

55

# HEALTHY KETO DESSERT RECIPES



By Ella Ross

# COPYRIGHT



Quick & Easy 55 Keto Desserts Recipes by Love Keto  
Published by Ella Ross

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# COCONUT CHOCOLATE PEANUT BUTTER COOKIES

**Serving:** 10

**Calories:** 248 | 20g Fat | 6.3g Net Carbs

## INGREDIENTS

- 1 1/3 cup creamy peanut butter
- 2 tsp pure vanilla extract
- 2 tbsp unsweetened cocoa powder
- 2 cups unsweetened coconut flakes
- 2 tbsp melted butter

## INSTRUCTIONS

- Line a large baking sheet with parchment paper.
- Combine the peanut butter, vanilla extract, melted butter, coconut flake and cocoa powder mixing well. The mixture will be gooey.
- Scoop the no bake cookies onto the parchment paper on the baking sheet. Use the back of the spoon to gently press/shape the ingredients in to a 3" cookie.
- Once you have all the cookies on your baking sheet, place in the freezer for 30 minutes.
- Store in a large freezer bag in the freezer for whenever your sweet tooth hits.

## NUTRITION FACTS

Servings	Per	10
Recipe Serving Size		43g
Calories		248
Total Fat		20g
Saturated Fat		6g
Cholesterol		6mg
Sodium		136mg
Total Carbohydrate		10g
Dietary Fiber		4g
Proteins		8g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	20	6.3	8
<b>Calories</b>	183.7	25	32.6
<b>Percentage</b>	76.1	10.4%	13.5
	%		%



# STRAWBERRY CREAM CHEESE BITES

**Serving:** 24

**Calories:** 64 | 3g Fat | 9.4g Net Carbs

## INGREDIENTS

- 1 cup (150g) strawberry, diced
- 1 tsp vanilla extract
- ¼ cup (50g) coconut oil
- ¾ cup (170g) cream cheese, softened

## INSTRUCTIONS

- Place the strawberries in a blender until pureed.
- Add the vanilla extract, coconut oil, and softened cream cheese and blend until the texture is silky smooth.
- Line a 12-cup muffin with liners (*we used silicone liners*) or grease with coconut oil. Divide the mixture between the cups.
- Freeze for 2 hours or until solid.
- Store in the freezer.
- Enjoy!

## NUTRITION FACTS

Servings	Per	24
Recipe Serving Size		19g
Calories		64
Total Fat		3g
Saturated Fat		3g
Cholesterol		2mg
Sodium		12mg
Total Carbohydrate		10g
Dietary Fiber		0g
Proteins		0g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	3	9.4	0
<b>Calories</b>	26.7	37.6	0.9
<b>Percentage</b>	40.9	57.7	1.4
	%	%	%



# CINNAMON ALMONDS AND PECANS

**Serving:** 2

**Calories:** 249 | 24g Fat | 2.2g Net Carbs

## INGREDIENTS

1. Handful of almonds
2. Handful of pecans
3. Butter
4. Powdered stevia and Cinnamon to taste

## INSTRUCTIONS

- In a pan, mix butter, powdered stevia and cinnamon to taste, add the handful of almonds and pecans.
- Toast in low/medium heat for 15 minutes
- Enjoy!

## NUTRITION FACTS

Servings	Per	2
Recipe Serving Size		39g
Calories		249
Total Fat		24g
Saturated Fat		5g
Cholesterol		16mg
Sodium		1mg
Total Carbohydrate		6g
Dietary Fiber		4g
Proteins		5g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	24	2.	5
<b>Calories</b>	220.4	2	20.4
<b>Percentage</b>	88.3	8.	8.2
	%	9	%
		3.	
		6	
		%	



# PEANUT BUTTER FAT BOMB

**Serving:** 12

**Calories:** 86 | 8g Fat | 1.6g Net Carbs

## INGREDIENTS

1. 2 tbsp coconut oil
2. 2 tbsp grassfed butter
3. 4 tbsp peanut butter
4. 3 tsp cocoa butter
5. 3 packets stevia
6. 1 tsp vanilla extract
7. 1.5 tbsp cream cheese

## INSTRUCTIONS

- Mixed all together ingredient and put in the microwave for 30 seconds and stir it very well.
- Pour into mini cupcake size.
- Put in the freezer at least 30 minutes.

## NUTRITION FACTS

Servings	Per	12
Recipe Serving Size		14g
Calories		86
Total Fat		8g
Saturated Fat		5g
Cholesterol		8mg
Sodium		40mg
Total Carbohydrate		2g
Dietary Fiber		0g
Proteins		1g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	8	1.	1
<b>Calories</b>	75.2	6	5.2
<b>Percentage</b>	86.6	6.	6.0
	%	4	%
		7.	
		4	
		%	



# CREAM CHEESE ROLL WITH BACON AND CHEESE CHIPS

**Serving:** 4

**Calories:** 510 | 42g Fat | 9g Net Carbs

## INGREDIENTS

### FOR CREAM CHEESE ROLL

1. 8 oz cream cheese
2. 4-5 strips of cooked bacon
3. Parsley
4. 1 tbsp mayonnaise
5. Parmesan cheese
6. Small drops of hot sauce  
*(optional)*

### FOR CHEESE CHIPS

1. Cheddar cheese
2. Italian seasoning
3. Parmesan cheese

## INSTRUCTIONS

### FOR CREAM CHEESE ROLL

- Mix cream cheese, parsley, mayo and cheese.
- Lay out bacon strips.
- Place mixture on bacon and slowly roll.

### FOR THE CHEESE CHIPS

- Mix the cheeses together.
  - Lay out the cheese mix on a baking sheet.
  - Place in oven at 350° F.
  - Bake for 15 minutes or until cheese is melted with slight brown edges.
- Let cool and cut into pieces.
- Season to your liking.

## NUTRITION FACTS

Servings	Per	4
Recipe Serving Size		121g
Calories		510
Total Fat		42g
Saturated Fat		26g
Cholesterol		118mg
Sodium		1213mg
Total Carbohydrate		9g
Dietary Fiber		0g
Proteins		24g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	42	9	24
<b>Calories</b>	374.	36	96
<b>Percentage</b>	9	7.1%	18.9%
	74%		



# SOFT PRETZELS

**Serving:** 6

**Calories:** 473 | 39g Fat | 5.2g Net Carbs

## INGREDIENTS

- 2 cups blanched almond flour
- 1 tsp baking powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 3 large eggs, divided
- 3 cups shredded low moisture mozzarella cheese
- 5 tbsps cream cheese
- Coarse sea salt for topping

## INSTRUCTIONS

- Preheat oven to 425°. Line a rimmed baking sheet with parchment paper or a Silpat.
- In a medium mixing bowl, combine the almond flour, baking powder, garlic powder, and onion powder. Mix until well combined. I like to put the mixture through a flour sifter to ensure that all the baking powder gets mixed in with the rest of the ingredients.
- Crack one of the eggs into a small bowl and fork whisk. This will be the egg wash for the top of the pretzels. The other two eggs will go in the dough.
- In a large microwave safe mixing bowl, combine the mozzarella cheese and cream cheese. Microwave for 1 minute and 30 seconds. Remove from microwave and stir to combine. Return to microwave for 1 additional minute. Mix until well combined.
- To the mixing bowl, add the remaining 2 eggs and the almond flour mixture. Mix until all ingredients are well incorporated. If the dough gets too stringy and unworkable, simply put it back in the microwave for 30 seconds to soften and continue mixing.
- Divide the dough into 6 equal portions. Roll each portion into a long, thin piece, resembling a breadstick. Fold each one into the shape of a pretzel.
- Brush the top of each pretzel with the egg wash.
- Sprinkle coarse sea salt over top.
- Bake on the middle rack for 12-14 minutes or until golden brown.

## NUTRITION FACTS

Servings	Per	6
Recipe Serving Size		131g
Calories		473
Total Fat		39g
Saturated Fat		14g
Cholesterol		143mg
Sodium		550mg
Total Carbohydrate		11g
Dietary Fiber		6g
Proteins		24g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	39	5.2	24
<b>Calories</b>	349.2	20.6	96.4
<b>Percentage</b>	74.9	4.4	20.7
	%	%	%



# CHOCOLATE CHIP COOKIES

**Serving:** 20

**Calories:** 142 | 14g Fat | 3g Net Carbs

## INGREDIENTS

- 8 tbsps of butter (*1 whole stick - ¼ pound*), softened
- 1/3 cup pyure sweetener or swerve (*pyure will taste sweeter*)
- 1 large egg + ¼ cup olive oil
- ½ tsp vanilla extract
- Pinch of salt
- 2 cups almond flour
- 2/3 cup lily's dark chocolate (*cut into chunks*) OR Lily's Dark Chocolate Chips

## INSTRUCTIONS

- Put softened butter into a medium mixing bowl, and beat with a hand mixer or similar until smooth and creamy.
- Add in the Pyure sweetener, vanilla extract, egg, and salt and continue to mix until even.
- Add in the almond flour and begin mixing. Slowly add in ½ cup of almond flour at a time to mix evenly.
- Sprinkle the lily's chocolate into the mixture and fold with a spatula until evenly distributed to your liking.
- Pre-heat oven to 375°F.
- Place parchment paper onto cookie sheet and scoop cookies out with either a scooper or with a spoon. Each cookie will contain 1 ½ tablespoons of dough.
- Space the cookie dough apart evenly to place about 8 cookies per sheet (*15 cookies total on two sheets*), unless you have a mega cookie sheet.
- Place cookies in the oven for at least 12 minutes, but start to watch them around that time. We find that they are baked to our own liking around the 15- 16 minute mark, but you can take them out as early as you want depending on how gooey you want them.
- Set on counter to cool before eating, as chocolate will come out molten hot.

