

◆ BEST SELLER ◆

— The Ultimate Collection of —

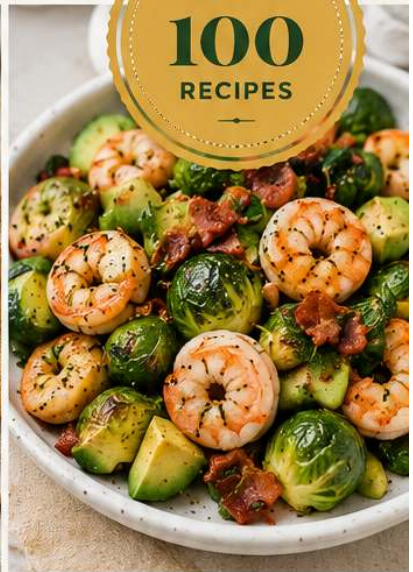
100+ KETO Recipes



Clean
Keto
Eats

🌿 LOW-CARB • 🔥 HIGH-FAT • 🍃 DELICIOUS • ❤️ EVERY DAY

QUICK MEALS • MEAL PLANS • BUDGET FRIENDLY



OVER
100
RECIPES



EASY TO MAKE
Simple Ingredients



PERFECT FOR ANY OCCASION
Family-Friendly Recipes



MEAL PLANS & TIPS
Included

Clean Keto Eats

A Complete Keto Recipe Collection

129 Recipes from

Naturally Keto • Keto Desserts

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Naturally Keto

30 Recipes with the Fewest Ingredients

FRY SAUCE

This super simple, quick sauce is delicious with Zucchini Fries, Jicama Fries, and burgers too!

-  1 cup avocado oil mayonnaise
-  ½ cup sugarfree ketchup, store-bought or homemade

 Place the ingredients in a blender and blend, or whisk together in a small bowl, until thoroughly combined.

 Store in an airtight container in the refrigerator for up to 6 months.

Note: You can use homemade egg-free mayo in this recipe if you will be using the sauce immediately. If you need to refrigerate leftover sauce, it will need to be warmed slightly, as the mayo will gel in the fridge.



 CALORIES	 FAT	 PROTEIN	 TOTAL CARBS	 DIETARY FIBER	 NET CARBS
137	16g	0g	0g	0g	0g

Fry Sauce

PREP TIME: 2 MINUTES

YIELD: 1½ CUPS (2 TABLESPOONS PER SERVING)

This super simple, quick sauce is delicious with Zucchini Fries, Jicama Fries, and burgers too!

Ingredients:

- 1 cup avocado oil mayonnaise
- ½ cup sugarfree ketchup, store-bought or homemade

Directions:

1. Place the ingredients in a blender and blend, or whisk together in a small bowl, until thoroughly combined. Store in an airtight container in the refrigerator for up to 6 months. Note: You can use homemade egg-free mayo in this recipe if you will be using the sauce immediately. If you need to refrigerate leftover sauce, it will need to be warmed slightly, as the mayo will gel in the fridge.

Nutrition:

calories 137 fat 16g protein 0g total carbs 0g dietary fiber 0g net carbs 0g

FRIED HALLOUMI STICKS

Enjoy these sticks as an appetizer, a snack, or a side dish. They're tasty on their own but even better dipped in Quick Marinara Sauce.



14 ounces
halloumi cheese



2 tablespoons
unsalted butter,
divided

- 1 Slice the cheese into sticks about ½ inch wide.
- 2 Melt 1 tablespoon of the butter in a medium skillet over medium-high heat. Place half of the cheese sticks in the skillet and fry for 2 to 3 minutes, or until browned on one side. Flip them over and fry for 2 to 3 minutes, or until browned on the other side. Transfer the fried sticks to a plate lined with a paper towel.
- 3 Melt the remaining 1 tablespoon of butter in the skillet and fry the remaining half of the cheese sticks as directed above. Serve immediately. Store in an airtight container in the refrigerator for up to 1 week. To reheat, microwave for 30 seconds or warm through in a dry skillet over medium heat.



CALORIES
207



FAT
17g



PROTEIN
12g



TOTAL CARBS
0g



DIETARY FIBER
0g



NET CARBS
0g

Fried Halloumi Sticks

PREP TIME: 2 MINUTES

COOK TIME: 12 MINUTES

YIELD: 7 SERVINGS

Enjoy these sticks as an appetizer, a snack, or a side dish. They're tasty on their own but even better dipped in Quick Marinara Sauce.

Ingredients:

- 14 ounces halloumi cheese
- 2 tablespoons unsalted butter, divided

Directions:

1. Slice the cheese into sticks about ½ inch wide.
2. Melt 1 tablespoon of the butter in a medium skillet over medium-high heat. Place half of the cheese sticks in the skillet and fry for 2 to 3 minutes, or until browned on one side. Flip them over and fry for 2 to 3 minutes, or until browned on the other side. Transfer the fried sticks to a plate lined with a paper towel.
3. Melt the remaining 1 tablespoon of butter in the skillet and fry the remaining half of the cheese sticks as directed above. Serve immediately. Store in an airtight container in the refrigerator for up to 1 week. To reheat, microwave for 30 seconds or warm through in a dry skillet over medium heat.

Nutrition:

calories 207 fat 17g protein 12g total carbs 0g dietary fiber 0g net carbs 0g

BARBECUE RIBS

My family would eat these fall-off-the-bone ribs every night if I made them that often. There are never any leftovers with this recipe—it's finger-licking good!



4 pounds
baby back ribs



½ cup
Beef Spice Rub

- 1 Using a knife, peel away the thin membrane from the back of the ribs. It should come off in one sheet, but if it breaks, start again in another section and pull until you can grab it with a paper towel and pull it off.
- 2 Line a sheet pan with aluminum foil or parchment paper.
- 3 Sprinkle the spice rub all over both sides of the ribs. Set the ribs, curved side down, on the prepared sheet pan. Cover and refrigerate for 1 hour.
- 4 Preheat the oven to 250°F.
- 5 Uncover the ribs and bake for 2 hours. Remove from the oven and flip the ribs over.
- 6 Raise the oven temperature to 325°F. Bake the ribs for 1 more hour, or until the meat is falling off the bone. If desired, broil the ribs for 2 to 4 minutes for more crispness. Serve. Store in an airtight container in the refrigerator for up to 3 days.



CALORIES
355



FAT
21g



PROTEIN
35g



TOTAL CARBS
2g



DIETARY FIBER
0g



NET CARBS
2g

Barbecue Ribs

PREP TIME: 10 MINUTES, PLUS 1 HOUR TO CHILL COOK TIME: 3 HOURS YIELD: 10 SERVINGS

My family would eat these fall-off-the-bone ribs every night if I made them that often. There are never any leftovers with this recipe—it's finger-licking good!

Ingredients:

- 4 pounds baby back ribs
- ½ cup Beef Spice Rub

Directions:

1. Using a knife, peel away the thin membrane from the back of the ribs. It should come off in one sheet, but if it breaks, start again in another section and pull until you can grab it with a paper towel and pull it off.
2. Line a sheet pan with aluminum foil or parchment paper.
3. Sprinkle the spice rub all over both sides of the ribs. Set the ribs, curved side down, on the prepared sheet pan. Cover and refrigerate for 1 hour.
4. Preheat the oven to 250°F.
5. Uncover the ribs and bake for 2 hours. Remove from the oven and flip the ribs over.
6. Raise the oven temperature to 325°F. Bake the ribs for 1 more hour, or until the meat is falling off the bone. If desired, broil the ribs for 2 to 4 minutes for more

crispness. Serve. Store in an airtight container in the refrigerator for up to 3 days.

Nutrition:

calories 355 fat 21g protein 35g total carbs 2g dietary fiber 0g net carbs 2g



Food Fact

If you enjoy learning about the nutritional value of everyday ingredients, I keep The Encyclopedia of Power Foods bookmarked whenever I want to learn a little more about what's on my plate.



<https://healtheducation.s.gy/Power-Foods-Encyclopedia>

ROOT BEER ICE CREAM FLOAT

I shouldn't even call this a recipe because it's so simple. As long as you have keto-friendly ice cream in the freezer and Zevia in the pantry, you can make an ice cream float whenever you want!

Because Zevia is all natural with no artificial anything, you won't see any caramel color in this float, but it sure tastes like root beer.

The only fat, carbs, and calories come from the ice cream you use. Obviously, I use homemade gelato, but any keto ice cream you like will work.



½ cup Vanilla Gelato
or store-bought
keto vanilla ice cream



1 cup Zevia
Ginger Root Beer



Allow the gelato to soften on the counter for 10 to 15 minutes, then scoop ½ cup into a 12-ounce glass. Pour the root beer over the gelato, insert a straw, and enjoy!



CALORIES
273



FAT
27g



PROTEIN
2g



TOTAL CARBS
2g



DIETARY FIBER
0g



NET CARBS
2g

Root Beer Ice Cream Float

PREP TIME: 1 MINUTE, PLUS TIME FOR GELATO TO SOFTEN

YIELD: ONE 12-OUNCE SERVING

I shouldn't even call this a recipe because it's so simple. As long as you have keto-friendly ice cream in the freezer and Zevia in the pantry, you can make an ice cream float whenever you want! Because Zevia is all natural with no artificial anything, you won't see any caramel color in this float, but it sure tastes like root beer. The only fat, carbs, and calories come from the ice cream you use. Obviously, I use homemade gelato, but any keto ice cream you like will work.

Ingredients:

- ½ cup Vanilla Gelato or store-bought keto vanilla ice cream
- 1 cup Zevia Ginger Root Beer

Directions:

1. Allow the gelato to soften on the counter for 10 to 15 minutes, then scoop ½ cup into a 12-ounce glass. Pour the root beer over the gelato, insert a straw, and enjoy!

Nutrition:

calories 273 fat 27g protein 2g total carbs 2g dietary fiber 0g net carbs 2g

COCONUT WHIPPED CREAM

Dairy-free, sugarfree whipped cream made with canned coconut milk is a fantastic alternative to dairy whipped cream!

The key to making this coconut whipped cream is letting the can sit overnight in the refrigerator. This will produce a thick cream that rises to the top, which you will scoop out for this recipe; leave the coconut water at the bottom of the can for use in a smoothie or another recipe. Whipped coconut cream will continue to thicken in the fridge.

Enjoy on top of my [Quick Strawberry Shortcakes](#).



1 (13.5-ounce) can full-fat coconut milk



1 tablespoon Swerve confectioners'-style sweetener



¼ teaspoon vanilla-flavored liquid stevia



½ teaspoon vanilla extract

- 1 Without shaking the can, place the can of coconut milk in the refrigerator overnight. This will allow the cream to rise to the top of the can.
- 2 Remove the can from the refrigerator and flip it upside down. This will allow the watery coconut milk to easily be removed from the can. Open the can and discard the watery liquid. Scoop the chilled coconut cream into the bowl of a stand mixer (or a medium bowl if using an electric hand mixer).
- 3 Add the sweeteners and vanilla extract and, using the whisk attachment, beat on high speed until the mixture becomes thick; it may take up to 10 minutes.
- 4 Store in an airtight container in the refrigerator for up to 5 days.



NOTES:

- This recipe will not work with anything other than canned full-fat coconut milk that contains guar gum. The brands that work best for me are Thai Kitchen, Native Forest, and 365 Whole Foods.
- If you would like your whipped cream to have a lighter, airier texture, you can include some of the separated coconut water from the can of coconut milk rather than discard all of the liquid. Some brands yield more liquid than others, so measure the amount of coconut water in the can. Use no more than 1/3 cup of the coconut water—any more than that and your coconut milk will not whip to the right consistency.



CALORIES
52



FAT
5g



PROTEIN
0g



TOTAL CARBS
1g



DIETARY FIBER
0g



NET CARBS
1g

Coconut Whipped Cream

PREP TIME: 10 MINUTES, PLUS TIME TO CHILL COCONUT MILK YIELD: ¾ CUP (2 TABLESPOONS PER SERVING)

Dairy-free, sugarfree whipped cream made with canned coconut milk is a fantastic alternative to dairy whipped cream! The key to making this coconut whipped cream is letting the can sit overnight in the refrigerator. This will produce a thick cream that rises to the top, which you will scoop out for this recipe; leave the coconut water at the bottom of the can for use in a smoothie or another recipe. Whipped coconut cream will continue to thicken in the fridge. Enjoy on top of my [Quick Strawberry Shortcakes](#). 1 (13½-ounce) can full-fat coconut milk

Ingredients:

- 1 (13.5-ounce) can full-fat coconut milk
- 1 tablespoon Swerve confectioners'-style sweetener
- ¼ teaspoon vanilla-flavored liquid stevia
- ½ teaspoon vanilla extract

Directions:

1. Without shaking the can, place the can of coconut milk in the refrigerator overnight. This will allow the cream to rise to the top of the can.
2. Remove the can from the refrigerator and flip it upside down. This will allow the watery coconut milk to easily be removed from the can. Open the can and discard the watery liquid. Scoop the chilled coconut cream into the bowl of a stand mixer (or a medium bowl if using an electric hand mixer).
3. Add the sweeteners and vanilla extract and, using the whisk attachment, beat on high speed until the mixture becomes thick; it may take up to 10 minutes. Store in an airtight container in the refrigerator for up to 5 days. Notes: This recipe will not work with anything other than canned full-fat coconut milk that contains guar gum. The brands that work best for me are Thai Kitchen, Native Forest, and 365 Whole Foods. If you would like your whipped cream to have a lighter, airier texture, you can include some of the separated coconut water from the can of coconut milk rather than discard all of the liquid. Some brands yield more liquid than others, so measure the amount of coconut water in the can. Use no more than 1/3 cup of the coconut water—any more than that and your coconut milk will not whip to the right consistency.

Nutrition:

calories 52 fat 5g protein 0g total carbs 1g dietary fiber 0g net carbs 1g

SPATCHCOCKED CHICKEN

Once you've spatchcocked a chicken, you'll never roast one any other way again. I like to serve this flavorful chicken with Jicama Fries.



1 whole chicken
(3 to 4 pounds)



2 tablespoons
extra-virgin
olive oil



2 tablespoons
freshly squeezed
lemon juice



2 tablespoons
Chicken Spice Rub

- 1 Using poultry shears, kitchen scissors, or a sharp knife, spatchcock the chicken by cutting along one side of the backbone until the body opens. Cut along the other side of the backbone to remove it completely. Open the bird and place it on a work surface, breast side up. Press down hard on the center of the breast so it lies as flat as possible.
- 2 In a small bowl, combine the oil, lemon juice, and spice rub.
- 3 Arrange the chicken, breast side up, on a sheet pan. Spread the oil mixture all over the chicken, including the underside. Refrigerate for at least 1 hour or up to 24 hours.
- 4 Preheat the oven to 400°F.
- 5 Roast the chicken, uncovered, for 45 minutes to 1 hour, or until an instant-read thermometer inserted in the thickest part of the breast registers 165°F. Remove from the oven, cover with foil, and set aside to rest for 10 minutes before carving.
- 6 Immediately before serving, spoon the pan juices over the chicken. Enjoy! Store in an airtight container in the refrigerator for up to 3 days.



CALORIES
218



FAT
16g



PROTEIN
16g



TOTAL CARBS
0g



DIETARY FIBER
0g



NET CARBS
0g

Spatchcocked Chicken

PREP TIME: 10 MINUTES, PLUS AT LEAST 1 HOUR TO MARINATE COOK TIME: 1 HOUR YIELD: 12 SERVINGS

Once you've spatchcocked a chicken, you'll never roast one any other way again. I like to serve this flavorful chicken with Jicama Fries. 1 (5-pound) whole chicken

Ingredients:

- 1 whole chicken (3 to 4 pounds)
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons Chicken Spice Rub

Directions:

1. Using poultry shears, kitchen scissors, or a sharp knife, spatchcock the chicken by cutting along one side of the backbone until the body opens. Cut along the other side of the backbone to remove it completely. Open the bird and place it on a work surface, breast side up. Press down hard on the center of the breast so it lies as flat as possible.
2. In a small bowl, combine the oil, lemon juice, and spice rub.
3. Arrange the chicken, breast side up, on a sheet pan. Spread the oil mixture all over the chicken, including the underside. Refrigerate for at least 1 hour or up to 24 hours.
4. Preheat the oven to 400°F.
5. Roast the chicken, uncovered, for 45 minutes to 1 hour, or until an instant-read thermometer inserted in the thickest part of the breast registers 165°F. Remove from the oven, cover with foil, and set aside to rest for 10 minutes before carving.
6. Immediately before serving, spoon the pan juices over the chicken. Enjoy! Store in an airtight container in the refrigerator for up to 3 days.

