious, but balance is key.

WEIGHT-LOSS FRIENDLY?

This recipe uses coconut oil, which is great for energy and metabolism but can be calorie-dense. If you're actively trying to lose weight, keep an eye on portion sizes.

BODY-LOVING BENEFITS

Cocoa is rich in flavonoids, known for reducing inflammation and improving circulation. Coconut oil contains lauric acid, which has antimicrobial and anti-inflammatory properties.





Golden mango dream

With coconut



150-180 calories



6-8 servings



15 minutes

COMPATIBILITY

✔ Low-carb

✔ Sugar-free

INGREDIENTS

- 400 g / 1 medium shredded mango
- 400 ml / 1 2/3 cups coconut milk
- 5 sheets (or 2 packets) unflavored gelatin
- 1 ½ tsp liquid stevia
- Shredded coconut for garnish

ELISE'S SECRET

This tropical delight is sunshine in a bowl—smooth, creamy, and naturally sweet! It's my go-to dessert when I'm craving something light and refreshing.

INSTRUCTIONS

1. Blend the mango until smooth.
2. Soak the gelatin in a little coconut milk, then warm it slightly until dissolved.
3. Mix the mango purée, coconut milk, gelatin, and stevia until well combined.
4. Pour the mixture into molds and refrigerate for at least 4 hours until set.
5. Serve chilled and garnish with shredded coconut. Enjoy!

MIND-BLOWING FACTS

Did you know that swapping regular gelatin for beef gelatin turns this dessert into a collagen powerhouse?

It's one of my favorite tricks to support our tissues!

Beef gelatin is rich in collagen, which helps maintain skin elasticity, joint health, and gut function—perfect for those of us looking to support connective tissue, especially with Lipedema.



Golden mango dream

SOME TIPS

WHY SO GOOD?

Mango is high in vitamin C and antioxidants, which help support the immune system and reduce inflammation, while coconut milk offers healthy fats that are great for digestion.

HOW OFTEN?

Indulge in this refreshing dessert 1-2 times a week for a tropical escape!

WEIGHT-LOSS FRIENDLY?

Coconut milk is calorie-dense, so it's important to enjoy in moderation if you're trying to manage weight.

BODY-LOVING BENEFITS

Mango is rich in antioxidants that fight oxidative stress, while coconut milk provides healthy fats that help reduce inflammation in the body.



Bonus tips

I know these recipes are all about being anti-inflammatory, nourishing, and specially crafted for us Lipedema girls, but let's remember: *balance is everything*.

Even though these treats are made with love and good ingredients, it's still important to keep an eye on portion sizes.

We don't want to go overboard, because, let's be real, even healthy foods can add up in calories, especially when it's something sweet calling our name.

These **10 easy tips** are perfect for distracting your mind and keeping you on track. That way, you can enjoy your treats without the guilt!

1. Drink a warm lemon tea to calm your cravings.
2. Take a walk outside in nature, -just for a few minutes- to refresh your mind and soul.
3. Write in a journal about your day to reflect and keep your focus elsewhere.
4. Put on your favorite music and have a mini dance session to lift your spirits.
5. Snack on 5 or 6 almonds to satisfy your hunger without overdoing it.
6. Treat yourself to a relaxing bubble bath to unwind and forget about food.
7. Get creative with a fun hobby or craft to keep your hands and mind busy.
8. Try a simple mindfulness exercise, focus on your breath for a few minutes to calm your mind and ease hunger.
9. Call a friend or family member for a quick chat to distract you from hunger.
10. Take a 10-minute power nap to reset your energy and reduce the temptation to snack.

Disclaimer

This recipe book is designed to support the management of lipedema-related inflammation and encourage a healthier lifestyle. However, please be aware that these recipes contain calories and may not always align with specific weight loss goals. Always consult your healthcare provider before making any changes to your diet, especially if you are currently under medical treatment. This book is intended for educational purposes only and is not a substitute for professional medical advice, diagnosis, or care.

Thank you!



I truly hope this recipe book, designed with love for those with Lipedema, becomes a helpful companion in your kitchen.

Some of these recipes are my pantry staples—the go-to essentials I always keep on hand. I think of Joan’s Cozy Oat Bites, Napoleon’s Cheesecake, or Tropical Cloud Cake—sweet little comforts that make indulging feel just right.

Each recipe was created with love, with my daughters, my family, and myself in mind. Because sharing special moments with the people we love should come with nourishing, anti-inflammatory ingredients that bring joy—without the worry of harming our bodies.

I hope this book brings you as much warmth and delight as it has brought me.

Love,

Elise