## NUTRITION FACTS

Servings	Per	20
Recipe Serving Size		26g
Calories		142
Total Fat		14g
Saturated Fat		4g
Cholesterol		22mg
Sodium		11mg
Total Carbohydrate		5g
Dietary Fiber		2g
Proteins		3g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	14	3	3
<b>Calories</b>	126.7	12.	11.8
<b>Percentage</b>	84.1	1	7.9
	%	8%	%



# CHOCOLATE CHIP CHEESECAKE FAT BOMBS

**Serving:** 12

**Calories:** 125 | 12g Fat | 4.7g Net Carbs

## INGREDIENTS

1. 4 oz cream cheese softened at room temperature
2. 4 tbsps melted butter
3. ¼ cup coconut oil does not have to be melted
4. 2 tbsps zero calorie sweetener
5. ¼ cup chocolate chips *(you can use Lily's sweetened with Stevia)*
6. 1 tsp vanilla extract

## INSTRUCTIONS

- Add the cream cheese, melted butter, coconut oil, sweetener, and vanilla extract to a mixing bowl.
- Using a hand mixer or standing mixer, mix for a couple of minutes until smooth.
- Fold in the chocolate chips. You can retain a few to add as a topping to each bomb if you wish.
- You can either line a mini cupcake pan with cupcake liners or go without liners.
- Spoon the mixture into the cupcake/muffin tin. The ingredients above will make 12 small fat bombs. Double the ingredients for 24 fat bombs.
- Smooth the top of each bomb with a spoon or knife.
- Freeze for 30 minutes. *(I noticed the bombs had hardened around 30 minutes. I have also done 2 hours.)*
- Remove from the tray and serve!

## NUTRITION FACTS

Servings	Per	12
Recipe Serving Size		25g
Calories		125
Total Fat		12g
Saturated Fat		9g
Cholesterol		20mg
Sodium		47mg
Total Carbohydrate		5g
Dietary Fiber		0g
Proteins		1g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	12	4.7	1
<b>Calories</b>	108.	18.6	3.6
<b>Percentage</b>	8	14.2	2.8
	83%	%	%



# KETO PIZZA BOMBS

**Serving:** 0

**Calories:** 0 | 0g Fat | 0g Net Carbs

## INGREDIENTS

- 1 large batch of FatHead Dough
- 1 batch of marinara sauce  
*(tomato paste, water, olive oil, garlic powder, and Italian seasoning)*
- Pepperoni slices, or other desired toppings
- 6 sticks mozzarella cheese, halved
- 4 tablespoons butter, melted
- Garlic powder
- Grated Parmesan cheese
- Italian seasoning

## INSTRUCTIONS

- Preheat oven to 350°. Coat a 12-cup muffin tin with cooking spray.
- Prepare homemade marinara sauce. Set aside.
- Prepare fathead dough. Working with one piece of dough at a time, roll into a ball, then use your fingers to flatten into the bottom of each cupcake tin. Repeat on entire tray.
- Place a tablespoon of the marinara sauce in the center of each dough round, no need to spread the sauce. Then top each with a piece of mozzarella cheese and 3-5 slices of pepperoni or other toppings.
- To top the dough, working with one piece of dough at a time, roll into a ball, then use your fingers to flatten the dough between 2 pieces of parchment paper. Place the dough over each cupcake tin and press the sides in. Repeat on entire tray.
- Melt the butter in a small bowl. Brush the pizza bombs, one at a time with the butter mixture. Sprinkle the top of each pizza bomb with Parmesan cheese, garlic powder, and Italian seasoning.
- Bake until golden-brown, 15-20 minutes. Remove from the pan and cool for 5 minutes or until oil enough to handle. Serve with warm marinara sauce.

## NUTRITION FACTS

Servings	Per	0
Recipe Serving Size		0g
Calories		0
Total Fat		0g
Saturated Fat		0g
Cholesterol		0mg
Sodium		0mg
Total Carbohydrate		0g
Dietary Fiber		0g
Proteins		0g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	0	0	0
<b>Calories</b>	0	0	0
<b>Percentage</b>	0	0	0
	%	%	%



# KETO PUMPKIN PIE

**Serving:** 8

**Calories:** 244 | 21g Fat | 7.6g Net Carbs

## INGREDIENTS

### CRUST

- 2/3 c almond flour
- 4 tbsp butter
- Vanilla skinny syrup

### PUMPKIN LAYER

- 1 c pumpkin
- 1 tsp cinnamon
- 1/8 tsp nutmeg
- 1 c whipped whipping cream  
all folded together

### TOP LAYER

- 4 oz cream cheese mixed
- 1 oz vanilla skinny syrups
- 1/2 cup whipped cream
- Cinnamon to taste

## INSTRUCTIONS

### CRUST

- Mix in the dish and press into pan.
- Bake at 350° for 10-12 minutes.
- Cool then add the layers.

### LAYERS

- Whip all the ingredients together. *(separately for pumpkin and top layer)*
- Layer accordingly.

## NUTRITION FACTS

Servings	Per	8
Recipe Serving Size		78g
Calories		244
Total Fat		21g
Saturated Fat		12g
Cholesterol		56mg
Sodium		80mg
Total Carbohydrate		9g
Dietary Fiber		1g
Proteins		3g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	21	7.6	3
<b>Calories</b>	186.4	30.4	12.8
<b>Percentage</b>	81.2	13.2	5.6
	%	%	%



# CHOCOLATE CHIP COOKIES

**Serving:** 12

**Calories:** 197 | 20g Fat | 0.3g Net Carbs

## INGREDIENTS

- 1 ½ cup almond flour
- ½ cup salted butter
- ¾ cup natvia (*erythritol*)
- 1 tsp vanilla extract
- 1 egg
- ½ tsp baking powder
- ¼ tsp salt
- ½ tsp xanthan gum
- ¾ cup sugar-free chocolate chips

## INSTRUCTIONS

- Preheat oven to 355°F. Zap butter for 30 seconds to melt
  - Place butter into mixing bowl, beat with the erythritol. Add vanilla and egg, mix on low for another 15 seconds.
  - Add almond flour, xanthan gum, baking powder, salt. Mix well.
  - Press the dough together. Remove from bowl and add in chocolate chips into dough with hands.
  - Roll the dough to make 12 balls, place on baking tray and bake for 12 mins in 370F.
- Let cool and serve.

## NUTRITION FACTS

Servings	Per	12
Recipe Serving Size		51g
Calories		197
Total Fat		20g
Saturated Fat		9g
Cholesterol		36mg
Sodium		71mg
Total Carbohydrate		3g
Dietary Fiber		3g
Proteins		5g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	20	0.	5
<b>Calories</b>	180.8	3	19.4
<b>Percentage</b>	89.7	1.	9.6
	%	3	%
		0.	
		6	

%



# KETO CHEESECAKE ICE CREAM

**Serving:** 12

**Calories:** 223 | 18g Fat | 6.2g Net Carbs

## INGREDIENTS

1. 8 oz cream cheese
2. 8 oz heavy cream
3. 8 oz sour cream
4. 1 tbsp lemon juice
5. 1 tbsp vanilla
6. 8 drops of stevia concentrate  
*(you can mix any sweetener you choose- to taste)*
7. 2 cups berries
8. 8 oz black berries and raspberries
9. 1/3 cup walnuts

## INSTRUCTIONS

- Mix everything.
  - Using a hand mixer, whip it until smooth.
- Fill up ½ cup and freeze.
- Enjoy!

## NUTRITION FACTS

Servings	Per	12
Recipe Serving Size		101g
Calories		223
Total Fat		18g
Saturated Fat		11g
Cholesterol		50mg
Sodium		105mg
Total Carbohydrate		8g
Dietary Fiber		2g
Proteins		3g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	18	6.2	3
<b>Calories</b>	165.1	24.8	11.7
<b>Percentage</b>	81.9	12.3	5.8
	%	%	%



# ULTIMATE KETO CREME BRULÉE

**Serving:** 6

**Calories:** 314 | 30g Fat | 0.5g Net Carbs

## INGREDIENTS

1. 2 cups heavy cream
2. 5 egg yolks
3. 6 tbsp erythritol
4. 1 pinch salt
5. 1 vanilla bean (*whole*)
6. 3 tbsp erythritol (*powdered*)

## INSTRUCTIONS

- Preheat the oven to 230°F. Place 6 baking dishes in a large roasting pan. Bring a pot of water to a boil.
- In a medium saucepan, combine cream and half of erythritol.
  - Split vanilla bean lengthwise. Scrape its seeds into the saucepan then add the pod. Heat gently on medium temperature just until the mixture starts to bubble a little (*around 7 minutes*).
- In the meantime, whisk the egg yolks with remaining erythritol and salt. Use a large mixing bowl and an electric mixer. Mix until the mixture gets pale yellow.
  - Start adding the hot cream mixture into the yolk mixture. It might be best to use a ladle. You want to prevent the eggs from curdling, that's why you need add only a small amount of cream at first, and whisk to combine. Next, add two ladles of cream mixture, one at a time, and whisk after each addition. Continue in the same manner, until you mix in all the remaining cream mixture.
  - Strain through a fine sieve into a large cup. You want to get rid of the vanilla pod and any bits of cooked egg, but try to force the vanilla seeds through the sieve.
- Pour custard into baking dishes. Place the roasting pan in the oven.
- Pour enough boiling water in the pan to come halfway up the sides of the dishes.
- Bake until custards are set (*around 35 minutes*). When shaken, they should tremble slightly in the middle. Don't let them get too firm.
  - Remove dishes from hot water and let them cool on a wired rack for up to 30 minutes. Then, cover them with a foil and place them in the fridge for at least 2 hours (*overnight is best*).
  - Before serving, sprinkle about ½ tbsp of powdered erythritol over each creme brulee. Use a blow torch to caramelize it. Erythritol will not caramelize as well as sugar, but it will do the job well enough to offer a similarly crispy experience.
    - If you don't own a torch, you can use a broiler but watch really closely for when the topping is melted. It is advised that you put the creme brulee in a freezer for 15 minutes prior to caramelizing to make sure the custards remain cold after "bruleeing".
- Let the creme brulee set for a couple of minutes before serving.