Nutrition:

calories 218 fat 16g protein 16g total carbs 0g dietary fiber 0g net carbs 0g



Whipped Cream

PREP TIME: 5 MINUTES

YIELD: 2 CUPS (¼ CUP PER SERVING)

I enjoy whipped cream on just about everything. In fact, I even enjoy it on top of a couple tablespoons of peanut butter! For you, I suggest trying it on iced coffee or any dessert.

Ingredients:

- 1 cup heavy whipping cream
- ¼ cup Swerve confectioners'-style sweetener
- ½ teaspoon vanilla extract
- ¼ teaspoon vanilla-flavored liquid stevia (optional)

Directions:

1. Place all of the ingredients in the bowl of a stand mixer fitted with the whisk attachment (or a medium bowl if using an electric hand mixer). Whisk on high until soft peaks form, 3 to 4 minutes. Store in an airtight container in the refrigerator for up to 2 days. Tip: Place the whisk attachment and mixing bowl in the freezer for 10 minutes to make beating the cream even quicker!

Nutrition:

calories 100 fat 10g protein 0g total carbs 0g dietary fiber 0g net carbs 0g

Salt And Vinegar Zucchini Chips

PREP TIME: 15 MINUTES COOK TIME: 3 HOURS OR 8 TO 14 HOURS, DEPENDING ON METHOD
YIELD: 8 SERVINGS (ABOUT ½ CUP PER SERVING)

I was a chipaholic before I started keto, and I still love a good crunchy snack. These zucchini chips are enough to satisfy me these days.

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons white balsamic vinegar
- 4 cups thinly sliced zucchini (about 3 medium)
- 2 teaspoons coarse sea salt

Directions:

1. In a small bowl, whisk together the oil and vinegar.
2. Place the zucchini slices in a large bowl and pour the oil and vinegar mixture over them. Toss until well coated. **DEHYDRATOR DIRECTIONS:**
3. Arrange the zucchini slices in even layers across the grates of a dehydrator and season with the salt.
4. Set the dehydrator to 135°F. Depending on how thinly sliced the zucchini is, the drying time will vary from 8 to 14 hours. Test for crispness and remove when the right texture is achieved. Serve. **OVEN DIRECTIONS:**
5. Preheat the oven to 200°F. Line a sheet pan with parchment paper. (Use two sheet pans if needed.)
6. Arrange the zucchini slices evenly on the prepared sheet pan and sprinkle with the salt. Bake for 2 to 3 hours, rotating the pan halfway through the cooking time. Test for crispness and remove from the oven when the right texture is achieved. Serve. Store in aluminum foil at room temperature for up to 2 days.

Nutrition:

calories 40 fat 3.6g protein 0.7g total carbs 2.9g dietary fiber 0.6g net carbs 2.3g

ZUCCHINI FRIES

If you've never fried breaded veggies before, you're in for a treat. These fries can also be baked, but baking won't give you the nice crispy outer coating that frying provides. Frying them takes a little time, but the end result is worth it: crispy, delicious zucchini fries!



1 pound zucchini
(about 2 large)



2 large eggs, beaten



1 batch Keto Breading



½ cup melted
coconut oil, for frying

- 1 Cut the zucchini into sticks about 3 inches long and ½ inch wide.
- 2 Beat the eggs in a shallow bowl. Place the breading in a separate shallow bowl.
- 3 Dip the zucchini sticks in the egg, then coat with the breading.
- 4 **For frying:** Heat the coconut oil in a large skillet over medium-high heat. Fry the sticks in batches for 2 to 3 minutes per side until golden.
- 5 **For baking:** Preheat the oven to 425°F. Place on a parchment-lined sheet pan and bake for 25 to 30 minutes, flipping halfway through.
- 6 Serve with Fry Sauce or Ranch Dressing.



CALORIES
414



FAT
32g



PROTEIN
27g



TOTAL CARBS
5g



DIETARY FIBER
1g



NET CARBS
4g

Zucchini Fries

PREP TIME: 5 MINUTES (NOT INCLUDING TIME TO MAKE BREADING OR COOK TIME: 10 MINUTES OR 30 MINUTES, DEPENDING ON METHOD) YIELD: 4 SERVINGS

If you've never fried breaded veggies before, you're in for a treat. These fries can also be baked, but baking won't give you the nice crispy outer coating that frying provides. Frying them takes a little time, but the end result is worth it: crispy, delicious zucchini fries!

Ingredients:

- 1 pound zucchini (about 2 large)
- 2 large eggs, beaten
- 1 batch Keto Breading
- ½ cup melted coconut oil, for frying

Directions:

1. Cut the zucchini into sticks about 3 inches long and ½ inch wide.
2. Beat the eggs in a shallow bowl. Place the breading in a separate shallow bowl.
3. Dip the zucchini sticks in the egg, then coat with the breading.
4. For frying: Heat the coconut oil in a large skillet over medium-high heat. Fry the sticks in batches for 2 to 3 minutes per side until golden.
5. For baking: Preheat the oven to 425°F. Place on a parchment-lined sheet pan and bake for 25 to 30 minutes, flipping halfway through.
6. Serve with Fry Sauce or Ranch Dressing.

Nutrition:

calories 414 fat 32g protein 27g total carbs 5g dietary fiber 1g net carbs 4g

Zucchini Noodles Without A

PREP TIME: 10 MINUTES

COOK TIME: 5 MINUTES

YIELD: 8 SERVINGS

Even if you don't own a spiralizer gadget, you can still make your own zucchini noodles using a serrated vegetable peeler. Serve with Classic Italian Meatballs and Alfredo Sauce or Quick Marinara Sauce.

Ingredients:

- 1½ pounds zucchini (about 3 large), ends removed
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons minced garlic
- ½ teaspoon fine sea salt

Directions:

1. If desired, peel the zucchini. Hold one end of a zucchini at an angle and, using a serrated vegetable peeler, apply light pressure as you glide the tool down the side of the zucchini, letting the noodles fall onto a clean surface. Continue to peel until you get to the center with the seeds; discard the center. Repeat with the other zucchini.
2. Heat the oil in a large skillet over medium heat. Add the garlic and cook until fragrant. Add the zucchini noodles and sauté, tossing constantly with tongs, for 3 to 4 minutes, or until al dente.
3. Remove from the heat, season with the salt, and serve hot. Store in an airtight container in the refrigerator for up to 5 days.

Nutrition:

calories 46 fat 3g protein 1g total carbs 2g dietary fiber 0g net carbs 2g

Vanilla Buttercream Frosting

PREP TIME: 5 MINUTES

YIELD: 1¼ CUPS (2 TABLESPOONS PER SERVING)

A classic buttercream frosting to enjoy on cupcakes, cakes, or cookies. You can swap out the coconut milk for unsweetened almond milk if you prefer.

Ingredients:

- ½ cup (1 stick) salted butter, softened
- 1 cup Swerve confectioners'-style sweetener
- 2 to 3 tablespoons coconut milk
- 1 teaspoon vanilla extract

Directions:

1. Place the butter, sweetener, 2 tablespoons of coconut milk, and the vanilla in the bowl of a stand mixer (or a medium bowl if using an electric hand mixer) and mix on high until smooth. If the frosting seems too thick to spread, add another tablespoon of coconut milk and mix again. Store in an airtight container in the pantry for up to 2 weeks. The frosting does not need to be refrigerated but can be frozen for up to 3 months. To use frozen frosting, let it thaw in the refrigerator overnight, then beat it with a mixer to get it creamy and smooth again. Tip: For colored frosting, simply add a few drops of natural food coloring in the color(s) of your choice. I buy mine at Whole Foods.

Nutrition:

calories 87 fat 9g protein 0g total carbs 0g dietary fiber 0g net carbs 0g

WARM BRUSSELS BACON SHRIMP

A warm, savory salad that's quick to make and packed with flavor. Perfect for when a cold salad just won't do!



10 ounces bacon, chopped



1½ pounds raw medium shrimp, peeled, deveined, and tails removed



1 pound Brussels sprouts, trimmed and halved



¼ cup freshly squeezed lime juice



Fine sea salt and freshly ground black pepper

- 1 Cook the bacon in a large skillet over medium-high heat until crisp. Remove to a paper towel-lined plate, leaving the grease in the pan.
- 2 Add the shrimp and cook 2 minutes per side until pink. Season with salt and pepper. Remove and keep warm.
- 3 Deglaze the skillet with lime juice, scraping up the bacon bits. Add Brussels sprouts and garlic. Cook 2 minutes until fragrant and bright green (crisp-tender).
- 4 Return shrimp and bacon to the skillet. Stir gently to combine and heat through.
- 5 Transfer to a serving bowl. Top with diced avocado and enjoy immediately.

Note: The bacon grease and lime juice act as the dressing. For extra richness, drizzle with 1 tablespoon extra-virgin olive oil if desired.



Store in an airtight container in the refrigerator for up to 3 days.



CALORIES
252



FAT
10g



PROTEIN
29g



TOTAL CARBS
10g



DIETARY FIBER
5g



NET CARBS
5g

Warm Brussels Bacon Shrimp

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

YIELD: 6 SERVINGS

Some days, a cold salad just doesn't sound appealing to me, so I created this warm Brussels sprouts and bacon salad for a nice change of pace. It takes little time to make and provides some nice leftovers—unless you're like me and have teenagers in the house, in which case nothing will ever be left over.

Ingredients:

- 10 ounces bacon, chopped
- 1½ pounds raw medium shrimp, peeled, deveined, and tails removed
- 1 pound Brussels sprouts, trimmed and halved
- ¼ cup freshly squeezed lime juice
- Fine sea salt and freshly ground black pepper

Directions:

1. Fine sea salt and freshly ground black pepper ¼ cup freshly squeezed lime juice 1 pound Brussels sprouts, ends trimmed, thinly sliced 1 teaspoon minced garlic 1 avocado, pitted, skinned, and diced
 2. In a large skillet over medium-high heat, cook the bacon until crisp. Remove the bacon to a plate lined with paper towels, leaving the grease in the pan.
 3. Add the shrimp to the skillet and cook for about 2 minutes on each side, or until they turn pink. Season with salt and pepper. Remove from the skillet and keep warm.
 4. Place the empty skillet over medium heat and deglaze it with the lime juice, scraping the bottom of the pan to release all of the bacon bits. Add the Brussels sprouts and garlic and cook for 2 minutes, or until the garlic is fragrant. (The Brussels sprouts should still have a good bite to them and should not be too soft and tender.)
 5. Return the shrimp and bacon to the skillet and stir until just combined.
 6. Transfer the salad to a serving bowl. Top with the avocado and enjoy immediately. Store in an airtight container in the refrigerator for up to 3 days. Note: The bacon grease and lime juice coat this warm salad nicely and act as the dressing, but if you feel you need more fat, feel free to drizzle the salad with 1 tablespoon of extra-virgin olive oil.
- Oven-Fried (or Air Fryer) Chicken Wings Bacon Cheeseburger Cauliflower Casserole Barbecue Ribs Best Keto Burgers Pan-Seared Cilantro Lime Chicken Thighs Cabbage Lasagna Chicken Bacon Ranch Calzone Slow Cooker Pork Carnitas Chicken Crust Pizza Sheet Pan Italian Sausage and Vegetables Taco Casserole One-Pan Paprika Chicken with Creamy Spinach Chicken Broccoli Caesar Casserole Classic Italian Meatballs Spatchcocked Chicken Cottage Pie Sheet Pan Lemon Garlic Herb Salmon and Roasted Cauliflower Instant Pot (or Slow Cooker) Beef Short Ribs Skillet Chicken Parmesan Bacon Cheeseburger Sloppy Joes

Nutrition:

calories 252 fat 10g protein 29g total carbs 10g dietary fiber 5g net carb



Pantry Tip

I like cooking with fresh ingredients, but I also keep a small pantry of foods with a long shelf life for busy weeks and unexpected situations. It has saved me more than once.



<https://healtheducation.s.gy/superfood>

Blueberry Syrup

PREP TIME: 5 MINUTES COOK TIME: 15 MINUTES YIELD: 1 CUP (2 TABLESPOONS PER SERVING)

This berry syrup is delicious served warm over Fluffy Keto Pancakes or Coconut Flour Waffles, or served chilled in my Mini Crustless Blueberry Lemon Cheesecakes or over keto ice cream.

Ingredients:

- 8 ounces fresh blueberries
- ½ cup water
- 2 tablespoons freshly squeezed lemon juice
- 1/3 cup Swerve confectioners'-style sweetener
- Pinch of fine sea salt

Directions:

1. Pinch of fine sea salt
2. Place all of the ingredients in a small saucepan and bring to a boil.
3. Simmer the berries, smashing and stirring them constantly, until thickened, 10 to 12 minutes. Let cool slightly, then serve warm, or refrigerate and serve chilled. Store in an airtight container in the refrigerator for up to 1 week.

Nutrition:

calories 16 fat 0g protein 0g total carbs 4g dietary fiber 0g net carbs 4g

Crispy Brussels Sprouts

PREP TIME: 15 MINUTES COOK TIME: 45 MINUTES OR 20 MINUTES, DEPENDING ON METHOD YIELD: 10 SERVINGS

I've got three kids, and they all like different vegetables. My daughter despises Brussels sprouts, but my boys love them—but only if they are nice and crispy, like they are in this dish.

Ingredients:

- 2 pounds Brussels sprouts
- 4 cloves garlic, minced
- ¼ cup avocado oil
- ½ teaspoon fine sea salt
- ½ teaspoon freshly ground black pepper

Directions:

1. Trim the ends of the Brussels sprouts. Cut the sprouts into quarters if they are large or in half if they are small. Arrange them on a sheet pan.
2. Sprinkle the garlic over the Brussels sprouts, then pour the oil over them. Toss the Brussels sprouts in the garlic and oil until they are nicely coated. Season with the salt and pepper and toss again. **OVEN DIRECTIONS:**
3. Preheat the oven to 400°F.
4. Roast the Brussels sprouts for 30 minutes. Remove from the oven and toss well.
5. Raise the oven temperature to 450°F and roast for 10 to 15 minutes, or until the outer edges of the leaves are browned.
6. Serve hot. **AIR FRYER DIRECTIONS:**
7. Set the air fryer to 400°F.
8. If you have a large air fryer, put all of the Brussels sprouts in the basket; if you have a smaller air fryer, you will need to cook them in two batches. Set the air fryer to cook for 15 minutes. Remove the basket and toss well.
9. Raise the temperature to 425°F and cook for 5 minutes.
10. Serve hot. These Brussels are best eaten immediately, but leftovers can be stored in an airtight container in the refrigerator for up to 3 days.

Nutrition:

calories 93 fat 5g protein 3g total carbs 8g dietary fiber 3g net carbs 5g

Creamy Pb&J Smoothie

PREP TIME: 5 MINUTES

YIELD: ONE 8-OUNCE SERVING

A fat bomb in smoothie form—quick, tasty, and filling!