## NUTRITION FACTS

Servings	Per	6
Recipe Serving Size		109g
Calories		314
Total Fat		30g
Saturated Fat		17g
Cholesterol		234mg
Sodium		59mg
Total Carbohydrate		1g
Dietary Fiber		0g
Proteins		2g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	30	0.5	2
<b>Calories</b>	273.8	2	9
<b>Percentage</b>	96.1	0.7%	3.2%
	%		



# SEX IN A PAN

**Serving:** 8

**Calories:** 684 | 65g Fat | 3.4g Net Carbs

## INGREDIENTS

### PECAN CRUST

- 1 ½ cup almond flour
- ½ cup pecan meal *(or make it by*
- grinding pecans in a food processor)*
- 2 tbsp powdered erythritol *(or granulated)*
- 1 ~~cup~~ <sup>heap</sup> butter *(solid, then melted)*

### CREAM CHEESE LAYER

- ¼ cup heavy cream
- ¼ cup powdered erythritol
- ½ tsp vanilla extract
- 8 oz cream cheese *(softened)*

### CHOCOLATE LAYER - (OLD VERSION)

- 1 cup heavy cream
- 1 cup unsweetened almond milk
- ½ cup powdered erythritol
- 3 oz sugar-free dark chocolate *chopped)*
- 2 tbsp butter
- 1 tsp xanthan gum
- 1 tsp vanilla extract

## INSTRUCTIONS

### CRUST

- Preheat the oven to 350°F. Line a 9x9" baking dish with parchment paper.
- In a large bowl, stir together almond flour, pecan meal, and powdered erythritol. Stir in melted butter until a crumbly dough forms. Press evenly into the lined baking dish.
- Bake for 12-15 minutes, until golden and firm. Set aside to cool.

### CREAM CHEESE LAYER

- While crust is baking, make the cream cheese layer. Use a hand mixer to beat the cream, vanilla extract, and powdered erythritol together, until stiff peaks form. Gradually beat in the softened cream cheese, a bit a time, until well combined.
- Once the crust has cooled, spread the cream cheese mixture evenly over it.

### CHOCOLATE LAYER (OLD VERSION)

- While the crust is cooling, make the chocolate pudding layer. In a medium saucepan, combine the heavy cream, almond milk, sugar-free dark chocolate, butter, and powdered erythritol. Cook over medium-low to low heat, stirring frequently, until the chocolate is melted and sweetener dissolves *(5-10 minutes)*. Be careful not to get the heat too high to avoid burning the chocolate.
- Gradually sprinkle the xanthan gum into the saucepan a little at a time *(don't just dump it in)* and immediately whisk to incorporate. Continue to heat for about 5 minutes, whisking constantly. Remove from heat, then whisk in the vanilla extract.
- Cool the chocolate pudding for 15 minutes *(it will thicken, but still be liquid)*. You can add more xanthan gum if needed, but don't add too much or it will get slimy. Stir/whisk again after cooling, then pour it over the cream cheese layer.
- Cover with plastic wrap, making sure it's directly against the surface to prevent a film forming. Refrigerate for at least 2 hours.

## INGREDIENTS

### CHOCOLATE LAYER - (NEW VERSION)

1. 1/3 cup cocoa powder
2. 1 ½ cup heavy cream
3. 1/3 cup powdered erythritol
4. ½ tsp vanilla extract

### WHIPPED CREAM LAYER

1. 1 ½ cup heavy cream
2. 2 tbsp powdered erythritol
3. ½ tsp vanilla extract
4. 1 oz sugar-free dark chocolate  
*(shaved using a peeler, grater, or shaver)*

## INSTRUCTIONS

### CHOCOLATE LAYER (NEW VERSION)

- While the crust is cooling, make the chocolate layer. Beat the heavy cream, powdered sweetener, and vanilla until stiff peaks form. Beat in cocoa powder gradually.
- Spread the chocolate whipped cream over cheese layer.

### WHIPPED CREAM LAYER

- Use a hand mixer to beat the cream, vanilla extract, and powdered erythritol together, until stiff peaks form.
- Spread the whipped cream over the chocolate layer. Sprinkle chocolate shavings on top.
- Refrigerate for 1-2 more hours *(or as long as needed until serving)* to fully set.

## NUTRITION FACTS

Servings	Per	8
Recipe Serving Size		192g
Calories		684
Total Fat		65g
Saturated Fat		31g
Cholesterol		143mg
Sodium		134mg
Total Carbohydrate		9g
Dietary Fiber		5g
Proteins		9g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	65	3.4	9
<b>Calories</b>	586.4	13.5	34.2
<b>Percentage</b>	92.5	2.1	5.4
	%	%	%



# MASON JAR ICE CREAM

**Serving:** 6

**Calories:** 304 | 31g Fat | 14.1g Net Carbs

## INGREDIENTS

1. Chocolate ice cream
2. 2 cups heavy whipping cream
3. 1 tbsp unsweetened cocoa powder
4. 1 tbsp of sugar-free chocolate syrup
5. 1 tbsp pure vanilla
6. 2 tbsp stevia or splenda

## INSTRUCTIONS

- Put everything in a mason jar. Close lid and shake vigorously for 5 minutes.
- Freeze for 3 hours.
- For the vanilla ice cream, just omit the cocoa powder and chocolate syrup. Enjoy!

## NUTRITION FACTS

Servings	Per	6
Recipe Serving Size		121g
Calories		304
Total Fat		31g
Saturated Fat		21g
Cholesterol		121mg
Sodium		54mg
Total Carbohydrate		15g
Dietary Fiber		1g
Proteins		2g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	31	14.	2
<b>Calories</b>	274.5	1	6.3
<b>Percentage</b>	81.4	56.	1.9
	%	3	%
		16.	
		7 %	



# LEMON POUND CAKE

**Serving:** 16

**Calories:** 203 | 18g Fat | 2g Net Carbs

## INGREDIENTS

### BASE

- 2.5 cups almond flour
- ½ cup Kerrygold butter
- 1.5 cups Swerve powdered sugar substitute
- 8 whole eggs (set out at room temperature)
- 1.5 tsp vanilla extract
- 1 tsp lemon extract
- ½ tsp salt
- 8 oz cream cheese
- 1.5 tsp baking powder

### LEMON FROSTING

- ¼ cup powdered Swerve sugar substitute
- 3 tbsp heavy whipping cream
- ½ tsp vanilla extract

## INSTRUCTIONS

- In a medium size bowl, cream together the butter and Swerve sweetener until it's a smooth consistency.
- Add the cream cheese and continue mixing it until the ingredients are fully blended together.
- Add the eggs, vanilla extract and lemon extract and continue mixing it with the hand mixer until all ingredients are blended together.
- Finally, add the almond flour, baking powder, and salt and mix until there are no clumps in the batter.
- Preheat oven to 350°. Pour the batter into two mini bread pans on one regular size bread loaf pan.
- Pour the batter into two mini bread pans on one regular size bread loaf pan. Make sure to spray the loaf pans with a non-stick cooking spray first.
- Bake the 3 mini loaf pans for about 35 minutes or one loaf pan for about 60 minutes. You want to stick a toothpick (or knife) in the center of the lemon poundcake loaf to test to make sure the middle is done. When you remove the toothpick, it should be clean. If there is any batter on it, it needs to bake for a bit longer.
- When the pound cake is baking, start making the lemon frosting.
  - In a medium size bowl, combine the Swerve powdered sugar substitute, vanilla extract and heavy whipping cream. Use a hand mixer and blend it on high until all the ingredients are smooth and creamy.
- Wait until the pound cake has completely cooled before you apply the frosting or else it will melt.

## NUTRITION FACTS

Servings	Per	16
Recipe Serving Size		62g
Calories		203
Total Fat		18g
Saturated Fat		8g
Cholesterol		130mg
Sodium		239mg
Total Carbohydrate		3g
Dietary Fiber		1g
Proteins		6g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	18	2	6
<b>Calories</b>	166.3	8	24.1
<b>Percentage</b>	83.8	4	12.1
	%	%	%



# PEANUT BUTTER CHOCOLATE FAT BOMBS

**Serving:** 10

**Calories:** 171 | 17g Fat | 2.2g Net Carbs

## INGREDIENTS

1. ½ cup organic virgin coconut oil
2. ½ cup natural peanut butter or almond butter (*with less than 5 grams of sugar*)
3. 2-3 tbsps unsweetened cocoa powder
4. 2-4 tbsps swerve (*or \* sweetened to taste*)
5. Splash of vanilla extract (*optional*)

## INSTRUCTIONS

- In a large skillet over low heat melt coconut oil and peanut butter.
- Stir in cocoa powder.
- Stir in swerve.
- Remove from heat and add vanilla extract if using.
- Pout into a spouted cup to make pouring easier.
- Pour mixture into silicon candy molds. (*My molds holds over ½ tbsp*)
- Freeze or refrigerate until set
- Remove from molds and store in the fridge in an air tight container.
- Eat one fat bomb to curb appetite or satisfy your sweet tooth.

*\*If using these in a Keto diet you'll need to go with a keto-friendly sweetener like Stevia. Just sweeten to taste.*

## NUTRITION FACTS

Servings	Per	10
Recipe Serving Size		26g
Calories		171
Total Fat		17g
Saturated Fat		11g
Cholesterol		0mg
Sodium		101mg
Total Carbohydrate		4g
Dietary Fiber		2g
Proteins		3g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	17	2.	3
<b>Calories</b>	156.2	2	13.7
<b>Percentage</b>	87.4	8.	7.7
	%	8	%
		4.	
		9	
		%	



# KETO POUND CAKE

**Serving:** 16

**Calories:** 280 | 26g Fat | 2.8g Net Carbs

## INGREDIENTS

- 10 eggs
- 8 oz cream cheese
- 1 cup softened butter
- 1 ½ cups almond flour
- ½ cup coconut flour
- 1 cup swerve sweetener
- 2 tbsp baking powder
- 1 tbsp princess cookie emulsion

## INSTRUCTIONS

- Using a mixer blend sweetener, butter, and cream cheese together and then add eggs and emulsion and hand mix together with a spatula. In a separate bowl mix together flours and baking powder. Add dry mixture a little bit at a time (*about 1/4 of the mixture at a time*) and fold in.
- Pour mixture into a VERY well greased bundt pan (to avoid my mistake) and/or a silicone bundt pan and place into the oven at 325 degrees for 1 hour and 15 minutes (*or until a toothpick can be insterted and removed clean*).
- Allow to cool and remove from pan. Serve with keto ice cream, whipped cream, or top with a glaze. Enjoy!

## NUTRITION FACTS

Servings	Per	16
Recipe Serving Size		93g
Calories		280
Total Fat		26g
Saturated Fat		13g
Cholesterol		159mg
Sodium		123mg
Total Carbohydrate		7g
Dietary Fiber		4g
Proteins		8g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	26	2.8	8
<b>Calories</b>	237.6	11.	32.9
<b>Percentage</b>	84.3	2	11.7
	%	4%	%



# TOASTED COCONUT MARSHMALLOWS

**Serving:** 16

**Calories:** 30 | 2g Fat | 0.3g Net Carbs

## INGREDIENTS

- 1/2 cup (50g) toasted unsweetened shredded coconut, divided
- 1 cup (240ml) water, divided
- 3 tbsp unflavored gelatin
- 1 cup (160g) confectioner's style erythritol
- 2 tsps vanilla extract
- 1/4 tsp finely ground gray sea salt

## INSTRUCTIONS

- Line an 8-inch (20cm) square pan with parchment, with the ends draped over the sides for easy lifting. Sprinkle 1/4 cup (25g) of the toasted coconut into the pan, spreading it evenly.
- Affix the whisk attachment to a hand mixer or stand mixer.
- Place 1/2 cup (120ml) of the water in the bowl of your mixer and sprinkle the gelatin on top. Do not stir. Simply leave it to sit as you prepare everything else.
- In a small saucepan, combine the remaining 1/2 cup (120ml) for water, erythritol, vanilla and salt. Turn the heat to medium and stir occasionally until the mixture begins to boil rapidly and almost spills over. Ensure that it doesn't spill over by removing it from the heat. Then reduce the heat to low and keep the mixture at a low boil for 5 minutes.
- Transfer the hot liquid to the bowl with the gelatin. Turn the mixer to high speed and beat for 6 to 7 minutes, until the mixture thickens to a spreadable consistency, similar to that of marshmallow fluff. If you beat it too long, it will stiffen and will no longer be easy spreadable.
- Once thickened, transfer the mixture to the prepared pan and sprinkle the remaining 1/4 cup (25g) of toasted coconut on top.
- Smooth the marshmallow fluff with the back of a spatula. Alternatively, you can grease your palms with a dollop of coconut oil and spread the fluff with your hands.
- Allow the marshmallows to sit at room temperature for 1 to 2 hours, until firm, then cut into 1-inch (2.5cm) squares and enjoy!

## NUTRITION FACTS

Servings	Per	16
Recipe Serving Size		15g
Calories		30
Total Fat		2g
Saturated Fat		2g
Cholesterol		0mg
Sodium		32mg
Total Carbohydrate		1g
Dietary Fiber		1g
Proteins		2g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	2	0.	2
<b>Calories</b>	16.9	3	7.8
<b>Percentage</b>	65.5	1.	30.2%
	%	1	
		4.	
		3	
		%	



# CHOCOLATE CHIP PEANUT BUTTER COOKIES

**Serving:** 8

**Calories:** 163 | 13g Fat | 2.6g Net Carbs

## INGREDIENTS

1. 4 eggs
2. ¼ cup butter, melted
3. ¼ tsp salt
4. Pinch of oregano
5. 1/3 cup coconut flour
6. 2 tbsp flax seed meal
7. ¼ tsp baking powder
8. ½ cup shredded mozzarella

## INSTRUCTIONS

- Whisk dry ingredients into wet ingredients mixture.
- Stir in cheese.
- Drop on greased sheet.
- Bake at 400°F for 15 minutes
- Cut in half if to be used as bun.

## NUTRITION FACTS

Servings	Per	8
Recipe Serving Size		54g
Calories		163
Total Fat		13g
Saturated Fat		8g
Cholesterol		108mg
Sodium		190mg
Total Carbohydrate		9g
Dietary Fiber		6g
Proteins		6g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	13	2.6	6
<b>Calories</b>	119	10.4	25.1
<b>Percentage</b>	77	6.7	16.2
	%	%	%



# BLUEBERRY CREAM CHEESE MUFFIN

**Serving:** 12

**Calories:** 250 | 21g Fat | 4.4g Net Carbs

## INGREDIENTS

### BASE

1. 4 large eggs
2. ¼ cup water
3. 1 tbsp vanilla extract
4. 2 cups blanched almond flour
5. ½ cup sugar substitute
6. 1 tbsp baking powder
7. ½ cup fresh blueberries

### RANCH DIP

1. 8 oz cream cheese, softened
2. 1 large egg, beaten
3. ½ cup fresh blueberries

### STREUSEL TOPPING

1. ½ cup blanched almond flour
2. 2 tbsp sugar substitute
3. 1 ½ tbsp unsalted butter, cold
4. ½ tsp ground cinnamon

## INSTRUCTIONS

- Place oven rack in the center position and preheat oven to 375°F. Line a 12-cup muffin pan with paper liners.
- In a large bowl, beat 4 eggs until frothy. Add the water and vanilla extract, and whisk to combine.
- In a separate bowl, mix the 2 cups almond flour, sugar substitute, and baking powder. Whisk the dry ingredients into the wet ingredients until all is combined. Fold ½ cup of blueberries into the batter.
- Fill the prepared muffin cups with equal amounts of the finished batter, filling each about 2/3 of the way full.
- Create the cheese filling by whisking together cream cheese and egg. Spoon equal amounts of the mixture onto the batter in the prepared muffin cups. Top evenly with the second ½ cup of blueberries.
- Combine all Streusel topping ingredients, using a fork to cut the butter into the topping. Crumble equally over the top of each muffin.
- Bake for 20-25 minutes, or until muffins are firm and spongy, and a toothpick inserted in to the center of one comes out mostly clean. Let cool for 10 minutes before removing from the pan. Server warm or chilled. Store refrigeration.

## NUTRITION FACTS

Servings	Per	12
Recipe Serving Size		83g
Calories		250
Total Fat		21g
Saturated Fat		6g
Cholesterol		98mg
Sodium		108mg
Total Carbohydrate		7g
Dietary Fiber		3g
Proteins		9g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	21	4.4	9
<b>Calories</b>	190.	17.7	36.1
<b>Percentage</b>	4	7.2	14.8
	78%	%	%



# KETO BROWNIES

**Serving:** 8

**Calories:** 113 | 8g Fat | 7.4g Net Carbs

## INGREDIENTS

1. ½ cup almond flour
2. ½ tsp baking powder
3. 3 eggs
4. 1 tsp vanilla extract
5. 8 tbsp butter, melted
6. ¼ cup unsweetened cocoa powder or cacao powder
7. 2 oz chocolate chips: *Lilly's Dark Chocolate chips or 72% cocoa or higher but if on strict Keto, use Lilly's ¾ cup granulated sugar replacement*

## INSTRUCTIONS

- Preheat oven to 300°.
- Melt the butter in the microwave then pour over the chocolate chips. Stir until all is melted together.
- Cream together the butter/chocolate mixture, cream cheese and sugar with either a hand or stand mixer.
- Add eggs in one at a time waiting until the eggs are fully incorporated into the mixture before adding more.
- Add the vanilla extract.
- Bake for 20-25 minutes. Let cool for 20 minutes before serving.