Ingredients:

- 1 cup unsweetened almond milk or coconut milk
- 2 ounces frozen strawberries
- 1 scoop collagen peptides
- 1 tablespoon unsweetened smooth peanut butter or sunflower seed butter,
- plus more for topping if desired

Directions:

1. Keto sweetener of choice, to taste (optional) Coconut Whipped Cream, for topping (optional) Place the milk, strawberries, collagen peptides, and peanut butter in a blender and blend on high until smooth. Taste and add sweetener, if desired. Pour into an 8-ounce glass, top with whipped cream and additional peanut butter, if desired, and enjoy! Tip: Using frozen strawberries gives you a nice cold smoothie without watering it down with ice. If you don't have frozen strawberries on hand, use fresh and add ½ cup ice.

Nutrition:

calories 143 fat 10g protein 4g total carbs 8g dietary fiber 2g net carbs 6g

Burrata Pesto Caprese Stacks

PREP TIME: 10 MINUTES (NOT INCLUDING TIME TO MAKE PESTO) YIELD: 12 STACKS (2 STACKS PER SERVING)

This pretty dish is great as an appetizer or a side. Even my kids will eat it! 4 large tomatoes (about 1 pound) Fine sea salt and freshly ground black pepper 1 batch Pesto

Ingredients:

- 4 large tomatoes (about 1 pound)
- 1 batch Pesto
- 12 ounces Burrata cheese, cut into 12 slices
- Fine sea salt and freshly ground black pepper
- Chopped fresh flat-leaf parsley, for garnish
- Extra-virgin olive oil, for drizzling

Directions:

1. Slice the tomatoes into 36 thin rounds.
2. Arrange 3 tomato slices on each plate. Season with salt and pepper.
3. Top each tomato stack with a generous spoonful of pesto and a slice of Burrata.
4. Garnish with parsley and a drizzle of olive oil.

Nutrition:

calories 256 fat 24g protein 12g total carbs 3g dietary fiber 1g net carbs 2g

Best Keto Burgers

PREP TIME: 15 MINUTES (NOT INCLUDING TIME TO MAKE SPICE RUB OR ROLLS) COOK TIME: 10 MINUTES **YIELD: 8 BURGERS (1 PER SERVING)**

When you're in the mood for a juicy burger, this recipe will knock your socks off. It's hard not to love a good burger. I've had success grilling these, but they're also great when pan-fried in a skillet on the stovetop. Keep them dairy-free by topping them with my Secret Burger Sauce, or add cheese and other toppings of your choice, and use my Hamburger Rolls to make the ultimate burger!

Ingredients:

- 2 pounds grassfed ground beef
- ¼ cup avocado oil mayonnaise
- 1 tablespoon prepared yellow mustard
- 1½ tablespoons Beef Spice Rub
- Burger toppings of choice (optional)
- 8 Hamburger Rolls, for serving

Directions:

1. Burger toppings of choice, for serving (optional) 8 Hamburger Rolls, for serving
2. Place the ground beef, mayonnaise, mustard, and spice rub in a bowl and mix with your hands until fully combined. Form the mixture into 8 equal-sized patties.
3. Preheat a grill to medium-high heat, or preheat a skillet over medium-high heat. Cook the patties for 4 to 5 minutes with the grill open or the skillet uncovered. Flip the patties over, cover, and cook for 5 minutes for medium- done burgers, or until they reach the desired doneness. Remove from the heat.
4. Top the burgers as desired and serve on the rolls. Store in an airtight container in the refrigerator for up to 3 days. | BURGERS ONLY, WITHOUT TOPPINGS OR ROLLS |

Nutrition:

calories 339 fat 27g protein 19g total carbs 0g dietary fiber 0g net carbs 0g

ROASTED CABBAGE STEAKS

This is a hearty side dish—and a tasty one at that. You can skip the pancetta if you like, but if you do, be sure to add some fine sea salt to compensate.



1 medium head green cabbage
(about 2 pounds)



2 tablespoons
extra-virgin olive oil



1 teaspoon
minced garlic



¼ teaspoon
onion powder



¼ teaspoon
freshly ground black pepper



2 ounces pancetta or bacon,
chopped

- 1 Preheat the oven to 400°F.
- 2 Slice off the bottom of the head of cabbage so it can sit upright on a cutting board. Cut the cabbage into ½-inch-thick slices.
- 3 Brush the oil on both sides of the cabbage slices and arrange them on a sheet pan. Sprinkle the garlic, onion powder, and pepper over the cabbage slices and top with the pancetta.
- 4 Roast for 25 to 30 minutes, or until the cabbage steaks are lightly browned around the edges and the pancetta is crisp.
- 5 Serve hot. Store in an airtight container in the refrigerator for up to 3 days.



CALORIES
89



FAT
6g



PROTEIN
2g



TOTAL CARBS
6g



DIETARY FIBER
2g



NET CARBS
4g

Roasted Cabbage Steaks

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

YIELD: 8 SERVINGS

This is a hearty side dish—and a tasty one at that. You can skip the pancetta if you like, but if you do, be sure to add some fine sea salt to compensate. 1 large head green cabbage (about 2 pounds)

Ingredients:

- 1 medium head green cabbage (about 2 pounds)
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon minced garlic
- ¼ teaspoon onion powder
- ¼ teaspoon freshly ground black pepper
- 2 ounces pancetta or bacon, chopped

Directions:

1. Preheat the oven to 400°F.
2. Slice off the bottom of the head of cabbage so it can sit upright on a cutting board. Cut the cabbage into ½-inch-thick slices.
3. Brush the oil on both sides of the cabbage slices and arrange them on a sheet pan. Sprinkle the garlic, onion powder, and pepper over the cabbage slices and top with the pancetta.
4. Roast for 25 to 30 minutes, or until the cabbage steaks are lightly browned around the edges and the pancetta is crisp.
5. Serve hot. Store in an airtight container in the refrigerator for up to 3 days.

Nutrition:

calories 89 fat 6g protein 2g total carbs 6g dietary fiber 2g net carbs 4g



Curious Cook

If this recipe introduces an ingredient you haven't tried before, it's worth spending a few minutes learning more about it. Understanding your food often makes healthy eating a lot more enjoyable.

<https://healtheducation.s.gy/Power-Foods-Encyclopedia>

Mashed Roasted Cauliflower

PREP TIME: 5 MINUTES

COOK TIME: 30 MINUTES

YIELD: 8 SERVINGS

This is the keto side dish that goes with everything. It's wonderful with my Instant Pot (or Slow Cooker) Beef Short Ribs or any other entrée you love. Roasting the cauliflower imparts a lot of flavor, but if you're short on time, you can use thawed frozen cauliflower florets and skip the roasting step. If you do, simply add the olive oil and seasonings to the food processor in Step 4. Florets from 1 large head cauliflower (about 2 pounds)

Ingredients:

- 1 large head cauliflower (about 2½ pounds)
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon garlic powder
- ½ teaspoon fine sea salt
- ¼ teaspoon freshly ground black pepper
- ¼ cup (½ stick) salted butter, sliced

Directions:

1. Preheat the oven to 400°F.
2. Arrange the cauliflower florets on a sheet pan. Drizzle the oil over the cauliflower and stir until well coated. Sprinkle the garlic powder, salt, and pepper over the cauliflower.
3. Roast for 30 minutes, or until tender.
4. Transfer the roasted cauliflower to a food processor, add the butter, and process until the mixture has a smooth, mashed potato-like texture.
5. Enjoy immediately! Store in an airtight container in the refrigerator for up to 5 days.

Nutrition:

calories 110 fat 9g protein 2g total carbs 5g dietary fiber 2g net carbs 3g

Lemon Aioli

PREP TIME: 5 MINUTES

YIELD: 1½ CUPS (2 TABLESPOONS PER SERVING)

Aioli is a sauce made with garlic and olive oil and sometimes emulsified with an egg. Often, at least in the Italian home I grew up in, it is served with fish and pasta. My dad will cringe when he sees that I make this version with mayonnaise, because that isn't typical. Since I opted to leave out the egg yolk, I use mayonnaise to get that creamy texture. Use this sauce for dipping Focaccia or Crispy Brussels Sprouts.

Ingredients:

- 1 cup avocado oil mayonnaise
- 1/3 cup extra-virgin olive oil
- 2 cloves garlic, minced
- 2 tablespoons freshly squeezed lemon juice
- ½ teaspoon fine sea salt
- Freshly ground black pepper, to taste

Directions:

1. Place all of the ingredients in a blender and blend, or whisk together in a medium bowl, until smooth. Taste and add more salt and pepper, if desired. Store in an airtight container in the refrigerator for up to 3 months. Note: You can use homemade egg-free mayo in this recipe if you will be using the aioli immediately. If you need to refrigerate leftover aioli, it will need to be warmed slightly, as the mayo will gel in the fridge.

Nutrition:

calories 187 fat 22g protein 0g total carbs 0g dietary fiber 0g net carbs 0g

Salted Caramel Sunflower Seed

PREP TIME: 20 MINUTES COOK TIME: 12 MINUTES YIELD: 2 CUPS (2 TABLESPOONS PER SERVING)

If you have a nut allergy and have bought sunflower seed butter, you know how hard it is to find one that does not contain sugar. And when you do find it, it's expensive. You won't need to buy it anymore. In fact, I can say that this homemade version tastes even better than store-bought.

Ingredients:

- 2 cups raw sunflower seeds
- 1/3 cup packed Swerve brown sugar sweetener
- 3 tablespoons coconut oil, plus more if needed
- ½ teaspoon ground cinnamon
- ½ teaspoon fine sea salt
- ½ teaspoon cinnamon-flavored liquid stevia (optional)

Directions:

1. Preheat the oven to 325°F.
 2. Spread the sunflower seeds in an even layer on a sheet pan and bake for 10 to 12 minutes, or until golden. Let cool.
 3. Put the cooled seeds in a food processor along with the brown sugar sweetener and coconut oil. Blend for a few minutes, then stop and scrape down the sides of the processor. Continue to process until the butter is smooth or has the texture you prefer. You can add more coconut oil and process more to make the butter even smoother.
 4. Add the cinnamon, salt, and stevia, if desired, and pulse until combined. Taste and add more salt, if needed. Store in an airtight container in the refrigerator for up to 3 months.
- Baked French Toast Biscuits and Gravy Cinnamon Crumb Muffins Miracle Dough Bagels Cinnamon Rolls 2-Minute English Muffins Pancetta and Gruyère Egg Bites Slow Cooker Granola Prep-Ahead Hot Cinnamon Cereal Coconut Flour Waffles Fluffy Keto Pancakes Pumpkin Donuts Sausage and Bacon Quiche Vanilla Bean Scones Zucchini Spice Muffins

Nutrition:

calories 120 fat 24g protein 3g total carbs 3g dietary fiber 1g net carbs 2g

Creamy Kale With Pancetta

PREP TIME: 5 MINUTES

COOK TIME: 10 MINUTES

YIELD: 8 SERVINGS

Pancetta is the Italian version of bacon. Both meats are cut from the belly of the pig and seasoned with salt and pepper, but pancetta is curled up in a roll and remains in a casing to hold its shape. Another difference: it's not smoked, like bacon. Pancetta has its own unique taste. While you can substitute bacon in this recipe, I suggest giving pancetta a try for a nice change of pace.

Ingredients:

- 4 ounces pancetta, chopped
- 1 teaspoon minced garlic
- 12 ounces curly kale, stems and stalks removed, chopped
- 1 cup heavy whipping cream
- ¼ teaspoon freshly ground black pepper
- 1/8 teaspoon freshly grated nutmeg

Directions:

1. In a large skillet over medium heat, cook the pancetta until crisp. Remove with a slotted spoon, leaving the drippings in the pan, and set aside to cool on a plate lined with paper towels.
2. Reduce the heat to low, add the garlic, and cook until fragrant. Add the kale and cream and cook for about 5 minutes, until the kale is wilted. Remove from the heat.
3. Sprinkle the pepper and nutmeg over the kale, top with the pancetta, and serve immediately. Store in an airtight container in the refrigerator for up to 3 days.

Nutrition:

calories 180 fat 16g protein 3g total carbs 4g dietary fiber 0g net carbs 4g

Cannoli

**PREP TIME: 20 MINUTES (NOT INCLUDING TIME TO MAKE SHELLS)
PER SERVING)**

YIELD: 12 CANNOLI (1

Cannoli are an Italian staple at Christmastime and even on Easter. Although they are time-consuming to make, they are a favorite for special occasions and are sure to win over the non-keto crowd!

Ingredients:

- 8 ounces ricotta cheese (1 cup)
- 8 ounces mascarpone cheese (1 cup)
- 1/3 cup Swerve confectioners'-style sweetener
- 1/2 cup heavy whipping cream
- 1 teaspoon vanilla extract
- 1/2 teaspoon grated lemon zest
- Pinch of fine sea salt

Directions:

1. In a medium bowl, beat the ricotta, mascarpone, and sweetener together until smooth.
2. Add the heavy whipping cream, vanilla, lemon zest, and salt; beat until thick and fluffy.
3. Transfer the filling to a piping bag fitted with a round tip.
4. Pipe the filling into prepared cannoli shells from both ends.
5. Dust with additional sweetener before serving.
6. Store unfilled shells and filling separately; fill just before serving.

Nutrition:

calories 240 fat 22g protein 5g total carbs 2g dietary fiber 1g net carbs 1g

Raspberry Chia Jam

PREP TIME: 2 MINUTES, PLUS 1 HOUR TO CHILL YIELD: ¾ CUP (2 TABLESPOONS PER SERVING)

This simple but delicious jam is terrific on my 2-Minute English Muffins!

Ingredients:

- 2 cups fresh raspberries
- 2 tablespoons Swerve confectioners'-style sweetener
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon water
- ½ teaspoon lemon-flavored liquid stevia
- Pinch of fine sea salt
- 3 tablespoons chia seeds

Directions:

1. Pinch of fine sea salt 3 tablespoons chia seeds
2. Place all of the ingredients except the chia seeds in a high-powered blender or food processor and blend on high until smooth or to the desired texture. Taste and add more sweetener and/or salt, if desired.
3. Add the chia seeds and pulse two or three times to combine. Allow to cool.
4. Pour the jam into a mason jar, cover, and refrigerate for 1 hour before using. Store in an airtight container in the refrigerator for up to 2 weeks.

Nutrition:

calories 50 fat 2g protein 1g total carbs 7g dietary fiber 4g net carbs 3g

Cauliflower Hash Browns

PREP TIME: 15 MINUTES

COOK TIME: 32 MINUTES

YIELD: 12 SERVINGS

These crispy little cauliflower hash browns are great served with eggs in the morning or with any dinner entrée. 1 small head cauliflower (about 1 pound), or 15 ounces fresh (not frozen) pre-riced cauliflower 2 large eggs, beaten

Ingredients:

- 1 small head cauliflower (about 1 pound)
- 2 large eggs, beaten
- ½ cup grated Parmesan cheese
- 3 tablespoons chopped fresh chives
- ¼ teaspoon fine sea salt
- ¼ teaspoon garlic powder
- ¼ teaspoon freshly ground black pepper

Directions:

1. Preheat the oven to 400°F. Line a sheet pan with parchment paper.
2. If not using pre-riced cauliflower, core and then grate the cauliflower.
3. Place the riced cauliflower in a microwave-safe bowl and microwave for 5 minutes.
4. Let the cauliflower cool slightly, then wrap it in a clean towel and squeeze out as much liquid as you can. Discard the liquid.
5. Place the cauliflower in a clean bowl. Add the remaining ingredients and stir until well combined.
6. Scoop out about 2 tablespoons of the mixture and flatten it into a 3 by 2½- inch rectangle. Repeat until you have 12 rectangles.
7. Arrange the rectangles on the prepared sheet pan and bake for 25 minutes. Turn the rectangles over and broil for 1 to 2 minutes, or until crisp.
8. Serve immediately. Store in an airtight container in the refrigerator for up to 5 days. Reheat in a dry skillet over medium heat until warmed through.

Nutrition:

calories 55 fat 2g protein 4g total carbs 3g dietary fiber 1g net carbs 2g

Bbq Sauce

PREP TIME: 3 MINUTES

YIELD: 2 CUPS (2 TABLESPOONS PER SERVING)

Make your own sugarfree ketchup to use in this recipe or purchase a store- bought version, and you'll have one tasty keto BBQ sauce for ribs or chicken.