## NUTRITION FACTS

Servings	Per	8
Recipe Serving Size		61g
Calories		113
Total Fat		8g
Saturated Fat		3g
Cholesterol		70mg
Sodium		59mg
Total Carbohydrate		12g
Dietary Fiber		4g
Proteins		4g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	8	7.4	4
<b>Calories</b>	70.9	29.7	1.
<b>Percentage</b>	69.7	29.3	1
	%	%	1
			%



# KETO RASPBERRY CREAM CHEESE CRUMBLE

**Serving:** 12

**Calories:** 219 | 18g Fat | 6g Net Carbs

## INGREDIENTS

- 4 cups frozen raspberries, partially defrosted by sitting at room temperature
- Sugar-free sweetener (*stevia*)
- 1 stick butter, melted
- 8 oz. cream cheese
- Pinch salt
- 1 1/2 cups almond flour
- 1/2 cup coconut flour
- 1/4 cup shredded coconut

## INSTRUCTIONS

- Preheat oven to 350°.
- Layer raspberry in the bottom of a baking dish.
- Dust a layer of Stevia over the raspberry, to taste.
- Cut the cream cheese into thin slices, and layer evenly over the raspberry.
- In a bowl, mix melted butter, salt, almond flour, coconut flour, and shredded coconut together until dry ingredients are completely moistened, but with mixture still chunky.
- Spoon the crumble over the top of the cream cheese layer.
- Bake covered for 15 minutes. Remove the cover and bake an additional 15 minutes, or until raspberries are bubbling and the top is golden brown.

## NUTRITION FACTS

Servings	Per	12
Recipe Serving Size		87g
Calories		219
Total Fat		18g
Saturated Fat		10g
Cholesterol		40mg
Sodium		78mg
Total Carbohydrate		11g
Dietary Fiber		5g
Proteins		4g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	18	6	4
<b>Calories</b>	166.3	24.1	0.9
<b>Percentage</b>	86.9	12.6	0.5
	%	%	%



# ALMOND BUTTER CHOCOLATE BARK

**Serving:** 10

**Calories:** 228 | 33g Fat | 6.4g Net Carbs

## INGREDIENTS

1. ½ cup All Natural Peanut Butter
2. ½ cup Coconut Oil
3. 2 tsp vanilla
4. 2 (or 1 cup of other sweetener of choice)
5. 1 (12 oz) can Pecans
6. ½ cup Pecans, chopped
7. 1oz 90% Dark Chocolate
8. 1 tsp Coconut Oil (for drizzle)

## INSTRUCTIONS

- Scoop both ½ cup of your natural peanut butter along with ½ cup of coconut oil into a microwave safe bowl. Microwave on high for 20-30 seconds, then stir until the coconut oil melts completely and the mixture of the two are well combined.
- Add your 1 cup of pecans, stevia and vanilla and mix well.
- Pour immediately into your parchment paper lined sheet pan, tipping it to create an even layer.
- Sprinkle chopped pecans on top.
  - Melt together approx 1oz of dark chocolate along with 1 tsp of coconut oil in a microwave safe bowl for approx. 20 seconds to create a drizzle. Drizzle over the bark mixture with a spoon.
- Place the whole sheet pan in the freezer for 30 minutes to set.
- Remove from freezer, break apart, and store in air-tight container or bag in the fridge for easy snacking.
- *\*Please note: They will melt if left at room temperature, and are meant to be enjoyed chilled or frozen\**
- Enjoy!

## NUTRITION FACTS

Servings	Per	10
Recipe Serving Size		44g
Calories		228
Total Fat		33g
Saturated Fat		13g
Cholesterol		0mg
Sodium		17mg
Total Carbohydrate		9g
Dietary Fiber		3g
Proteins		6g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	33	6.4	6
<b>Calories</b>	297.9	25.5	0.7
<b>Percentage</b>	91.9	7.9	0.2
	%	%	%



# CREAM CHEESE BROWNIES

**Serving:** 10

**Calories:** 166 | 13g Fat | 11.6g Net Carbs

## INGREDIENTS

### CREAM CHEESE FILLING

1. 8 oz cream cheese softened
2. 1 large egg
3. 1 tsp vanilla
4. ¼ cup powdered erythritol OR 12 drops liquid stevia

### BROWNIES

1. 2 large eggs
2. ¼ cup powdered erythritol (or swerve)
3. 6 tbsp butter unsalted
4. 2.5 oz unsweetened baker's chocolate
5. 1 tsp vanilla
6. ¼ cup coconut flour
7. ½ tsp salt
8. ½ baking powder

## INSTRUCTIONS

- Preheat oven to 350° and butter an 8x8 pan. Set aside.
- In a medium bowl, beat cream cheese until whipped. Mix in egg, vanilla and powdered erythritol OR 12 drops liquid stevia until well combined. Set aside.
- In a large bowl, beat eggs until they are frothy. Stir in powdered erythritol and let stand about 5 minutes.
- In a small microwave safe bowl, melt butter and chocolate for 30 second intervals stirring between heatings, until chocolate is completely melted.
- Add vanilla, salt, baking powder and melted chocolate to the bowl with the eggs and stir well.
- Slowly stir in coconut flour (in 1 tbsp increments works best)
- Once mixed, spread 3/4 of the brownie mixture into the prepared pan.
- Spoon the cream cheese mixture on top and smooth it around.
- Spread the rest of the brownie mixture on top of the cream cheese mixture to create a marbled look.
- Bake 25-30 minutes or until a toothpick inserted in the center comes out clean.

## NUTRITION FACTS

Servings	Per	10
Recipe Serving Size		72g
Calories		166
Total Fat		13g
Saturated Fat		8g
Cholesterol		83mg
Sodium		1877mg
Total Carbohydrate		13g
Dietary Fiber		1g
Proteins		4g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	13	11.	4
<b>Calories</b>	121.3	6	16.8
<b>Percentage</b>	65.7	46.	9.1
	%	5	%
		25.	
		2 %	



# LEMON BLUEBERRY MUG MUFFIN

**Serving:** 1

**Calories:** 585 | 52g Fat | 9.1g Net Carbs

## INGREDIENTS

### BASE

1. 1 tsp butter
2. 2 tbsp coconut flour
3. ¼ tsp baking powder
4. 1 tsp of keto sugar *(adjust to own sweetness preference)*
5. ½ tsp of vanilla
6. Grated lemon zest or 1 teaspoon of lemon juice *(adjust to how much lemon you prefer)*
7. 1 tbsp of heavy cream
8. 2 tbsp of water
9. 1 egg

### OPTIONAL FROSTING

1. 2 tbsp of cream cheese *(soften in microwave for 6 seconds)*
2. ½ tsp of vanilla
3. 1 tsp of sweetener
4. Little lemon zest or lemon juice

## INSTRUCTIONS

- Melt butter in mug first *(20 seconds)* then add all the other ingredients and mix together well.
- I recommend adding lemon juice last unless you're using lemon zest.
- When all mixed, microwave for 3 minutes.
- Once done, remove cake and eat or add frosting.

## NUTRITION FACTS

Servings	Per	1
Recipe Serving Size		191g
Calories		585
Total Fat		52g
Saturated Fat		233g
Cholesterol		298mg
Sodium		706mg
Total Carbohydrate		14g
Dietary Fiber		5g
Proteins		12g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	52	9.1	12
<b>Calories</b>	464.4	36.3	48.2
<b>Percentage</b>	84.6	6.6	8.8
	%	%	%



# CHOCOLATE CHIP COOKIE DOUGH FAT BOMBS

**Serving:** 10

**Calories:** 276 | 27g Fat | 4.4g Net Carbs

## INGREDIENTS

- 8 oz cream cheese softened
- 1 stick ( $\frac{1}{2}$  cup) salted butter
- $\frac{1}{2}$  cup creamy peanut butter  
*(the real  
that's only peanuts and salt)*
- $\frac{1}{3}$  cup swerve sweetener  
*(erythritol)*
- 1 tsp vanilla extract
- 4 oz Lilly's baking chips *(stevia  
sweetened chocolate chips)*

## INSTRUCTIONS

- Cream everything together in a mixer and then spray a cookie scoop with coconut oil cooking spray.
- Refrigerate dough for 30 minutes before scooping onto parchment paper.
- Freeze for 30 minutes and store in the refrigerator in plastic baggies.

## NUTRITION FACTS

Servings	Per	10
Recipe Serving Size		36g
Calories		276
Total Fat		27g
Saturated Fat		14g
Cholesterol		49mg
Sodium		194mg
Total Carbohydrate		10g
Dietary Fiber		5g
Proteins		5g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	27	4.4	5
<b>Calories</b>	245.6	17.5	21.6
<b>Percentage</b>	86.3	6.2	7.6
	%	%	%



# KETO CHOCOLATE DOUGHNUTS

**Serving:** 10

**Calories:** 138 | 11g Fat | 3.4g Net Carbs

## INGREDIENTS

### DONUTS

1. Cooking spray to coat donut pans
2. 2 cups super fine almond flour
3. 1/3 cup unsweetened cocoa powder
4. ½ tsp salt
5. ½ tsp baking soda
6. ½ cup swerve or equivalent
7. granulated sweetener
8. 2 tbsp melted butter
9. 3 large eggs
10. 1 tablespoon vanilla extract
11. ½ cup unsweetened almond milk

### CHOCOLATE GLAZE

1. ¼ cup powdered swerve or equivalent powdered sweetener
2. 2 tbsp unsweetened cocoa powder
3. 1 tbsp heavy cream
4. ¼ tsp vanilla extract
5. 2 tbsp water

## INSTRUCTIONS

- Preheat oven to 350°F and spray 2 donut pans with cooking spray.
- In a medium bowl, combine almond flour, cocoa powder, salt, baking soda, and sweetener. Use a whisk to mix thoroughly.
- Add melted butter to dry ingredients and stir until absorbed.
- Add the eggs, vanilla extract and milk and stir until smooth.
- Spoon into prepared donut pans.
- Bake for 10-15 minutes. Donuts are done when the top springs back when touched.
- Remove and let cool in the pan for 10 minutes, then flip out onto a wire rack to cool completely.
- In medium shallow bowl, whisk together the powdered sweetener and cocoa powder. Add the heavy cream and water and whisk to combine.
- Add enough water until the glaze thins out and is of a dippable consistency, without being too watery.
- Dip the top of each donue into the glaze and let set, about 30 minutes.