Ingredients:

- 1½ cups sugarfree ketchup
- ¼ cup apple cider vinegar
- 1 tablespoon yacón syrup or sugarfree maple syrup
- 1 teaspoon maple extract
- ¼ cup packed Swerve brown sugar sweetener
- 2 tablespoons smoked paprika
- Pinch of fine sea salt

Directions:

1. Pinch of fine sea salt Place all of the ingredients in a blender and blend until smooth. Taste and add more sweetener and/or salt, if desired. Store in an airtight container in the refrigerator for up to 1 month.

Nutrition:

calories 14 fat 0g protein 0g total carbs 3g dietary fiber 0g net carbs 3g

Egg-Free Mayo

PREP TIME: 5 MINUTES COOK TIME: 2 MINUTES YIELD: 2½ CUPS (2 TABLESPOONS PER SERVING)

Maybe you're like me and have always been wary of making homemade mayonnaise because of the use of raw eggs. I can tell you that this version tastes just like traditional egg-based mayo, but because of the gelatin, it will continue to thicken up in the fridge. A simple reheating will bring it back to the right texture, or you can just halve the recipe if you'd rather not have much mayo left over. Please note: Collagen peptides will not work as a substitute for the gelatin here; collagen will not cause the mayo to thicken up as it should.

Ingredients:

- 1 tablespoon unflavored gelatin
- 3 tablespoons water, divided
- 1 cup avocado oil
- 1 tablespoon distilled vinegar
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon Dijon mustard
- ½ teaspoon fine sea salt

Directions:

1. Immersion blender
2. Place the gelatin in a small bowl and stir in 1 tablespoon of the water. Mix until a thick paste forms.
3. Pour the remaining 2 tablespoons of water into a small ramekin and microwave until boiling, then pour the boiling water into the gelatin mixture. Stir until dissolved. Set aside.
4. Whisk the remaining ingredients in a small bowl, then add the gelatin mixture. Using an immersion blender, blend on high until the mixture is smooth and has the texture of traditional mayonnaise.
5. Taste and add more salt, if desired.
6. Best if used immediately. If you're going to be using all of the mayo the same day it's made, you don't need to refrigerate it. To keep it longer, cover and refrigerate. When ready to use again, you will need to heat the mayo in the microwave for 30 seconds or in a saucepan over low heat since it gels when refrigerated.

Nutrition:

calories 105 fat 11g protein 0g total carbs 0g dietary fiber 0g net carbs 0g

ITALIAN AMARETTI

Italian amaretti are almond-flavored macaroons. They were my dad's favorite cookie growing up in Italy. He likes them chewy, so I opt to underbake mine at just 20 minutes, but you can bake them for up to 26 minutes if you prefer crispier cookies.



3 cups (312g) blanch almond flour



1 cup (225g) Swerve granular sweetener



1 teaspoon vanilla-flavored liquid stevia



1 teaspoon almond extract



1 teaspoon vanilla extract



Pinch of fine sea salt



3 large egg whites



¼ cup sliced almonds, for topping (optional)



2 tablespoons Swerve confectioners'-style sweetener, for sprinkling (optional)

- 1 Preheat the oven to 300°F. Line a cookie sheet with parchment paper.
- 2 Place the almond flour, sweeteners, extracts, and salt in the bowl of a stand mixer (or in a medium bowl) and mix or stir to combine.
- 3 Add the egg whites one at a time and mix or stir until combined.
- 4 Use a tablespoon-sized cookie scoop to make 24 balls of dough. Place the balls on the prepared cookie sheet, spaced about an inch apart. Top with the almonds, if using.
- 5 Bake for 22 to 24 minutes, or until lightly golden brown.
- 6 Remove from the oven and sprinkle the cookies with the confectioners'-style sweetener, if desired.
- 7 Allow to cool completely before serving. Store in an airtight container on the counter for up to 3 days.



CALORIES
82



FAT
16g



PROTEIN
3g



TOTAL CARBS
3g



DIETARY FIBER
1g



NET CARBS
2g

Italian Amaretti

PREP TIME: 15 MINUTES

COOK TIME: 24 MINUTES

YIELD: 24 COOKIES (1 PER SERVING)

Italian amaretti are almond-flavored macaroons. They were my dad's favorite cookie growing up in Italy. He likes them chewy, so I opt to underbake mine at just 20 minutes, but you can bake them for up to 26 minutes if you prefer crispier cookies.

Ingredients:

- 3 cups (312g) blanched almond flour
- 1 cup (225g) Swerve granular sweetener
- 1 teaspoon vanilla-flavored liquid stevia
- 1 teaspoon almond extract
- 1 teaspoon vanilla extract
- Pinch of fine sea salt
- 3 large egg whites
- ¼ cup sliced almonds, for topping (optional)

Directions:

1. Pinch of fine sea salt 3 large egg whites ¼ cup sliced almonds, for topping (optional) 2 tablespoons Swerve confectioners'-style sweetener, for sprinkling (optional)
2. Preheat the oven to 300°F. Line a cookie sheet with parchment paper.
3. Place the almond flour, sweeteners, extracts, and salt in the bowl of a stand mixer (or in a medium bowl) and mix or stir to combine.
4. Add the egg whites one at a time and mix or stir until combined.
5. Use a tablespoon-sized cookie scoop to make 24 balls of dough. Place the balls on the prepared cookie sheet, spaced about an inch apart. Top with the almonds, if using.
6. Bake for 22 to 24 minutes, or until lightly golden brown.
7. Remove from the oven and sprinkle the cookies with the confectioners'-style sweetener, if desired. Allow to cool completely before serving. Store in an airtight container on the counter for up to 3 days.

Nutrition:

calories 82 fat 16g protein 3g total carbs 3g dietary fiber 1g net carbs 2g



Kitchen Note

One of my favorite parts of cooking is discovering the hidden benefits of common foods. It's amazing how much there is to learn beyond calories and macros.



<https://healtheducation.s.gy/Power-Foods-Encyclopedia>

Bulletproof Hot Chocolate

PREP TIME: 5 MINUTES

COOK TIME: 1 MINUTE

YIELD: ONE 12-OUNCE SERVING

Here's a change of pace from coffee in the morning. The MCT oil in this chocolatey drink will give you energy, just as the caffeine in coffee would have done. Who wouldn't want to start the day with a little chocolate?

Ingredients:

- 1½ cups unsweetened almond milk or coconut milk
- 1½ tablespoons unsweetened cocoa powder
- 1 tablespoon collagen peptides
- 1 tablespoon MCT oil, coconut oil, unsalted butter, or ghee
- ½ teaspoon chocolate-flavored liquid stevia
- ½ teaspoon ground cinnamon
- Pinch of fine sea salt
- Whipped Cream or Coconut Whipped Cream, for topping

Directions:

1. Pinch of fine sea salt 1½ cups unsweetened almond milk or coconut milk Whipped Cream or Coconut Whipped Cream, for topping (optional)
2. Place all of the ingredients except the milk in a blender. Blend on high until combined.
3. Warm the almond milk in a saucepan over low heat or in the microwave.
4. Pour the warmed almond milk into the blender and blend again until combined. Taste and add more sweetener, if desired. Pour into a 12-ounce mug, top with whipped cream and cinnamon, if desired, and enjoy immediately. Note: If you are consuming this drink in the evening, do not use MCT oil, which gives you energy; opt for coconut oil, butter, or ghee instead.

Nutrition:

calories 193 fat 17g protein 6g total carbs 7g dietary fiber 3g net carbs 4g

Sausage And Bacon Quiche

PREP TIME: 10 MINUTES

COOK TIME: 1 HOUR 15 MINUTES

YIELD: 8 SERVINGS

Whether you eat this quiche for breakfast or dinner, it's a family-friendly recipe. It starts on the stovetop and finishes in the oven, so getting this dish on the table is not going to take you a whole lot of effort. If you don't have a cast-iron skillet, simply place the cooked sausage, bacon, and cream cheese mixture in a 9-inch pie pan with the remaining ingredients and bake the quiche.

Ingredients:

- 12 ounces bulk breakfast sausage
- 8 ounces bacon, chopped
- 1 (8-ounce) package cream cheese
- 4 large eggs
- 1½ cups heavy whipping cream
- Pinch of fine sea salt
- ¼ teaspoon freshly ground black pepper
- 1½ cups shredded cheddar cheese (about 6 ounces)
- Chopped fresh flat-leaf parsley, for garnish

Directions:

1. Pinch of fine sea salt ¼ teaspoon freshly ground black pepper 1½ cups shredded cheddar cheese (about 6 ounces) Chopped fresh flat-leaf parsley, for garnish
2. Preheat the oven to 350°F.
3. Cook the sausage and bacon in a large cast-iron skillet over medium-high heat, stirring often to crumble the sausage, until the sausage is browned and the bacon is crisp, about 10 minutes. Drain some of the fat, leaving about a tablespoon in the skillet.
4. Reduce the heat to medium-low and stir in the cream cheese until melted, about 5 minutes. Scrape the bottom of the skillet while stirring the cream cheese to get all of the browned bits off the bottom.
5. In a medium bowl, whisk the eggs and cream. Stir in the salt, pepper, and shredded cheese. Pour the egg mixture over the sausage and bacon in the skillet.
6. Place the skillet in the oven and bake for 50 to 60 minutes, until the quiche is slightly browned and set in the center. Allow to cool for about 10 minutes before slicing. Garnish with parsley and serve. Store in an airtight container in the refrigerator for up to 4 days.

Nutrition:

calories 611 fat 56g protein 19g total carbs 2g dietary fiber 0g net carbs 2g

Keto Desserts

99 Sweet Keto Recipes

Delicious Carrot Cake

PREP TIME: 15 MINUTES

COOK TIME: 55 MINUTES

YIELD: 6

Ingredients:

- 2 large eggs
- 1/2 cup carrots, grated
- 1 tsp vanilla
- 2 tbsp coconut oil, melted
- 3 tbsp heavy cream
- 1/4 tsp nutmeg
- 1/2 tsp cinnamon
- 1 tsp baking powder
- 2/3 cup Swerve
- 1 cup almond flour
- For Frosting:
- 1 tbsp heavy cream
- 1/2 tsp vanilla
- 2 tsp fresh lemon juice
- 3 tbsp swerve
- 4 oz cream cheese, softened

Directions:

1. Take a cake pan which fits into the instant pot and spray with cooking spray and set aside.
2. Drain excess liquid from grated carrots.
3. In a mixing bowl, mix together almond flour, grated carrots, vanilla, coconut oil, heavy cream, eggs, nutmeg, cinnamon, baking powder, and swerve using a hand mixer until well combined.
4. Pour batter into the prepared cake pan and cover the pan with foil.
5. Add 1 2/3 cup of water to the instant pot then place steamer rack into the pot.
6. Place cake pan on the steamer rack.
7. Seal instant pot with lid and select manual high pressure and set the timer for 45 minutes.
8. Allow to release pressure naturally for 10 minutes then release using the quick release method.
9. Open the lid carefully and remove cake pan from the pot. Let the cake cool for 30 minutes.
10. Meanwhile, make the frosting. In a large bowl add heavy cream, vanilla, lemon juice, swerve, and cream cheese and beat using a hand mixer until creamy.
11. Once the cake is cool completely then frost cake using prepared cream.
12. Cut cake into the slices and serve.

Nutrition:

Calories 289 Fat 25.9 g Carbohydrates 10.9 g Sugar 1.5 g Protein 7.9 g Cholesterol 97 mg

Almond Coconut Cake

PREP TIME: 10 MINUTES

COOK TIME: 50 MINUTES

YIELD: 8

Ingredients:

- 2 eggs, lightly beaten
- ½ cup heavy cream
- ¼ cup coconut oil, melted
- 1 tsp cinnamon
- 1 tsp baking powder
- 1/3 cup Swerve
- ½ cup unsweetened shredded coconut
- 1 cup almond flour

Directions:

1. Spray a 6- inch cake pan with cooking spray and set aside.
2. In a large bowl, mix together the almond flour, cinnamon, baking powder, swerve, and shredded coconut.
3. Add eggs, heavy cream, and coconut oil into the almond flour mixture and mix until well combined.
4. Pour batter into the prepared cake pan and cover the pan with foil.
5. Add 2 cups of water into the instant pot then place a steamer rack in the pot.
6. Place cake pan on top of steamer rack.
7. Seal instant pot with lid and select manual high pressure and set the timer for 40 minutes.
8. Once the timer goes off then allow to release pressure naturally for 10 minutes then release using quick release method.
9. Open the lid carefully. Remove cake pan from the pot and let it cool for 20 minutes.
10. Cut cake into the slices and serve.

Nutrition:

Calories 228 Fat 21.7 g Carbohydrates 5.2 g Sugar 1.2 g Protein 5 g Cholesterol 51 mg

Tasty Chocolate Cake

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

YIELD: 6

Ingredients:

- 3 large eggs
- ¼ cup butter, melted
- 1/3 cup heavy cream
- 1 tsp baking powder
- ¼ cup walnuts, chopped
- ¼ cup unsweetened cocoa powder
- 2/3 cup Swerve
- 1 cup almond flour

Directions:

1. Spray cake pan with cooking spray and set aside.
2. Add all ingredients into a large mixing bowl and mix using a hand mixer until the mixture looks fluffy.
3. Pour batter into the prepared cake pan.
4. Pour 2 cups of water into the instant pot then place a steamer rack in the pot.
5. Place cake pan on top of steamer rack.
6. Seal instant pot with lid and cook on manual high pressure for 20 minutes.
7. Allow to release pressure naturally for 10 minutes then release using the quick release method.
8. Open the lid carefully. Remove cake pan from the pot and let it cool for 20 minutes.
9. Cut cake into the slices and serve.

Nutrition:

Calories 275 Fat 25.5 g Carbohydrates 7.5 g Sugar 1 g Protein 9.3 g Cholesterol 122 mg

Almond Spice Cake

PREP TIME: 10 MINUTES

COOK TIME: 55 MINUTES

YIELD: 10

Ingredients:

- 2 large eggs
- 2 cups almond flour
- 3 tbsp walnuts (or pistachios), chopped
- ½ tsp vanilla
- 1/3 cup water
- 1/3 cup coconut oil, melted
- ¼ tsp ground cloves
- 1 tsp ground ginger
- 1 tsp cinnamon
- 2 tsp baking powder
- ½ cup Swerve
- Pinch of salt

Directions:

1. Spray 7-inch cake pan with cooking spray and set aside.
2. Pour 1 cup of water into the instant pot then place a trivet in the pot.
3. In a mixing bowl, whisk together the almond flour, cloves, ginger, cinnamon, baking powder, salt and swerve.
4. Stir in the eggs, vanilla, water, and coconut oil until combined.
5. Pour batter into the prepared cake pan and sprinkle chopped walnuts (or pistachios) on top. Cover the cake pan with foil and place on top of trivet in the instant pot.
6. Seal pot with lid and cook on manual high pressure for 40 minutes.
7. Allow to release pressure naturally for 15 minutes. Open the lid carefully.
8. Remove cake pan from the pot and let it cool for 20 minutes.
9. Cut cake into the slices and serve.

Nutrition:

Calories 223 Fat 20.9 g Carbohydrates 6.1 g Sugar 0.9 g Protein 6.7 g Cholesterol 37 mg

Walnut Carrot Cake

PREP TIME: 10 MINUTES

COOK TIME: 50 MINUTES

YIELD: 8

Ingredients:

- 3 large eggs
- ½ cup walnuts, chopped
- 1 cup carrots, shredded
- ½ cup heavy cream
- ¼ cup butter, melted
- 1 ½ tsp apple pie spice
- 1 tsp baking powder
- 2/3 cup Swerve
- 1 cup almond flour

Directions:

1. Spray a 6-inch cake pan with cooking spray and set aside.
2. Add all ingredients into the large mixing bowl and mix using a hand mixer until mixture is well combined and looks fluffy.
3. Pour batter into the prepared cake pan and cover the pan with foil.
4. Pour 2 cups of water into the instant pot then place a trivet in the pot.
5. Place cake pan on top of the trivet.
6. Seal pot with lid and cook on manual high pressure for 40 minutes.
7. Allow to release pressure naturally for 10 minutes then release using the quick release method.
8. Open the lid carefully. Remove cake pan from the pot and let it cool for 20 minutes.
9. Slice and serve.

Nutrition:

Calories 240 Fat 22 g Carbohydrates 6.2 g Sugar 1.4 g Protein 7.6 g Cholesterol 95 mg

Cinnamon Almond Butter Cake

PREP TIME: 10 MINUTES

COOK TIME: 35 MINUTES

YIELD: 8

Ingredients:

- 2 large eggs
- ¼ tsp apple pie spice
- ¼ tsp cinnamon
- 1 tbsp unsweetened cocoa powder
- ½ cup cream cheese
- ¼ cup almond butter
- ½ cup Swerve
- ½ cup almond, minced
- 1 cup coconut flour
- Pinch of salt

Directions:

1. In a large bowl, mix together the coconut flour, apple pie spice, cinnamon, swerve, almonds, and salt until well combined.
2. Slowly, add the eggs, cream cheese, and almond butter and beat using a hand mixer until combined.
3. Pour 1 cup of water into the instant pot then place a trivet in the pot.
4. Line springform pan with parchment paper.
5. Pour the batter into the prepared pan and spread evenly. Cover the pan with foil and place on top of the trivet in the instant pot.
6. Seal pot with lid and cook on manual high pressure for 35 minutes.
7. Release pressure using the quick release method then open the lid.
8. Remove cake pan from the pot and let it cool for 30 minutes.
9. Sprinkle cocoa powder or chopped almonds on top of the cake.
10. Slice and serve.

Nutrition:

Calories 116 Fat 9.9 g Carbohydrates 3.4 g Sugar 0.5 g Protein 4.4 g Cholesterol 62 mg

Healthy Almond Bars

PREP TIME: 10 MINUTES

COOK TIME: 25 MINUTES

YIELD: 6

Ingredients:

- 2 large eggs
- 1/2 tsp vanilla
- 2 1/2 tbsp swerve
- 2 tbsp almond butter
- 1/2 cup of coconut oil
- 1/4 cup coconut flour
- 1 1/2 cup almond flour
- Pinch of salt

Directions:

1. Pour 1 cup of water into the instant pot then place a trivet in the pot.
2. Add all the ingredients into a food processor and process until well combined.
3. Take one baking pan which fits into your instant pot. Line the baking pan with parchment paper.
4. Add dough to the pan and spread dough gently with the palm of your hands.
5. Place baking pan on top of trivet in the instant pot.
6. Seal instant pot with lid and select manual and set the timer for 15 minutes.
7. Allow to release pressure naturally for 10 minutes then release using the quick release method.
8. Open the lid carefully. Remove baking pan from the instant pot and let it cool for 20 minutes.
9. Slice into bars and place in refrigerator for 1-2 hours.

Nutrition:

Calories 379 Fat 36.9 g Carbohydrates 8.3 g Sugar 1.4 g Protein 9.3 g Cholesterol 62 mg

Dark Chocolate Bars

PREP TIME: 10 MINUTES

COOK TIME: 12 MINUTES

YIELD: 4

Ingredients:

- 1 large egg
- 1 tsp stevia
- ½ cup unsweetened dark chocolate, grated
- 1 tbsp unsweetened cocoa powder
- ½ cup almond butter
- ½ cup unsweetened almond milk
- 1 tsp vanilla
- 2 cups almond flour

Directions:

1. Pour 2 cups of water into the instant pot then place a trivet in the pot.
2. Line a baking dish with parchment paper and set aside.
3. Add all ingredients into the food processor and process until smooth.
4. Transfer mixture into the prepared baking dish and spread evenly with your hands.
5. Cover baking dish with foil and place on top of trivet in the instant pot.
6. Seal the instant pot with lid and select manual and set the timer for 12 minutes.
7. Release pressure using the quick release method than open the lid.
8. Remove baking dish from the instant pot and let it cool for 20 minutes.
9. Cut bar into slices and place in refrigerator for 1-2 hours.

Nutrition:

Calories 321 Fat 26 g Carbohydrates 13 g Sugar 0.8 g Protein 9.4 g Cholesterol 47 mg

Coconut Bars

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

YIELD: 6

Ingredients:

- 3 large eggs
- 1 tsp vanilla
- 2 cups shredded coconut
- ¼ cup almonds, chopped
- 1 tbsp chia seeds
- 2 tbsp swerve
- 2 tbsp almond butter
- ½ cup of coconut oil
- ¼ cup flaxseed meal
- Pinch of salt

Directions:

1. Pour 2 cups of water into the instant pot then place a trivet in the pot.
2. Line a baking pan with parchment paper and set aside.
3. Add all ingredients into the large mixing bowl and mix until the mixture is sticky.
4. Add the mixture to the prepared baking pan and spread evenly with the palms of your hands.
5. Cover baking pan with foil and place on top of trivet in the instant pot.
6. Seal pot with lid and select manual and set timer for 15 minutes.
7. Release pressure using the quick release method then open the lid.
8. Cut the bar into slices and place in refrigerator for 1-2 hours.

Nutrition:

Calories 376 Fat 36.4 g Carbohydrates 8.4 g Sugar 2.4 g Protein 7.2 g Cholesterol 93 mg

Chia Nut Bars

PREP TIME: 10 MINUTES

COOK TIME: 25 MINUTES

YIELD: 10

Ingredients:

- 1 cup almond butter
- 2 1/2 tbsp swerve
- 2 tbsp chia seeds
- 1/4 tsp cinnamon
- 1/2 cup almond flour
- 1/4 cup unsweetened cocoa powder
- 1/4 cup hazelnuts, chopped
- 1 cup almonds, chopped
- Pinch of salt

Directions:

1. Line a baking dish with parchment paper and set aside.
2. Pour 1 cup of water into the instant pot and place trivet in the pot.
3. Add the almond butter, swerve, cinnamon, almond flour, cocoa powder, hazelnuts, almonds, and salt into the food processor and process until smooth.
4. Transfer mixture into the large bowl. Add chia seeds and mix well.
5. Transfer mixture into the prepared baking dish and spread mixture evenly.
6. Cover baking dish with foil and place on top of trivet in the instant pot.
7. Seal pot with lid and select manual and set timer for 15 minutes.
8. Allow to release pressure naturally for 10 minutes then release using the quick release method.
9. Open the lid carefully. Remove baking dish from the instant pot and let it cool for 20 minutes.
10. Cut the bar into slices and serve.

Nutrition:

Calories 122 Fat 10.3 g Carbohydrates 5.9 g Sugar 0.8 g Protein 4.6 g Cholesterol 0 mg

Creamy Pumpkin Pie

PREP TIME: 15 MINUTES

COOK TIME: 45 MINUTES

YIELD: 6

Ingredients:

For crust:

- 1 cup almond flour
- 2 tbsp butter
- For pie filling:
- 1 egg
- 1 tsp vanilla
- ¼ tsp allspice
- ¼ tsp ground ginger
- ¼ tsp ground cloves
- 1 tsp cinnamon
- 1 lemon zest
- ½ cup of coconut milk
- ½ swerve
- 1 cup pumpkin puree

Directions:

1. Grease a 6-inch spring-form pan with butter and set aside.
2. Add all crust ingredients into the bowl and mix until combined.
3. Transfer crust mixture to the prepared pan and spread evenly with the palm of your hands. Place in freezer for 15 minutes.
4. Add all filling ingredients into the food processor and process until smooth.
5. Pour filling mixture into the prepared crust in spring-form pan.
6. Cover springform pan with aluminum foil.
7. Pour 1 cup of water into the instant pot then place a trivet in the pot.
8. Place the pie spring-form pan on top of the trivet.
9. Seal pot with lid and select manual and set timer for 35 minutes.
10. Allow to release pressure naturally for 15 minutes then release using the quick release method.
11. Open the lid carefully. Remove pan from the pot and let it cool completely.
12. Place pie in refrigerator for 4 hours.
13. Serve chilled and enjoy.

Nutrition:

Calories 215 Fat 18.8 g Carbohydrates 9.2 g Sugar 2.8 g Protein 5.9 g Cholesterol 37 mg

Delicious Almond Peach Pie

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

YIELD: 6

Ingredients:

- 4 large eggs
- 1 tsp lemon zest
- ½ tsp vanilla
- 3 1/2 tbsp swerve
- 1 ½ tsp baking powder
- 6 tbsp butter
- ¼ cup strawberries, chopped
- 1 medium peach, sliced
- 2 cups almond flour
- Pinch of salt

Directions:

1. Grease a 7-inch cake pan with butter and line with parchment paper. Set aside.
2. In a bowl, whisk eggs with swerve. Set aside.
3. In a mixing bowl, mix together almond flour, baking powder, and salt.
4. Slowly pour almond flour mixture into the egg mixture and mix constantly.
5. Add the remaining ingredients and fold well.
6. Pour the mixture into the prepared pan and cover the pan with foil.
7. Pour 1 cup of water into the instant pot then place a trivet in the pot.
8. Place cake pan on top of the trivet.
9. Seal instant pot with lid and select manual and set the timer for 25 minutes.
10. Release pressure using the quick release method then open the lid.
11. Remove cake pan from the pot and let it cool completely.
12. Slice and serve.

Nutrition:

Calories 380 Fat 33.6 g Carbohydrates 12.9 g Sugar 4.3 g Protein 12.6 g Cholesterol 155 mg

Creamy Chocolate Mousse

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

YIELD: 5

Ingredients:

- 4 egg yolks
- ½ tsp vanilla
- ½ cup unsweetened almond milk
- 1 cup heavy whipping cream
- ¼ cup unsweetened cocoa powder
- ¼ cup of water
- ½ cup Swerve
- Pinch of salt

Directions:

1. Add egg into a medium bowl and whisk until beaten.
2. In a saucepan, add cocoa, swerve, and water and heat over medium heat until well combined.
3. Add almond milk and cream to the pan and whisk to combine. Just heat up the mixture and remove from heat. Do not boil.
4. Add vanilla and salt and stir well.
5. Slowly pour chocolate mixture into the egg mixture and stir constantly until well combined.
6. Pour mixture into the greased ramekins.
7. Pour 2 cups of water into the instant pot then place a trivet in the pot.
8. Place ramekins on top of the trivet.
9. Seal pot with lid and select manual and set timer for 6 minutes.
10. Release pressure using the quick release method then open the lid.
11. Remove ramekins from the pot and let it cool completely.
12. Place in refrigerator for 4-6 hours.
13. Serve chilled and enjoy.

Nutrition:

Calories 141 Fat 13.4 g Carbohydrates 3.9 g Sugar 0.2 g Protein 3.6 g Cholesterol 201 mg

Berry Mousse

PREP TIME: 10 MINUTES

COOK TIME: 16 MINUTES

YIELD: 3

Ingredients:

- 1 cup strawberries, chopped
- 1 cup raspberries
- ¼ tsp ground ginger
- 1 tsp vanilla
- ¼ cup heavy cream
- 3 tbsp whipped cream
- 1 cup unsweetened almond milk
- ¼ cup Swerve
- Pinch of salt

Directions:

1. Add berries, ¼ cup water, and swerve into the instant pot and cook on sauté mode for 10-12 minutes. Stir constantly and mash lightly.
2. Once most of the liquid has evaporated from the berries mixture add the almond milk and vanilla. Stir well and cook for 3-4 minutes more.
3. Stir in heavy cream, whipped cream, ginger, and salt.
4. Transfer mousse mixture to the serving bowls and place in refrigerator for 3-4 hours.
5. Serve chilled and enjoy.

Nutrition:

Calories 133 Fat 9.9 g Carbohydrates 10.4 g Sugar 4.4 g Protein 1.7 g Cholesterol 30 mg

Lemon Cheesecake

PREP TIME: 10 MINUTES

COOK TIME: 35 MINUTES

YIELD: 8

Ingredients:

For crust:

- 2 tbsp coconut oil, melted
- 2 tbsp swerve
- $\frac{3}{4}$ cup almond flour
- Pinch of salt

For filling:

- 2 tbsp heavy whipping cream
- 2 large eggs
- 1 tsp lemon extract
- 1 tsp lemon zest
- 4 tbsp fresh lemon juice
- $\frac{2}{3}$ cup Swerve
- 1 lb cream cheese, softened

Directions:

1. Grease a 7-inch spring-form pan with butter and line with parchment paper. Set aside.
2. In a bowl, combine together all the crust ingredients and pour into the prepared pan and spread evenly and place in refrigerator for 15 minutes.
3. In a large mixing bowl, beat cream cheese using a hand mixer until smooth.
4. Add swerve, lemon extract, lemon zest, and lemon juice and beat again until just combined.
5. Add eggs and heavy whipping cream and beat until well combined.
6. Pour the filling mixture over the crust and spread evenly. Cover the springform pan with foil.
7. Pour 1 cup of water into the instant pot then place a trivet in the pot.
8. Place cake pan on top of the trivet.
9. Seal instant pot with lid and select manual high pressure for 35 minutes.
10. Allow to release pressure naturally then open the lid.
11. Remove cake pan from the pot and let it cool completely.
12. Place in refrigerator for 3-4 hours.
13. Serve chilled and enjoy.

Nutrition:

Calories 322 Fat 31.1 g Carbohydrates 4.4 g Sugar 0.8 g Protein 8.3 g Cholesterol 114 mg

Vanilla Cheesecake

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

YIELD: 8

Ingredients:

- 8 oz cream cheese
- 2 eggs
- 1 tsp vanilla
- 2/3 cup Swerve
- 1 cup strawberries, sliced

Directions:

1. Grease a spring-form pan with butter and line with parchment paper. Set aside.
2. Add cream cheese in a large bowl and beat using a hand mixer until smooth.
3. Add vanilla and swerve and blend until well incorporated.
4. Add eggs one at a time and blend until well combined.
5. Pour batter into the prepared pan. Cover pan tightly with foil.
6. Pour 1 cup of water into the instant pot then place a trivet in the pot.
7. Place cake pan on top of the trivet.
8. Seal instant pot with lid and select manual high pressure for 20 minutes.
9. Allow to release pressure naturally for 10 minutes then release using the quick release method.
10. Open the lid carefully. Remove cake pan from the pot and let it cool completely.
11. Once the cake is completely cool then arrange strawberry slices on top of the cake.
12. Cover cake with plastic wrap and place in refrigerator overnight.
13. Serve chilled and enjoy.

Nutrition:

Calories 122 Fat 11 g Carbohydrates 2.5 g Sugar 1.1 g Protein 3.6 g Cholesterol 72 mg

Chocolate Cheesecake

PREP TIME: 10 MINUTES

COOK TIME: 35 MINUTES

YIELD: 6

Ingredients:

- 16 oz cream cheese
- 2 large eggs
- 4 tbsp unsweetened cocoa powder
- 2 tbsp heavy whipping cream
- ½ tsp vanilla
- 2 tsp coconut flour
- ½ cup Swerve

For topping:

- 2 tsp swerve
- ½ cup sour cream

Directions:

1. Grease spring-form pan with butter and line with parchment paper. Set aside.
2. Add cream cheese, cocoa powder, whipping cream, vanilla, coconut flour, and swerve to the large bowl and mix until well combined using a hand mixer.
3. Add eggs one at a time and mix until well combined.
4. Pour cheesecake batter into the prepared pan.
5. Pour 1 ½ cups of water into the instant pot then place a trivet in the pot.
6. Place cake pan on top of the trivet.
7. Seal pot with lid and cook on manual high pressure for 35 minutes.
8. Allow to release pressure naturally then open the lid. Remove cake pan from the pot and let it cool completely.
9. Mix together the topping ingredients and spread on top of the cake.
10. Place cake in the refrigerator for 3-4 hours.
11. Slice and serve.