## NUTRITION FACTS

Servings	Per	10
Recipe Serving Size		65g
Calories		138
Total Fat		11g
Saturated Fat		3g
Cholesterol		58mg
Sodium		277mg
Total Carbohydrate		5g
Dietary Fiber		2g
Proteins		5g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	11	3.4	5
<b>Calories</b>	98.1	13.8	20
<b>Percentage</b>	74.4	10.4	15.2%
	%	%	



# CHOCOLATE MOUSSE

**Serving:** 3

**Calories:** 317 | 33g Fat | 0.7g Net Carbs

## INGREDIENTS

- 2 oz unsalted butter
- 2 oz cream cheese
- 3 oz heavy cream, whipped
- 1 tbsp unsweetened cocoa powder
- 1 tbsp Truvia, or another sweetener to taste

## INSTRUCTIONS

- Soften butter and combine with sweetener, mixing until completely blended.
- Add cream cheese; blend until smooth.
- Add cocoa powder and blend completely.
- Whip heavy cream and gradually add to the mixture, mixing well.
- Spoon into small glasses and refrigerate for 30 minutes.

## NUTRITION FACTS

Servings	Per	3
Recipe Serving Size		72g
Calories		317
Total Fat		33g
Saturated Fat		21g
Cholesterol		110mg
Sodium		194mg
Total Carbohydrate		1g
Dietary Fiber		1g
Proteins		2g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	33	0.	2
<b>Calories</b>	296.2	7	6.7
<b>Percentage</b>	96.9	2.	2.2
	%	7	%
		0.	
		9	
		%	



# MINI JICAMA “APPLE” PIES

**Serving:** 6

**Calories:** 263 | 23g Fat | 2.8g Net Carbs

## INGREDIENTS

### FILLING

- 1 cup Jicama
- 4 tbsps butter
- ½ cup brown sugar substitute
- ¼ cup cinnamon

### CRUST

- 1 cup mozzarella cheese
- 2 tbsp cream cheese
- 1 egg
- 1 ½ cup almond flour
- 1 tsp baking powder
- ½ tsp salt
- 1 tbsp cinnamon

## INSTRUCTIONS

### FILLING

- Dice 1 cup Jicama and boil for 15 minutes.
- Drain.
- Return to pot cook on low heat and combine butter, brown sugar substitute, and cinnamon.

### CRUST

- Melt mozzarella cheese and cream cheese together. Add in egg, almond flour, baking powder, salt, and cinnamon.
- Place in cupcake liners to form bowls for the filling.
- Fill with jicama mixture and bake at 350° for 20 minutes.

## NUTRITION FACTS

Servings	Per	6
Recipe Serving Size		85g
Calories		263
Total Fat		23g
Saturated Fat		9g
Cholesterol		66mg
Sodium		514mg
Total Carbohydrate		5g
Dietary Fiber		2g
Proteins		9g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	23	2.8	9
<b>Calories</b>	205.	11.4	36.8
<b>Percentage</b>	7	4.5	14.5
	81%	%	%



# MINI CHOCOLATE CHIP MUFFINS

**Serving:** 6

**Calories:** 179 | 15g Fat | 4.1g Net Carbs

## INGREDIENTS

- 1/3 cup coconut flour
- 3 tbsp heavy cream
- 2 tbsp butter
- 1 tsp vanilla extract
- 1 tsp baking powder
- 2 large eggs
- 1/3 cup powdered sweetener
- 1/4 - 1/2 cup sugar free chocolate chips (or Lilly's)

## INSTRUCTIONS

- Preheat oven to 350°. Line mini cupcake pan with liners or spray with cooking spray. A silicone mold would work perfectly!
- In a large mixing bowl, combine all wet ingredients. Fully mix.
- Add in the dry ingredients, except the chocolate chips. Combine well.
- Add in the chocolate chips and mix for another 30 seconds.
- Scoop into the mini muffin pan. Fill to about 1/2 full.
- Bake for 12-15 minutes.

## NUTRITION FACTS

Servings	Per	6
Recipe Serving Size		63g
Calories		179
Total Fat		15g
Saturated Fat		9g
Cholesterol		78mg
Sodium		81mg
Total Carbohydrate		14g
Dietary Fiber		10g
Proteins		4g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	15	4.1	4
<b>Calories</b>	138	16.3	16.9
<b>Percentage</b>	80.6%	9.5	9.9
		%	%



# KETO COOKIE DOUGH

**Serving:** 2

**Calories:** 441 | 43g Fat | 28.8g Net Carbs

## INGREDIENTS

- 1 cup almond flour
- 4 tbsp butter softened
- 1 oz cream cheese softened
- ¼ cup Swerve
- 1 tsp molasses (*I subbed in ¾ tsp of swerve brown sugar*)
- 1 tsp vanilla
- 1 tsp coconut flour
- ½ cup sugar-free chocolate chips

## INSTRUCTIONS

- Mix everything together and serve chilled.

## NUTRITION FACTS

Servings	Per	2
Recipe Serving Size		149g
Calories		441
Total Fat		43g
Saturated Fat		18g
Cholesterol		15mg
Sodium		229mg
Total Carbohydrate		32g
Dietary Fiber		3g
Proteins		7g

## KETO CONVERSION

	FAT	NET CARBS	PROTEIN
<b>Grams</b>	43	28.2	7
<b>Calories</b>	383.7	115.3	29.5
<b>Percentage</b>	72.6	21.8	5.6
	%	%	%

# avOCadO BREaKfast BOWl

## InGREdIENTs

1 AvocAdo, hAlved  
And tHe stone  
reMoved

1 tBsP. sAlted Butter

3 lArge free rAnge  
eggs

3 rASherS of bAcon,  
cut into sMAll  
PIeces

PinCH of sAlt

PinCH of BlAck  
PePPer



20 Minutes



1 serving



sides

## InsTRuCTIOns:

1. Start off by scooping out most of the avocado flesh, leaving about 1/2 inch around the avocado.
2. Place a large saucepan on a low heat and add in the butter. Whilst the butter is melting, crack the eggs into a jug and beat them, adding a pinch of salt and pepper.
3. Add the bacon to one side of the pan and let them fry for a couple of minutes on their own. Then add the eggs to the other side of the pan and stir regularly as they scramble. The eggs and bacon should both be done 5 minutes after the eggs are added to the pan. If you find you eggs are done a little before the bacon, remove the scrambled eggs from the pan and place in a bowl.
4. Mix the bacon pieces and scrambled eggs together in a bowl, then spoon into the avocado bowls and get to eain'!

# Cauliflower Carbonara Skillet under 10 Carbs

## Ingredients

2.5 cups of frozen riced cauliflower  
8 slices Bacon  
6 Minced garlic cloves  
1 tsp. dried Italian Herb seasoning  
1/2 tsp. Salt

1/2 cup cashew cream  
(1/4 heavy cream 15 minutes + 1/4 cup grated Parmesan)



## Instructions:

1. heat a large skillet on medium heat.
2. Use a sharp knife or kitchen shears to cut bacon into 1/2 inch pieces.
3. When the skillet is hot, add the bacon to the skillet.
  4. cook, stirring occasionally until the bacon is mostly crispy, about 6 minutes.
5. Add the minced garlic.
6. Stir well until the garlic begins to brown.
7. Add in the cauliflower rice, salt and dried herbs.
8. Stir well until rice is thawed out and any liquid it released evaporated.
  9. Add in the cashew creamer (heavy cream).
  10. When it begins to simmer stir until thickened, well combined and creamy. Serve while hot.
  11. Top each serving with a fresh egg yolk and mix in. The hot cauliflower risotto will cook the raw yolk.
12. The result is a delicious, creamy dish that everyone will love.
  13. no fuss, no grains, no dairy. Garnish with fresh herbs. I love basil on it!

# flaxseed CRACKERS

## INGREDIENTS

1 cup flaxseed Meal

3 tbsP. olive oil

1/4 cup Apple cider vinegar

1-2 tsp. water

1/2 TSP. Sea SALT



1 Hour &  
10 Minutes



3 servings



sides

## INSTRUCTIONS:

1. In a bowl mix all of the ingredients. Mix until well combined. let the mix sit for 20 minutes.
2. Preheat oven on 300f convection bake (or 320f bake).
3. Using a spatula transfer your flaxseed mix to a sheet of parchment paper. 4. cover with a second sheet and flatten.
5. Use a rolling pin to continue to flatten until you have a square or shape that is about 8x8.
6. remove the top sheet of parchment paper and move the bottom sheet with dough on it to a baking pan.
7. Pop in the oven and bake for 40-45 minutes until the center is firm, when you tap it it should feel solid.
8. remove from the oven and let cool to room temp.
9. Transfer the parchment paper with cracker mass on it to a cutting board and with a large kitchen knife cut into squares to break into desired shapes.