Nutrition:

Calories 376 Fat 35.1 g Carbohydrates 7.9 g Sugar 0.8 g Protein 9.9 g Cholesterol 160 mg

Delicious Chocó Cheesecake

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

YIELD: 8

Ingredients:

- 2 eggs
- 2 tsp vanilla
- 1/4 cup sour cream
- 1/2 cup peanut flour
- 3/4 cup Swerve
- 16 oz cream cheese
- 1 tbsp coconut oil
- 1/4 cup unsweetened chocolate chips
- 2 cups of water

Directions:

1. In a large bowl, beat cream cheese and swerve until smooth.
2. Gradually fold in vanilla, sour cream, and peanut flour.
3. Add eggs one at a time and fold well to combine.
4. Spray a 4-inch spring-form pan with cooking spray.
5. Pour batter into the prepared pan and cover the pan with foil.
6. Pour 1 ½ cups of water into the instant pot then place a trivet in the pot.
7. Place pan on top of the trivet.
8. Seal instant pot with lid and cook on manual high pressure for 15 minutes.
9. Allow to release pressure naturally then open the lid.
10. Remove cake pan from the pot and let it cool completely.
11. In a microwave safe bowl add coconut oil and chocolate chips and microwave for 30 seconds. Stir well.
12. Drizzle melted chocolate over the cheesecake and place in the refrigerator for 1-2 hours.
13. Serve chilled and enjoy.

Nutrition:

Calories 315 Fat 28.9 g Carbohydrates 5.3 g Sugar 0.3 g Protein 8.2 g Cholesterol 106 mg

Almond Cheesecake

PREP TIME: 10 MINUTES

COOK TIME: 12 MINUTES

YIELD: 6

Ingredients:

For crust:

- 3/4 cup almond flour
- 1 tsp swerve
- 2 tbsp butter, melted
- For cake:
- 2 eggs
- 1/4 cup sour cream
- 1 tsp vanilla
- 1/4 tsp liquid stevia
- 8 oz cream cheese, softened

Directions:

1. Grease a 7-inch spring-form pan with butter and line with parchment paper.
2. In a bowl, combine together almond flour, butter, and swerve. Transfer crust mixture into the prepared pan and spread evenly.
3. In another bowl beat together the liquid stevia and cream cheese until smooth.
4. Add egg one at a time. Add the sour cream and vanilla and beat until smooth.
5. Pour the cheese mixture on top of the crust and spread evenly. Cover the dish with foil.
6. Pour 2 cups of water into the instant pot and place trivet in the pot.
7. Place baking pan on top of the trivet.
8. Seal instant pot with lid and cook on manual high pressure for 12 minutes.
9. Allow to release pressure naturally then open the lid.
10. Remove cake pan from the pot and let it cool completely.
11. Slice and serve.

Nutrition:

Calories 290 Fat 27.5 g Carbohydrates 5 g Sugar 0.8 g Protein 8 g Cholesterol 111 mg

Ricotta Lemon Cheesecake

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

YIELD: 6

Ingredients:

- 2 eggs
- 1 lemon zest
- 1/3 cup ricotta cheese
- 1/4 cup Truvia
- 8 oz cream cheese
- 1/2 tsp lemon extract
- 1 lemon juice

Directions:

1. Add all the ingredients except the eggs into the mixing bowl and using hand mixer blend well until no lumps.
2. Add eggs and beat until well combined.
3. Pour batter into a 6-inch spring-form pan and cover with foil.
4. Pour 2 cups of water into the instant pot and place trivet into the pot.
5. Place cake pan on top of the trivet.
6. Seal pot with lid and cook on high pressure for 30 minutes.
7. Allow to release pressure naturally then open the lid.
8. Remove the cake pan from the pot and let it cool completely.
9. Place in the refrigerator for 5-6 hours.
10. Serve and enjoy.

Nutrition:

Calories 178 Fat 15.8 g Carbohydrates 6 g Sugar 3.8 g Protein 6.4 g Cholesterol 100 mg
BROWNIES, MUFFINS, CHEESECAKE, AND

Cinnamon Choco Almond Muffins

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

YIELD: 5

Ingredients:

- 5 eggs
- 1 Tbsp dark chocolate chips
- 1 Tbsp butter
- ½ cup almond milk
- 1 Tbsp flax seed meal
- 1 Tbsp chia seeds
- ¼ cup almonds, chopped
- ½ cup almond flour
- ¼ tsp cinnamon
- 2 tsp Swerve
- 1 tsp orange extract
- ¼ tsp baking soda
- ½ tsp baking powder

Directions:

1. In a large bowl, mix together almond flour, baking soda, baking powder, flax seed meal, chia seeds, and almonds.
2. Add eggs, cinnamon, Swerve, orange extract, butter, and almond milk and beat using a hand mixer until well combined.
3. Pour batter evenly among silicone muffin molds. Top with chocolate chips.
4. Pour 1 cup of water into the Instant Pot and place a trivet in the pot.
5. Place muffin molds on top of the trivet.
6. Seal pot with lid and cook on high pressure for 30 minutes.
7. When finished, release pressure using quick release method and then open the lid.
8. Serve and enjoy.

Nutrition:

Calories 208 Fat 17.5 g Carbohydrates 6.2 g Protein 8.4 g

Chocolate Brownies

PREP TIME: 10 MINUTES

COOK TIME: 25 MINUTES

YIELD: 6

Ingredients:

- 3 large eggs
- 1/4 cup unsweetened cocoa powder
- 2 Tbsp butter, melted
- 1/4 cup flaxseed meal
- 3/4 cup almond flour
- 2 tsp vanilla
- 2 tsp baking powder
- 1/4 cup Swerve
- 1/4 cup almonds, chopped
- 1/3 cup coconut cream

Directions:

1. In a large bowl, mix together the almond flour, baking powder, swerve, cocoa powder, and flaxseed meal.
2. Add the eggs, coconut cream, almond, vanilla, and butter. Beat using a blender until well combined.
3. Spray a baking dish with cooking spray.
4. Pour batter into the prepared dish and cover with foil. Set aside.
5. Pour 2 cups of water into the instant pot then place a trivet in the pot.
6. Place baking dish on top of the trivet.
7. Seal pot with lid and cook on high for 25 minutes.
8. Release pressure using quick release method then open the lid.
9. Cut into the slices and serve.

Nutrition:

Calories 242 Fat 20.5 g Carbohydrates 9.1 g Protein 8.9 g

Choco Almond Muffins

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES

YIELD: 6

Ingredients:

- 2 eggs
- 3 Tbsp butter
- 1/4 cup Swerve
- 2 Tbsp unsweetened cocoa powder
- 3 Tbsp yogurt
- 1/4 cup cream cheese
- 1 cup shredded coconut
- 1 1/2 cups almond flour
- 2 tsp baking powder
- 1 tsp vanilla
- 1/4 cup blueberries

Directions:

1. In a large bowl, add butter and eggs and beat until fluffy.
2. Add swerve, yogurt, and cream cheese and stir well.
3. Add almond flour, baking powder, and shredded coconut. Mix well.
4. Add blueberries and fold well.
5. Pour batter into the silicone muffin mold and set aside.
6. Pour 1 cup of water into the instant pot and place trivet in the pot.
7. Place silicone mold on top of the trivet.
8. Seal pot with lid and cook on high for 10 minutes.
9. Release pressure using quick release method then open the lid.
10. Serve and enjoy.

Nutrition:

Calories 330 Fat 29.4 g Carbohydrates 11.7 g Protein 9.9 g

Raspberry Coconut Brownies

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

YIELD: 6

Ingredients:

- 2 eggs
- ½ cup of coconut oil
- 1 tsp baking soda
- ¼ cup Swerve
- ½ cup shredded coconut
- ½ cup raspberries
- 1½ cups almond flour

Directions:

1. In a large bowl, combine almond flour, sweetener, baking soda, and shredded coconut and mix well.
2. Add eggs and coconut oil and beat using a hand mixer until well combined.
3. Add raspberries and fold in well. Set aside.
4. Line a baking pan with parchment paper and pour mixture into the pan and spread evenly. Cover pan with foil.
5. Pour 1 cup of water into the Instant Pot and place a trivet in the pot.
6. Place pan on top of the trivet in the pot.
7. Seal pot with lid and cook on manual mode for 20 minutes.
8. When finished, release pressure using the quick release method and open the lid.
9. Remove pan from the pot and let it cool completely.
10. Cut into squares and serve.

Nutrition:

Calories 367 Fat 35.9 g Carbohydrates 8.4 g Protein 8.2 g

Pumpkin Brownies

PREP TIME: 10 MINUTES

COOK TIME: 35 MINUTES

YIELD: 10

Ingredients:

- 1/3 cup pumpkin purée
- 1 tsp pumpkin pie spice
- 3 Tbsp unsweetened cocoa powder
- 3/4 cup almond flour
- 1 tsp baking powder
- 1/2 cup erythritol
- 1 tsp vanilla extract
- 2 Tbsp unsweetened applesauce
- 1/3 cup unsweetened almond milk
- 1/3 cup olive oil
- Pinch of salt

Directions:

1. Line a 7-inch cake pan with parchment paper and set aside.
2. In a bowl, mix together oil, sweetener, vanilla, applesauce, almond milk, and pumpkin purée until well combined.
3. Add remaining ingredients and mix until well combined.
4. Pour batter into prepared pan and cover the pan with foil.
5. Pour 1½ cups of water into the Instant Pot and place a trivet in the pot.
6. Place cake pan on top of the trivet.
7. Seal pot with lid and cook on high pressure for 20 minutes.
8. When finished, allow pressure to release naturally for 15 minutes, then release using the quick release method. Open the lid.
9. Remove pan from the pot and let it cool completely.
10. Cut into squares and serve.

Nutrition:

Calories 117 Fat 11.3 g Carbohydrates 4.2 g Protein 2.3 g

Healthy Carrot Muffins

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

YIELD: 8

Ingredients:

- 1 cup shredded carrot
- 1/3 cup Swerve
- 1/4 cup coconut oil, melted
- 1 cup almond flour
- 1 tsp baking powder
- 1/2 cup pecans, chopped
- 1/2 cup heavy cream
- 1 tsp apple pie spice

Directions:

1. Pour 1 1/2 cups of water into the instant pot then place a trivet in the pot.
2. Add all ingredients except pecans and carrots into the large bowl and using hand mixer blend until fluffy.
3. Add carrots and pecans and fold well.
4. Pour batter into the silicone muffin molds and place on top of the trivet.
5. Seal pot with lid and cook on high for 20 minutes.
6. Release pressure using quick release method then open the lid.
7. Serve and enjoy.

Nutrition:

Calories 300 Fat 29.3 g Carbohydrates 7.2 g Protein 6.9 g

Cinnamon Berry Brownies

PREP TIME: 10 MINUTES

COOK TIME: 3 MINUTES

YIELD: 6

Ingredients:

- 1/4 cup almond butter
- 1/4 tsp cinnamon
- 3 Tbsp swerve
- 1/4 cup yogurt
- 1/4 cup coconut flour
- 1/4 cup fresh blackberries
- 1/4 cup coconut oil
- 1/4 cup unsweetened cocoa powder

Directions:

1. Spray a baking dish with cooking spray and set aside.
2. Pour 1 cup of water into the instant pot then place a trivet in the pot.
3. Add all ingredients into a large bowl and beat using a hand mixer for 2-3 minutes.
4. Pour batter into the prepared baking dish.
5. Place dish on top of the trivet.
6. Seal pot with lid and cook on high for 3 minutes.
7. Allow to release pressure naturally then open the lid.
8. Serve and enjoy.

Nutrition:

Calories 97 Fat 9.7 g Carbohydrates 2.8 g Protein 0.9 g

Chocolate Cheesecake

PREP TIME: 10 MINUTES

COOK TIME: 35 MINUTES

YIELD: 6

Ingredients:

- 16 oz cream cheese
- 2 large eggs
- 4 tbsp unsweetened cocoa powder
- 2 tbsp heavy whipping cream
- ½ tsp vanilla
- 2 tsp coconut flour
- ½ cup Swerve

For topping:

- 2 tsp swerve
- ½ cup sour cream

Directions:

1. Grease spring-form pan with butter and line with parchment paper. Set aside.
2. Add cream cheese, cocoa powder, whipping cream, vanilla, coconut flour, and swerve to the large bowl and mix until well combined using a hand mixer.
3. Add eggs one at a time and mix until well combined.
4. Pour cheesecake batter into the prepared pan.
5. Pour 1 ½ cups of water into the instant pot then place a trivet in the pot.
6. Place cake pan on top of the trivet.
7. Seal pot with lid and cook on manual high pressure for 35 minutes.
8. Allow to release pressure naturally then open the lid. Remove cake pan from the pot and let it cool completely.
9. Mix together the topping ingredients and spread on top of the cake.
10. Place cake in the refrigerator for 3-4 hours.
11. Slice and serve.

Nutrition:

Calories 376 Fat 35.1 g Carbohydrates 7.9 g Protein 9.9 g

Almond Cheesecake

PREP TIME: 10 MINUTES

COOK TIME: 12 MINUTES

YIELD: 6

Ingredients:

For crust:

- 3/4 cup almond flour
- 1 tsp swerve
- 2 tbsp butter, melted
- For cake:
- 2 eggs
- 1/4 cup sour cream
- 1 tsp vanilla
- 1/4 tsp liquid stevia
- 8 oz cream cheese, softened

Directions:

1. Grease a 7-inch spring-form pan with butter and line with parchment paper.
2. In a bowl, combine together almond flour, butter, and swerve. Transfer crust mixture into the prepared pan and spread evenly.
3. In another bowl beat together the liquid stevia and cream cheese until smooth.
4. Add egg one at a time. Add the sour cream and vanilla and beat until smooth.
5. Pour the cheese mixture on top of the crust and spread evenly. Cover the dish with foil.
6. Pour 2 cups of water into the instant pot and place trivet in the pot.
7. Place baking pan on top of the trivet.
8. Seal instant pot with lid and cook on manual high pressure for 12 minutes.
9. Allow to release pressure naturally then open the lid.
10. Remove cake pan from the pot and let it cool completely.
11. Slice and serve.

Nutrition:

Calories 290 Fat 27.5 g Carbohydrates 5 g Protein 8 g

Ricotta Lemon Cheesecake

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

YIELD: 6

Ingredients:

- 2 eggs
- 1 lemon zest
- 1/3 cup ricotta cheese
- 1/4 cup Truvia
- 8 oz cream cheese
- 1/2 tsp lemon extract
- 1 lemon juice

Directions:

1. Add all the ingredients except the eggs into the mixing bowl and using hand mixer blend well until no lumps.
2. Add eggs and beat until well combined.
3. Pour batter into a 6-inch spring-form pan and cover with foil.
4. Pour 2 cups of water into the instant pot and place trivet into the pot.
5. Place cake pan on top of the trivet.
6. Seal pot with lid and cook on high pressure for 30 minutes.
7. Allow to release pressure naturally then open the lid.
8. Remove the cake pan from the pot and let it cool completely.
9. Place in the refrigerator for 5-6 hours.
10. Serve and enjoy.

Nutrition:

Calories 178 Fat 15.8 g Carbohydrates 6 g Protein 6.4 g

Vanilla Cheesecake

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

YIELD: 8

Ingredients:

- 8 oz cream cheese
- 2 eggs
- 1 tsp vanilla
- 2/3 cup Swerve
- 1 cup strawberries, sliced

Directions:

1. Grease a spring-form pan with butter and line with parchment paper. Set aside.
2. Add cream cheese in a large bowl and beat using a hand mixer until smooth.
3. Add vanilla and swerve and blend until well incorporated.
4. Add eggs one at a time and blend until well combined.
5. Pour batter into the prepared pan. Cover pan tightly with foil.
6. Pour 1 cup of water into the instant pot then place a trivet in the pot.
7. Place cake pan on top of the trivet.
8. Seal instant pot with lid and select manual high pressure for 20 minutes.
9. Allow to release pressure naturally for 10 minutes then release using the quick release method.
10. Open the lid carefully. Remove cake pan from the pot and let it cool completely.
11. Once the cake is completely cool then arrange strawberry slices on top of the cake.
12. Cover cake with plastic wrap and place in refrigerator overnight.
13. Serve chilled and enjoy.

Nutrition:

Calories 122 Fat 11 g Carbohydrates 2.5 g Protein 3.6 g

Lemon Cheesecake In Mugs

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES

YIELD: 3

Ingredients:

- 2 eggs
- 1 cup cream cheese
- ¼ cup heavy cream
- 1 tsp Swerve
- 1 tsp lemon extract
- 2 tsp fresh lemon juice

Directions:

1. Add all ingredients to a large bowl and mix until well combined.
2. Pour batter into 3 heat-safe mugs and set aside.
3. Pour 2 cups of water into the Instant Pot and place a trivet in the pot.
4. Place mugs on top of the trivet.
5. Seal pot with lid and cook on high pressure for 10 minutes.
6. When finished, release pressure using quick release method and open the lid.
7. Serve and enjoy.

Nutrition:

Calories 353 Fat 33.6 g Carbohydrates 3.5 g Protein 9.8 g

Blueberry Cheesecake

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

YIELD: 8

Ingredients:

- 4 eggs
- ½ cup heavy whipping cream
- 1 cup blueberry (plus for decoration)
- 1 cup erythritol
- 16 oz cream cheese
- ¼ cup of coconut oil
- ½ cup almond flour
- 1 Tbsp erythritol

Directions:

1. Line a 7-inch spring-form pan with parchment paper and set aside.
2. In a bowl, combine almond flour, coconut oil, and 1 tablespoon erythritol.
3. Press almond flour mixture into the bottom of the spring-form pan.
4. Wash and dry the blueberries. Grind the berries with a blender until mashed.
5. In a large bowl, add cream cheese, 1 cup of erythritol, and heavy cream and beat using a hand mixer until smooth.
6. Add eggs and stir until well combined.
7. Add blueberries and fold in well.
8. Pour cream cheese mixture into the pan over the crust.
9. Pour 1 cup of water into the Instant Pot and place a trivet in the pot.
10. Cover cake pan with foil and place on top of the trivet.
11. Seal pot with lid and cook on manual mode for 30 minutes.
12. When finished, allow pressure to release naturally, and then open the lid.
13. Remove cake pan from the pot and let it cool completely.
14. Place in refrigerator for 4–5 hours.
15. Decorate the cake with blueberries on top.
16. Slice and serve.

Nutrition:

Calories 357 Fat 35.1 g Carbohydrates 3.9 g Protein 8.8 g

Pumpkin Cheesecake

PREP TIME: 10 MINUTES

COOK TIME: 83 MINUTES

YIELD: 10

Ingredients:

For crust:

- ⅓ cup butter, melted
- 2 ½ Tbsp erythritol
- 1 ⅓ cups almond flour

For filling:

- 1 tsp vanilla extract
- ½ tsp cinnamon
- 1 tsp pumpkin pie spice
- 2 Tbsp heavy cream
- 2 eggs
- 1 cup erythritol
- ¾ cup pumpkin purée
- 16 oz cream cheese, softened and cubed

Directions:

1. Line a springform cake pan with parchment paper and set aside.
2. In a medium bowl, mix together all ingredients for the crust until crumbly.
3. Add crust mixture to the prepared pan and spread evenly. Press crust mixture down with hands.
4. Add all ingredients for the filling to a food processor and process until well combined.
5. Pour filling mixture into the pan over the crust. Cover pan with foil.
6. Pour 1½ cups of water into the Instant Pot and place a trivet in the pot.
7. Place pan on top of trivet in the Instant Pot.
8. Seal pot with lid and cook on manual setting on high pressure for 58 minutes.
9. When finished, allow pressure to release naturally for 25 minutes, then release using the quick release method. Open the lid.
10. Remove pan from the pot and let it cool completely.
11. Place in refrigerator for 10–12 hours or until firm
12. Slice and serve.

Nutrition:

Calories 328 Fat 31.5 g Carbohydrates 6.2 g Protein 8 g

Matcha Cheesecake

PREP TIME: 10 MINUTES

COOK TIME: 35 MINUTES

YIELD: 6

Ingredients:

- 2 eggs
- 1 Tbsp matcha powder
- 16 oz cream cheese
- 2 tsp coconut flour
- ½ cup Swerve
- 2 Tbsp heavy whipping cream
- ½ tsp vanilla extract

Directions:

1. Spray a 7-inch spring-form pan with cooking spray and set aside.
2. Pour 1½ cups of water into the Instant Pot and place a trivet in the pot.
3. In a mixing bowl, add cream cheese, matcha powder, whipping cream, vanilla, coconut flour, and Swerve, and beat using a hand mixer until smooth.
4. Add eggs one at a time, beating after each, and mix well.
5. Pour batter into the prepared pan and place pan on top of the trivet.
6. Seal pot with lid and cook on high pressure for 35 minutes.
7. When finished, allow pressure to release naturally and then open the lid.
8. Remove pan from the pot and let it cool completely.
9. Place in refrigerator for 3–4 hours.
10. Slice and serve.

Nutrition:

Calories 307 Fat 29.8 g Carbohydrates 3 g Protein 7.8 g

Perfect Pumpkin Pudding

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

YIELD: 6

Ingredients:

- 2 large eggs
- 1 tsp vanilla extract
- 3/4 tsp pumpkin pie spice
- 15 oz pumpkin puree
- 3/4 cup Swerve
- 1/2 cup unsweetened almond milk

Directions:

1. Grease a 6-inch baking dish with butter and set aside.
2. In a large bowl, whisk the eggs with the remaining ingredients.
3. Pour the mixture into the prepared baking dish and cover with foil.
4. Pour 1 1/2 cups of water into the instant pot then place a steamer rack in the pot.
5. Place baking dish on top of steamer rack.
6. Seal instant pot with lid and cook on manual high pressure for 20 minutes.
7. Allow to release pressure naturally for 10 minutes then release using the quick release method.
8. Remove baking dish from the pot and let it cool completely then place in refrigerator for 5-6 hours.
9. Serve chilled and enjoy.

Nutrition:

Calories 55 Fat 2.2 g Carbohydrates 6.5 g Protein 3 g

Avocado Pudding

PREP TIME: 10 MINUTES

COOK TIME: 3 MINUTES

YIELD: 2

Ingredients:

- ½ avocado, cut into cubes
- 2 tsp Swerve
- ¼ cup coconut cream
- 1 cup of coconut milk
- 1 tsp vanilla extract
- 1 tsp agar powder

Directions:

1. Add coconut cream and avocado to a food processor and process until smooth. Set aside.
2. In a large bowl, combine coconut milk, vanilla, Swerve, and agar powder. Stir until well combined.
3. Add coconut cream and avocado mixture and stir well.
4. Pour mixture into a heat-safe bowl.
5. Pour one cup of water into the Instant Pot and place a trivet in the pot.
6. Place bowl on top of the trivet.
7. Seal pot with lid and select steam mode, and cook for 3 minutes.
8. When finished, release pressure using quick release method and open the lid.
9. Remove bowl from the pot and set aside to cool completely.
10. Place bowl in refrigerator for 1 hour.
11. Serve and enjoy.

Nutrition:

Calories 245 Fat 23 g Carbohydrates 9.9 g Protein 2.4 g

Coconut Custard

PREP TIME: 10 MINUTES

COOK TIME: 40 MINUTES

YIELD: 4

Ingredients:

- 5 eggs
- ¼ cup coconut milk
- 2 Tbsp chia seeds
- ½ tsp agar powder
- 2 Tbsp Swerve
- 1 cup heavy cream
- ¼ tsp cinnamon
- 1 tsp vanilla extract

Directions:

1. In a large bowl, add coconut milk, chia seeds, agar powder, Swerve, eggs, and heavy cream, and beat using a hand mixer until creamy.
2. Stir in vanilla and beat for a minute.
3. Pour custard into ramekins and cover with foil. Set aside.
4. Pour 1 cup of water into the Instant Pot and place a trivet in the pot.
5. Place ramekins on top of the trivet.
6. Seal pot with lid and cook on slow cook mode for 40 minutes.
7. When finished, release pressure using quick release method and open the lid.
8. Remove ramekins from the pot and set aside to cool completely.
9. Place ramekins in the refrigerator for 1 hour.
10. Serve chilled and enjoy.

Nutrition:

Calories 240 Fat 21.3 g Carbohydrates 4.1 g Protein 8.7 g

Vanilla Egg Custard

PREP TIME: 10 MINUTES

COOK TIME: 7 MINUTES

YIELD: 6

Ingredients:

- 6 large eggs
- 1 tsp vanilla
- 4 cups cream
- 3/4 cup Swerve
- Pinch of salt

Directions:

1. In a large mixing bowl, beat the eggs.
2. Add cream, vanilla, salt, and swerve and blend until well combined.
3. Pour blended mixture into the baking dish and cover with foil.
4. Pour 1 1/2 cups of water into the instant pot then place a trivet in the pot.
5. Place baking dish on top of the trivet.
6. Seal pot with lid and cook on high pressure for 7 minutes.
7. Allow to release pressure naturally for 10 minutes then release using the quick release method.
8. Serve and enjoy.

Nutrition:

Calories 168 Fat 13.3 g Carbohydrates 5.7 g Protein 6.8 g

Choco Almond Fudge

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

YIELD: 8

Ingredients:

- 5 eggs
- ½ cup unsweetened almond milk
- 2 tsp Swerve
- ½ cup cocoa powder
- ½ cup unsweetened dark chocolate
- 1 tsp baking powder
- 2 cups almond flour
- 1 tsp vanilla extract
- 1 tsp baking soda
- ½ tsp salt

Directions:

1. Add all dry ingredients to a large bowl and mix until well combined.
2. Add remaining ingredients and beat using a hand mixer until well mixed.
3. Pour 2 cups of water into the Instant Pot and place a trivet in the pot.
4. Pour batter into a pan and place pan on top of the trivet.
5. Seal pot with lid and cook on steam mode for 15 minutes.
6. When finished, release pressure using quick release method, and then open the lid. Remove the pan and allow to cool.
7. Serve and enjoy.

Nutrition:

Calories 197 Fat 15.2 g Carbohydrates 9.7 g Protein 8 g LUNCH DESSERT RECIPES

Keto Chocolate Custard

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES

YIELD: 1

Ingredients:

- 5 tsp swerve, confectioners
- 1 egg yolk
- ¼ cup heavy cream
- 1 tbsp butter
- 1½ tbsp baking cocoa (sieved to condense the chocolate lumps)

Directions:

1. At medium-high temperature in a small pot; Heat the thick cream until it begins to form bubbles. Remove from heat immediately and reduce heat setting to medium.
2. Add the butter until it melts completely. Add the vinegar and cocoa for sifted baking. Beat until well mixed.
3. Add the egg yolk to the pot and continue beating.
4. Return the pot to medium heat and stir for one or two minutes, until it begins to bubble and thicken. Remove from heat and pour the mixture into a small cup or mold.
5. Cover and let cool in the refrigerator until ready for an hour.

Nutrition:

Calories: 410kcal Fat 39g Carbohydrates 9.7g Fiber 2.5g Protein 7g

Avocado Sorbet

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES

YIELD: 5

Ingredients:

- 2 cups unsweetened almond milk
- 3/4 cup swerve
- 2 tbsp fresh lime juice
- 2 avocados
- 1/2 tsp sea salt

Directions:

1. Add all ingredients into the blender and puree until smooth.
2. Transfer blended mixture into the container and place in the refrigerator for 10 minutes.
3. After 5 minutes, add sorbet mixture into the ice cream maker and toss according to the machine instructions.
4. Transfer into the air-tight container and place in the refrigerator for 1 hours or more.
5. Serve cool and enjoy.

Nutrition:

Calories: 181kcal Fat: 17.1g Protein: 1.9g Carbohydrates: 8.1g

Snickerdoodle Cookies

PREP TIME: 10 MINUTES

COOK TIME: 12 MINUTES

YIELD: 16

Ingredients:

- 1 cup almond butter
- ¼ cup solid coconut oil, at room temperature
- 1 cup coconut flour
- 1 ¾ cup almond flour
- 2 tsp cream of tartar
- 1 tsp cinnamon
- 1 ½ cup monk fruit sweetener
- 1 tsp baking soda
- 2 large eggs
- 1/8 tsp pink Himalayan salt
- ½ cup almond milk
- 2 tsp vanilla extract
- For Coating:
- 3 tbsp monk fruit sweetener
- 1 tbsp cinnamon

Directions:

1. Line a large baking sheet with parchment paper and then preheat your oven to 350oF in advance.
2. Combine the eggs with almond milk, almond butter, vanilla extract, and coconut oil in a bowl, preferably medium-sized with an electric mixer.
3. Beat all dry ingredients in a separate bowl. Work in batches and add dry ingredients to wet ingredients; Continue mixing with your hands until completely incorporated.
4. Place the bowl of the mixture in the refrigerator for 15 minutes and let cool. Once this is done, make small balls with the prepared dough; Roll each ball into the cinnamon sugar coating mixture, and then place them on the prepared baking sheet.
5. Flatten the balls in the form of cookies using the bottom of a glass or the palm of your hand
 - Bake in the preheated oven for 10 to 12 minutes.
6. Remove and let cool slightly before serving.

Nutrition:

Calories: 262kcal Fat: 23g Carbohydrates: 5g Fiber: 4.8g Sugars: 3.8g Protein: 7.3g

Carrot Buns

PREP TIME: 10 MINUTES

COOK TIME: 35 MINUTES

YIELD: 4

Ingredients:

- 2 carrots
- 3 tbsp chia seeds
- 2 tbsp psyllium
- ½ cup almond flour
- ½ cup sunflower seeds
- 1 tsp baking powder
- ½ cup chopped cheese
- 5 eggs
- ½ tsp salt

Directions:

1. Preheat oven to 400°F.
2. Crush the carrots on a fine grater. In a bowl, whisk the eggs by a mixer for few minutes until well combined.
3. Add grated cheese, carrot puree, and dry ingredients. Mix until uniformity. Leave the dough for 10 minutes.
4. Prepare the round buns and place on the baking sheet covered with parchment. Ensure that it is baked for 25 minutes.

Nutrition:

Calories: 85kcal Fats: 12g Carbohydrates: 3.2g Proteins: 9g

Almond Butter Cookies

PREP TIME: 5 MINUTES

COOK TIME: 10 MINUTES

YIELD: 10

Ingredients:

- ¼ cup erythritol
- 1 tsp vanilla
- ¼ cup butter softened
- 1 cup almond flour
- Pinch of salt

Directions:

1. Preheat oven to 350oF.
2. Cover the baking sheet with parchment paper and set it aside.
3. Add all ingredients to the food processor and process until dough forms, approximately 2 minutes.
4. Make cookies with dough and place them on a prepared baking sheet.
5. Bake in preheated oven for 10 minutes.
6. Remove cookies from the oven and let cool completely.
7. Serve and enjoy.

Nutrition:

Calories: 106kcalFat: 10.2gProtein: 2.5gCarbohydrates: 2.5gFiber: 1.2g

Lemon And Banana Bars

PREP TIME: 30 MINUTES

COOK TIME: VARIES

YIELD: 4

Ingredients:

- 1 cup olive oil
- ¼ cup lemon juice
- 1/3 cup agave syrup
- 3 kiwis, peeled and chopped
- 1 and ½ bananas, peeled and chopped
- Raw hemp seeds for the crust
- A pinch of lemon zest, grated
- A pinch of salt

Directions:

1. In a food processor, mix bananas with kiwis, almost all oil, a pinch of salt, agave syrup, lemon juice, and a pinch of lemon zest and pulse well.
2. Grease a pan with remaining oil, arrange hemp seeds, pour the mix, spread, place in the fridge for 30 minutes, slice and serve bars.