# HEALTHY CHICKEN salad

## INGREDIENTS

2 cups leftover  
shredded chicken  
breast

2 cups cut, steamed  
green beans

1/2 cup homemade  
mayo (one minute  
mayo!)

1/2 cup chopped  
pecans

1/4 cup chopped  
cilantro

1/4 cup basil leaves

1/4 cup mint leaves

1/2 tsp. salt

1/2 tsp. white pepper



10 Minutes



4 servings



sides

## INSTRUCTIONS:

1. cut and chop your herbs and pecans.
2. Shred chicken and cut green beans.
3. In a large bowl combine all the ingredients.
4. Toss gently to mix it up.
5. enjoy, store for quick, healthy meals!

# KETO POKE WITH aHI Tuna and CITRus

## InGREdIEnts

8oz yellow fin tuna  
(AHI tuna) fillet

1 tBSP. coconut  
AMinos

5 sPrigs cilAntro  
or itAliAn PARSley  
(AbouT 1/4 cUP  
cHoPPed)

1/2 hAAS AvocAdo

2 tBSP. sesAMe oil

1 tBSP. sesAMe seeds

1/4 cUP PIII nUTS

1 tsP. seA sAlt

1/4 rUby red  
grAPefruit



15 Minutes



2 servings



sides

## InsTRuCTIOns:

1. cut your ahi into 1/4 inch cubes and place in a large bowl.
2. Add in the coconut aminos, sesame oil and salt. Gently toss.
3. halve your grapefruit and cut out the sections, add them to your bowl.
4. Mince your cilantro, add it to the bowl.
5. chop your pili nuts, dice your avocado, add both to the bowl.
6. Gently toss to combine everything.
7. divide the ahi mix between two bowls and garnish with sesame seeds. viola!

# LOW CARB BREAD

## INGREDIENTS

4 rounded tBSP. fine ground ALmond MeAl

1/4 TSP. bAkInG Soda

1/4 TSP. SAIT

1 lArge egg

2 tBSP. fAt (Melted coconUT oil, ollve oll, bAcon fAT eTc.)

2 tBSP. wAter  
(A sPIAsH More if tHe Mix seeMs tHick)



30 Minutes



1 serving



sides

## INSTRUCTIONS:

1. In a small, shallow microwave safe container whisk together the flour, salt and baking soda.
2. Make a well in the center and crack an egg open into it.
3. Whisk well, then add in the fat and water while you continue whisking.
4. once it becomes frothy start making bigger circles with your whisk or fork to incorporate the flour mix.
5. Mix well, getting all the edges and sides. you can use a spatula to make sure you have it all mixed in.
6. Tap the container down on the counter to settle the mix.
7. Microwave on high for 90 seconds, or until the center is cooked (add cooking time in 30 second intervals).
8. If you're baking it, use a greased glass dish, and bake at 350f (or 325f convection) for 20 minutes.
9. run a spatula around the edges to separate and remove it from the container.
10. Pop it in the toaster for 3-4 minutes until crisp.
11. Top with yummy things, enjoy!

# MaCadaMia nuT faTTy Tuna salad

## InGREdIEnTs

1-5 oZ cAn sAfe cAtch  
AlBAcore tunA

1 tBsP. PriMAI kitcHen  
MAyo (or one Minute  
keto MAyo)

1 tBsP. dijon MustArd  
(sugAr free)

1/4 cUP hAlved  
MAcAdAMiA nuts

1 stAlk green onion

1 tsP. sesAMe oil 10 Minutes 1 servingsides

9 slices cucuMber **InsTRuCTIOns:**

1. open and drain tuna. flake tuna into a bowl.

sAlt 2. Add in the mayo, mustard, sesame oil, salt and pepper. Mix well.

PePPer 3. rough chop the macadamia nuts and add them to the bowl.

4. Slice the green onion and add it to the bowl.

5. Mix well.



6. Slice a firm cucumber into 9 thin rounds. Use it to scoop up tuna salad!

# One Minute KETO Mayo

## Ingredients

3 Large egg yolks  
1 tsp. Mustard  
1 tsp. Apple cider vinegar  
1/4 TSP. Sea Salt  
1/4 TSP. black Pepper  
1 tsp. dried Herb Blend  
1/2 cup olive oil



10 Minutes



sides

## Instructions:

1. combine all of the ingredients in a large mason jar or measuring cup. 2. Insert immersion blender (stick blender) and blend until thick and creamy.

## PERFECT KETO notes:

even with a simple recipe, it's important to know where your ingredients come from as well as the nutrient content. The homemade approach allows you to do this as you essentially choose what quality ingredients go into your recipe. once you've tried this easy-to-make recipe, reaching for the mayonnaise jar will be much simpler in the comfort of your own home!

# sMOKEd sAlMOn PaTE wITH CuCuMBER

## InGREdIEnTs

4.5 oZ of sMoked sAlMon

5.5 oZ creAM cHeese

1/4 cUP of heAVy creAM

1 tBsP. leMon juice

1 tBsP. fresH cHives

Pinch of sAlt

Pinch of PePPer

2 cucuMBers



30 Minutes



12 cuPs



sides

## InsTRuCTIOns:

1. begin by using a vegetable peeler or small knife to cut strips down the skin of the cucumbers, and then slice the cucumbers into 2 inch slices.
2. Use a melon baller or a teaspoon, scoop out the flesh in the middle of the cucumber, leaving a small layer at the bottom of each cucumber cup.
3. next, grab your food processor and add in 3/4 of the smoked salmon, the cream cheese, heavy cream, lemon juice, salt, pepper and chives. blitz everything for a couple of minutes, until the pâté is smooth.
4. Then, chop up the remaining 1/4 of the smoked salmon into small pieces and add to the pâté. This gives the pâté a little extra texture.
5. finally, fill each cucumber cup with a dollop of salmon pâté and serve! Alternatively, you can store them in an airtight container in the refrigerator for up to 2 days.

# BONE BROTH TO CRUSH Inflammation

## Ingredients

3 Pastured Chicken  
Carcasses (or 4 lbs  
Pastured Animal  
Bones)

10 cups of filtered  
water

2 tbsP. Peppercorns

1 lemon

3 tsp. turmeric

1 tsp. salt

2 tbsP. Apple cider  
vinegar

3 Bay leaves



24 Hours



12 servings



soups & stews

## Instructions:

1. Pre-heat oven to 400f. Place bones on a sheet pan and sprinkle with salt. roast for 45 minutes.
2. next, transfer them to the bowl of your slow cooker (or electric pressure cooker).
3. Add in the peppercorns, bay leaves, apple cider vinegar and water.
4. cook on low for 24-48 hours.
  5. \*for pressure cooking, cook on high for 2 hours, then change the pressure cooker function to slow cook and cook on low for 12 hours.
6. When done, place a fine mesh sieve or strainer over a large bowl or pitcher. carefully strain broth.
7. discard the bones, bay leaves and peppercorns.
8. distribute the broth between three mason jars, about 2 cups each.
9. Mix in 1 tsp of turmeric to each jar and add 1-2 slices of lemon.
10. store in the fridge for up to 5 days.
11. To heat, gently simmer stove top with a lemon slice.

# sPRInG KETO sTEw wITH vEnIsOn

## InGREdIEnTs

1lb STeW MeAT,  
venison

2 tBsP. olive oil or  
Butter

1 BulB elePHAnt  
gArlic

1 cuP sHredded  
PurPle cABBAge

1 cuP sliced celery

1 tsP. sAlt

1 tsP. PePPer

4 cuPs Bone Broth

2 cuPs cHoPPed thin  
AsPARAgus

2 BAy leAves



6 Hours &  
20 Minutes



4 servings



souPs & stews

## InsTRuCTIOns:

1. Peel the elephant garlic and slice into 1/8 inch thin slices.
2. Slice the cabbage and the celery.
3. In a large skillet heat the olive oil or butter.
4. Add in the garlic, celery, bay leaves and cabbage. Sauté until tender, about 6 minutes.
5. Add in the venison, salt and pepper. Stir until the meat is browned.
6. Transfer everything to a slow cooker.
7. Add in the bone broth and set to cook on low for 6 hours.
8. When done, add in the chopped up asparagus and stir well.
9. Serve with a healthy olive oil drizzle and lime!

# TOM yuM KunG (THAI sEafOOd sOUp)

## InGREdIENTs

1/4 cUP olive oil  
4 cuPs Bone Broth  
1 cuP coconut Milk  
2 IBs wHite fish fileT  
(no scALes or Bones)  
2 BAy leAves  
1 lArge vidAliA onion  
4 gArlic cloves  
3 cArrots



55 Minutes 8 servings souPs & stews

## InSTRuCTIOns:

1. In a large stock pot heat 2 tbsp of fat on medium heat.
2. Small dice garlic, ginger, onions and carrots.
3. once the pot is heated add the diced veggies to the pot with the bay
4. cook stirring occasionally until tender, about 8 minutes.
5. In the meantime cut your fish into 1-inch pieces and cut, wash and pull
6. Peel a few strips of lemon rind off of your lemons, add them to the pot.
7. Add the fish into the pot and stir well, until all the fish is seared.
8. Add in the salt and the cashew cream, fish sauce and wasabi powder.  
Mix well.
9. Add in the broth, bring to a boil, let it boil for 10 minutes.
10. Add in the bok choy, water chestnuts. Stir. bring to a simmer.
11. Juice all your lemons. Set aside.
12. let the soup simmer for another 10 minutes.
13. dice your cilantro.
14. Add in the lemon juice. Stir. Taste, adjust salt and needed. If you want it thinner, add in a cup of water.
15. Serve with plenty of fresh cilantro and drizzle remaining olive oil on top.

# Easy KETOGENIC BREAKFAST TACOS

## INGREDIENTS

3 oz Aged cheddar (tilamook)  
1 Large Pastured egg  
2 Slices Pastured, sugar free Bacon  
2 sprigs cilantro  
Handful of Arugula  
1 tsp. ghee

Pinch of salt 25 Minutes 1 serving Meat

## INSTRUCTIONS:

Pinch of turmeric  
crispy. set aside.

2. Shred your cheese with a cheese grater.

the ghee into the skillet.

4. Sprinkle the cheese into the skillet in a circle.

Sprinkle the yolk with salt, pepper and turmeric.

the cheese begins to brown.

minutes.

8. remove from heat, the egg should be fully cooked and the cheese crispy.

9. carefully slide your cheese egg onto a cutting board or dish. Use two bowls or cups, or even the cheese grater to hold up the sides of the sheet taco so that as the shell cools and hardens the sides stay up.

10. Add in your bacon, arugula and cilantro.

11. Grab your shell and dig in. eat over a plate because you don't want your yolk to run all over the floor!



# THE KETO aLMONd BuTTER BuRGER

## InGREdIEnTs

2 lBs ground turkey  
1 tsP. APPlE cider  
vinegAr  
1 lArge egg  
1/2 cUP AlMond  
bUTTer, crUnchy-  
unswee tened  
1 tsP. gArlic sAlt  
1/2 TSP. onIon SAIT  
1 tsP. BlAck PePPer  
1 tsP. turMeriC  
1 tBsP. fiSH sAuce



40 Minutes



10 servings



MeAt

## InsTRuCTIOns:

1. Pre-heat oven to 400f.
2. Mix everything in a large bowl until thoroughly and evenly combined.
3. lightly grease a large baking sheet.
4. Shape 10 patties, about 4 ounces each. Place on the baking sheet.
5. bake for 20-25 minutes.

# KETO POWER BREAKFAST WITH GREEN SAUCE

## INGREDIENTS

1 cup BABY SPINACH  
(BABY KALE)

1 cup ARUGULA

1 cup PARSLEY (or  
CILANTRO or BASIL  
etc.)

5 MEDIUM GARLIC  
CLOVES

5 TBS. OF HEMP  
HEARTS

1 cup olive oil

5 slices BACON

2 eggs

20 ASPARAGUS TIPS

SALT TO TASTE

PEPPER TO TASTE



30 Minutes



2 servings



Meat

## INSTRUCTIONS:

1. Green Sauce: combine baby spinach, arugula, parsley, garlic cloves, hemp hearts and olive oil in a blender or food processor and blend on low until well combined and almost smooth. Set aside.
2. on a sheet pan arrange your bacon slices into rings, arrange the rings in a circle.
3. Pop the sheet pan in the oven and set it to 350f. when the oven comes to temperature, remove the sheet pan from the oven (don't turn it off). Tuck 4 asparagus tips into each bacon ring.
4. Move your bacon rings closer together if needed, and then crack two eggs in between them.
5. Add your green sauce, sprinkle a little salt and pepper and pop back in the oven for 20 minutes.
6. remove from the oven, and dig in! no need for plates. Makes enough for two!

# Tuna ZOODLE CassEROLE

## InGREdIEnts

1 lArge ZuccHini  
2 cAns sAfe cAtCH  
AlbAcore TUnA, In  
wAter  
1/2 cUP dlced onlon  
1 Minced gArlic  
clove  
3 lArge creMini  
MushrooMs  
1 tsP. MustArd  
1 tsP. sAlt  
1 tsP. BlAck PePPer  
1/2 TSP. drled  
roseMAry  
1 tBsP. leMon juice  
2-3 tBsP. MAyo (we  
love PriMAI  
kitcHen or  
HoMeMAde)  
1 Broccoli crown  
1/2 cUP choPPed  
PecAns  
2/3 cUP cASheW  
creAM\*



1 Hour



2 servings



seAfood

## InsTRuCTIOns:

1. first, make sure you have your mayo and cashew cream ready!
2. Pre-heat your oven to 325f.
3. Zoodle your zucchini. lay the zoodles flat on a clean kitchen towel and sprinkle with salt. let them rest here to they release liquid while you prep the rest.
4. Mince onion and garlic, add in to the casserole dish.
5. Thinly slice mushrooms and add them to the dish too.
6. open and drain tuna cans, flake the tuna into the casserole dish.
7. Add in the salt, pepper, 1 tbsp mayo, mustard, lemon juice and rosemary. 8. Mix well.
9. Wrap the kitchen towel around the zucchini and squeeze the water out.
10. Add the zoodles to the casserole dish and toss to combine.
11. Pour in the cashew cream. Gently Mix.
12. cut your broccoli crown into florets and mince them into 1/4 inch pieces.
13. Toss with chopped pecans in a bowl and mix with remaining mayo.
14. Spread this mix over the top of the casserole.
15. Sprinkle lightly with salt.
16. Place in the oven and bake for 30-35 minutes.
17. It will be toasty on top and creamy inside! Make sure to use a knife to cut your pieces before serving or your zoodles will pull out the whole thing!

# CHOCOLATE CHIP KETO COOKIE

## INGREDIENTS

1 egg

3 tBSP. Melted coconut oil (or MAdAMiA nut oil)

1/3 cUP SWerve grAnulAted sweetener

1/3 cUP MILk (nUT Milk, coconUT Milk)

1 tsP. vAnilla extrAct 1 Hour & 20 servings dessert

20 Minutes

2 cuPs fine ground

AlMond MeAl **INSTRUCTIONS:**

1. In a medium bowl, whisk egg until frothy.

1/2 TSP. bAkInG SodA 2. keep whisking as you add in the oil, vanilla and sweetener.

3. Mix well.

1 tsP. coArse seA sAlt

4. Add in the baking soda, salt, collagen peptides and almond meal.

2 BARs of dArk 5. Mix with a spatula until the dough is crumbly.

chocolAte 6. Add in the milk, mix in.

7. once the dough is moist, chop the chocolate into small pieces and fold in.

8. Shape 1 inch balls with the dough, set on a plate, cover and pop them

8. in the fridge for 30 - 60 min.

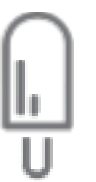
9. Pre-heat oven to 325f convection (or 350f bake).

10. Place cookie dough balls on sheet pan (greased or lined with parchment paper).

11. Gently and lightly flatten the dough balls.

12. bake 15-18 minutes until the base of the cookies turn golden brown.

13. remove from oven, let cool for ten minutes (if you can stand to wait to eat these!)



# LOW-CARB ACAI ALMOND BUTTER SMOOTHIE

## INGREDIENTS

1 100g Pack  
unsweetened Acai  
Puree

3/4 cup Unsweetened  
Almond Milk

1/4 of an Avocado

3 tbsps. collagen or  
Protein Powder

1 tbsps. coconut oil  
or MCT oil Powder

1 tbsps. Almond  
Butter

1/2 tsp. vanilla  
extract

2 drops liquid stevia  
(optional)



6 Minutes



1 serving



dessert

## INSTRUCTIONS:

1. If you are using individualized 100 gram packs of acai puree, run the pack under lukewarm water for a few seconds until you are able to break up the puree into smaller pieces. open the pack and put the contents into the blender.
2. Place the remaining ingredients in the blender and blend until smooth.  
2. Add more water or ice cubes as needed.  
drizzle the almond butter along the side of the glass to make it look cool.
4. enjoy and pat yourself on the back for an awesome workout and killer post workout smoothie!

# LOW CARB LEMON CASHEW COOKIES

## INGREDIENTS

1 cup cashew Butter

2 eggs

Zest of 1 lemon

juice of 1 lemon

1/2 TSP. vanilla extract

6-10 drops liquid

stevia (About 1/4 TSP. powdered

1/4 TSP. baking soda) **INSTRUCTIONS:**

1. Preheat the oven to 350°.

the bowl being careful not to let any seeds in the bowl.

blended.

into a cookie shape.

5. bake at 350° for about 10-15 minutes. let cool before serving.



22 Minutes 12 servings dessert

# MaCadaMia nuT faT BOMB

## InGREdIENTs

1/3 cUP Unrefined  
coconut oil  
(rooM teMP)

2 tBsP. unsweetened  
cocoA Powder

2 tBsP. erytHritol or  
swerve

1 tsP. vAnilla extrAct

12 MAcAdAMiA nuts

PinCH sAlt



40 Minutes



6 servings



dessert

## InsTRuCTIOns:

1. In a small bowl whisk together the coconut oil, vanilla, sweetener and vanilla extract until smooth.
2. line a small container with parchment paper. Pour in the chocolate mix, use a spatula to spread it thin and evenly along the bottom. i recommend a container no bigger than 4x6.
3. Place macadamia nuts in chocolate mix. you can be really systematic about it or make fun shapes. Sprinkle salt lightly all over.
4. Place the container in the freezer for 20 minutes. remove, cut into 6 even squares.
5. Store in the freezer for a quick sweet treat or fat bomb.



# my Recipe book

SERVES		
TIME		COOK TEMP
INGREDIENTS		NOTES
..... ..... ..... ..... ..... ..... ..... ..... ..... ..... .....		
DIRECTIONS		

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