Nutrition:

Calories: 187kcalFat: 3gFiber: 3gCarbohydrates: 4gProtein: 4g

Fresh Parfait

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES

YIELD: 4

Ingredients:

- 3 grapefruits, peeled and chopped
- 2 tsps stevia
- 3 cups non-fat yogurt
- 1 tsp mint, chopped
- 2 tsps lime juice
- 2 tsps lime zest, grated

Directions:

1. In a bowl, mix the yogurt with the stevia, lime juice, lime zest and mint and stir.
2. Divide the grapefruits into small cups, add the yogurt mix in each and then serve and enjoy.

Nutrition:

Fat: 3g Fiber: 4g Carbohydrates: 15g Protein: 10g

Lemon Cheese Ice Cream

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

YIELD: 4

Ingredients:

- 14 oz mascarpone cheese
- 1 cup of sparkling water
- 3 tbsp swerve
- 1 medium lemon, wash, peeled and remove seeds
- Pinch of sea salt

Directions:

1. Add all ingredients into the blender and puree until smooth and creamy.
2. Pour into the container and place in the refrigerator for 2 hours.
3. Serve chilled and enjoy.

Nutrition:

Calories: 181kcalTotal Fat: 12.9gProtein: 11.3gCarbohydrates: 5.9gFiber: 0.4g

Mediterranean Strawberry Cobbler

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

YIELD: 6

Ingredients:

- ½ cup spelled flour
- ½ cup water
- 1/8 tsp baking soda
- 3 and ½ tbsp olive oil
- 1/8 tsp baking powder
- 6 cups strawberries, halved
- 1 tbsp lemon juice
- ¾ cup sugar
- A pinch of salt
- Cooking spray

Directions:

1. Grease a baking sheet with a little oil spray and set it aside. In a bowl, mix the strawberries with half the palm sugar, sprinkle some flour and add the lemon juice, whisk and pour into the baking dish.
2. In another bowl, mix the flour with the remaining sugar, a pinch of salt, yeast, baking soda, and stir well.
3. Add olive oil and mix with your hands.
4. Add ½ cup of water and spread over strawberries.
5. Place in oven at 375oF and bake for 30 minutes. Remove the shoe rack from the oven, set it aside for 10 minutes, and then serve.

Nutrition:

Calories: 221kcal Fat: 3g Fiber: 3g Carbohydrates: 6g Protein: 9g

White Chocolate Candy

PREP TIME: 5 MINUTES

COOK TIME: 5 MINUTES

YIELD: 12

Ingredients:

- 1/4 cup erythritol
- 1 scoop vanilla protein powder
- 1/2 tsp vanilla
- 1/2 cup cocoa butter
- Pinch of salt

Directions:

1. Add cocoa butter in a saucepan and heat over medium-low heat until melted.
2. Remove from heat and add remaining ingredients and stir well to combine.
3. Pour the mixture into the silicone candy molds and refrigerate until it hardens.
4. Serve and enjoy.

Nutrition:

Calories: 90kcalFat: 9.3gProtein: 2.3gCarbohydrates: 0.1g

Spring Smoothie Bowl

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES

YIELD: 1

Ingredients:

- 2 tbsp green tea powder
- 1 big banana, peeled and chopped
- ½ cup coconut water
- 1½ cup avocado, pitted, peeled and chopped
- 1 tbsp palm sugar
- 1 mango, thinly sliced
- 2 tsp lime zest

Directions:

1. In your blender, mix water with avocado, green tea powder, banana, and lime zest and pulse well.
2. Add palm sugar and pulse again well.
3. Transfer to a bowl, top with sliced mango.
4. Serve and enjoy.

Nutrition:

Calories: 137kcal Fat: 2g Fiber: 10g Carbohydrates: 20g Protein: 5g

Greek Cake

PREP TIME: 10 MINUTES

COOK TIME: 35 MINUTES

YIELD: 12

Ingredients:

- 3 tsp baking powder
- 3 and ½ cups flour
- 6 tbsps black tea powder
- 4 eggs
- ½ cup olive oil
- 1 tsp baking soda
- 2 tsp vanilla extract
- 2 cups low fat milk
- ½ cup butter
- 2 cups sugar

For the cream:

- 1 cup butter, soft
- 4 cups sugar
- 6 tbsps honey

Directions:

1. Put the milk in a saucepan and heat it over medium heat.
2. Add the tea, stir well, remove the heat, and set aside until it cools. In a bowl, mix ½ cup of butter with 2 cups of sugar and stir well.
3. Add eggs, vegetable oil, vanilla extract, baking powder, baking soda, and 3½ cups of flour and stir everything well.
4. Pour this into 2 greased round molds, place in the oven at 350oF and bake for 30 minutes. Let the cakes cool.
5. In a bowl, mix 1 cup of butter with honey and 4 cups of sugar and stir well.
6. Arrange a cake on a plate, spread the cream everywhere, cover with the other cake and store in the refrigerator until served.

Nutrition:

Calories: 200kcal Fat: 4g Fiber: 4g Carbohydrates: 6g Protein: 2g

Blackberry Candy

PREP TIME: 5 MINUTES

COOK TIME: 5 MINUTES

YIELD: 8

Ingredients:

- 1/4 cup cashew butter
- 1 tbsp fresh lemon juice
- 1/2 cup fresh blackberries
- 1/2 cup coconut oil
- 1/2 cup unsweetened coconut milk

Directions:

1. Heat cashew butter, coconut oil, and coconut milk in a skillet over medium-low heat until warm.
2. Transfer the cashew nut mixture to the blender along with the remaining ingredients and mix until smooth.
3. Pour the mixture into the silicone candy mold and refrigerate until set.
4. Serve and enjoy.

Nutrition:

Calories: 203kcal Fat: 21.2g Protein: 1.9g Carbohydrates: 3.9g Fiber: 1g

Mascarpone Tart

PREP TIME: 15 MINUTES

COOK TIME: 20 MINUTES

YIELD: 10

Ingredients:

For Crust:

- 1/4 cup butter, melted
- 1/2 tsp vanilla
- 2 cups almond flour
- 1/4 cup swerve
- 1 egg

For Filling:

- 1/4 cup Swerve
- 2 tbsp heavy cream
- 6 oz mascarpone cheese
- 3/4 cup lemon curd

Directions:

1. Spray the cake pan with spray oil and set aside.
2. Preheat oven to 350oF.
3. Add almond flour, vanilla, vinegar, egg, and butter to the food processor and process until a dough forms.
4. Add the dough in the prepared cake pan and spread it evenly.
5. Prick the crust with a fork and cover with parchment paper and dried beans.
6. Bake for 15 minutes.
7. Remove from the oven and let cool completely.
8. Add lemon curd, thick cream, deflection, and mascarpone in the food processor and process until smooth and creamy.
9. Pour the filling mixture into the baked crust and spread evenly.
10. Place in the refrigerator for 2 hours.
11. Slice, serve, and enjoy.

Nutrition:

Calories: 174kcal Fat: 17.4g Protein: 3.1g Carbohydrates: 6.2g Fiber: 0.6g

Summer Blackberry Custards

PREP TIME: 15 MINUTES

COOK TIME: 45 MINUTES

YIELD: 12

Ingredients:

- 1 tsp pure vanilla extract
- 6 cups blackberries
- ½ cup all-purpose flour
- 1 tbsp lemon juice, freshly squeezed
- 1½ cups whole milk
- 2 large eggs
- ½ cup heavy cream
- ½ tsp grated orange zest
- ¾ cup packed dark brown sugar

Directions:

1. Preheat your oven to 450oF in advance.
2. Spread ½ cup of blackberries in each of the 12 gratin dishes. Arrange the Gratin dishes in two large baking sheets.
3. Beat the cream with the eggs, milk, vanilla, flour, brown sugar, orange zest, and lemon juice in a large bowl until completely smooth.
4. Pour about ¼ cup of custard on each plate and bake in the preheated oven until the medium is ready for 15 minutes.
5. Transfer the custard to a rack and let stand for half an hour.
6. Serve and enjoy.

Nutrition:

Calories: 159kcal Fat: 5.8g Carbohydrates: 10g Fiber: 4g Protein: 3.8g

Low-Carb Matcha Coconut Cupcakes

PREP TIME: 15 MINUTES

COOK TIME: 25 MINUTES

YIELD: 6

Ingredients:

For the Cupcakes:

- ¼ cup + 1 tbsp coconut flour
- ½ cup hot water
- 1 tbsp ground flax seeds
- 1 tsp baking powder
- ½ cup coconut butter/manna
- ¼ cup swerve/other granulated sweetener
- 1 tsp vanilla extract
- A pinch of salt

For the Frosting:

- ½ cup coconut milk, full-fat
- 1 tsp vanilla extract
- 2 tbsp swerve
- ½ tsp matcha powder
- 1 cup cashews, raw

Directions:

1. For the Cupcakes:
2. Align or grease a small-sized muffin pan (with 6 wells) and then preheat your oven to 350oF in advance.
3. Pour water over coconut butter and stir until completely smooth and well combined.
4. Mix vanilla, flax, salt, and swerve. Set aside and let stand for a couple of minutes
5. Combine coconut flour with baking powder in a separate bowl.
6. Slowly add the flour mixture; Stir until combined evenly, and no lumps remain.
7. Divide the mixture evenly into the muffin pans and bake in the preheated oven until the edges begin to brown and the top is firm, for 20 minutes.
8. Remove and reserve for a couple of hours and prepare the glaze.
9. For the Frosting:
10. Pour all ingredients together in a high power blender and mix at high temperature for one or two minutes, until completely smooth.
11. Place the mixture on top of the refrigerated cupcakes.
12. Sprinkle with dried coconut.
13. Serve immediately and enjoy it.

Nutrition:

Calories: 221kcal Total Fat: 18g Carbohydrates: 14g Fiber: 1.8g Protein: 4.4g

Green Tea Pudding

PREP TIME: 2 HOURS AND 10 MINUTES

COOK TIME: 5 MINUTES

YIELD: 6

Ingredients:

- 14 ounces milk
- 1 tsp gelatin powder
- 2 tbsp green tea powder
- 14 ounces heavy cream
- 3 tbsp sugar

Directions:

1. Put the milk in a pan, add sugar, gelatin and green tea powder, stir, bring to a simmer and cook for 2 minutes.
2. Take off heat, leave aside to cool down, add heavy cream, stir, divide into cups, and keep in the fridge for 2 hours before serving.

Nutrition:

Calories: 120kcal Fat: 3g Fiber: 3g Carbohydrates: 7g Protein: 4g

Hazelnut Truffles With Berry

PREP TIME: 6 MINUTES

COOK TIME: 3 HOURS YIELD: 8

Ingredients:

- 1 tbsp flax seed
- ¾ cup sugar-free berry preserves
- 1 cup raw hazelnuts
- 1½ tbsp olive oil
- 1½ tbsp erythritol
- 5 oz unsweetened chocolate chips

Directions:

1. Grind the hazelnuts and flax seeds in a blender for 45 seconds until gently crushed; add the berry and 2 tbsps of erythritol.
2. Process more for 1 minute until well combined. Form 1-inch balls of the mixture, place them on a baking sheet lined with parchment paper, and freeze them for 1 hour or until firm.
3. Melt the chocolate chips, oil, and 1 tbsp of erythritol in a microwave for 90 seconds.
4. Mix the truffles to cover the chocolate mixture, put on the baking sheet, and freeze for at least 2 hours.

Nutrition:

Calories: 251kcal Fat: 18.3g Carbohydrates: 3.5g Protein: 12g

Delicious Custard Tarts

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

YIELD: 8

Ingredients:

For Crust:

- ¾ cup coconut flour
- ½ cup of coconut oil
- 2 eggs
- 1 tbsp swerve
- Pinch of salt
- For Custard:
- 1 ½ tsp vanilla
- ½ tsp nutmeg
- 5 tbsp swerve
- 1 ¼ cup unsweetened almond milk
- 3 eggs

Directions:

1. For the crust: Preheat the oven to 400oF.
2. In a bowl, beat eggs, coconut oil, sweetener, and salt.
3. Add coconut flour and mix until dough forms.
4. Add the dough into the cake pan and spread evenly.
5. Prick the dough with a knife.
6. Bake in preheated oven for 10 minutes.
7. For the custard: Heat the almond milk and vanilla in a small pot until it simmers.
8. Beat the eggs and the sweetener in a bowl. Slowly add almond milk and whisk constantly.
9. Strain the custard and pour it into a baked pie base.
10. Bake in the oven at 300oF for half an hour.
11. Sprinkle nutmeg on top and serve.

Nutrition:

Calories: 175kcal Fat: 17.2g Protein: 3.8g Carbohydrates: 2.9g Fiber: 0.7g

Cinnamon Almond Cake

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

YIELD: 6

Ingredients:

- 1 tsp vanilla extract
- 2/3 cup dried cranberries
- 2 tsp mixed spice
- 2 tsp cinnamon
- ¼ cup erythritol
- 4 eggs
- 1 cup butter, softened
- 1½ cups almond flour
- 1 tsp orange zest

Directions:

1. Preheat oven to 350oF.
2. In a bowl, add sweetener and melted butter and beat until fluffy.
3. Add cinnamon, vanilla, and mixed spices and stir well.
4. Add the egg one by one and stir until well combined.
5. Add almond flour, orange zest, and cranberries and mix until well combined.
6. Pour the batter into a greased cake pan and bake in a preheated oven for 20 minutes.
7. Slice, serve, and enjoy.

Nutrition:

Calories: 484kcalFat: 47.6gProtein: 10gCarbohydrates: 8.2gFiber: 3.9g DINNER DESSERT
RECIPES

Chocolate Truffle Torte

PREP TIME: 5 MINUTES

COOK TIME: 35 MINUTES

YIELD: 8

Ingredients:

- 2/3 cup heavy cream
- 3 organic eggs, large
- ½ cup cut-up butter, unsalted
- 1 tbsp cocoa, sieved
- 1 tsp vanilla
- ½ cup granular Splenda
- A bar of dark chocolate
- A pinch of salt

Directions:

1. At low-temperature settings in a pot, melt the chocolate bar and the butter, stirring occasionally.
2. Beat for a minute or two, until completely smooth. Beat the Splenda together with the vanilla, cream, cocoa, eggs and salt in a separate bowl.
3. Add the butter and chocolate mixture to the wet ingredients; mix until well incorporated and then pour the mixture into a lightly greased 9" cake pan.
4. Bake until the center of the cake is almost firm to the touch and still moves slightly, but the cake has swollen around the edges, for 15 minutes at 350°F.
5. Allow to cool to room temperature for a couple of minutes and then transfer it in a refrigerator to cool.
6. Serve with raspberries and whipped cream without sugar.

Nutrition:

Calories: 432kcal Fat: 54g Carbohydrates: 10g Fiber: 3.1g Protein: 8.3g

Peanut Butter Pie

PREP TIME: 15 MINUTES

COOK TIME: 15 MINUTES

YIELD: 8

Ingredients:

For Crust:

- 1/3 cup almond butter
- 1/2 cup cocoa powder
- 1/4 cup erythritol
- 3/4 cup almond flour
- 1/4 cup butter softened

For Filling:

- 1/4 cup erythritol
- 4 oz cream cheese, softened
- 1/3 cup peanut butter
- 1/2 cup heavy whipping cream

Directions:

1. For the crust: In a large bowl, combine together butter, cocoa powder, sweetener, and almond butter until smooth.
2. Add almond flour and beat until mixture stiff.
3. Transfer crust mixture into the greased spring-form cake pan and spread evenly and place in the refrigerator for 30 minutes.
4. For the filling: In a mixing bowl, beat sweetener, peanut butter, and cream cheese until smooth.
5. Add heavy cream and stir until stiff peaks form.
6. Spread filling mixture in prepared crust and refrigerate for 2 hours.
7. Slice and serve.

Nutrition:

Calories: 209kcal Fat: 20.7g Protein: 4.4g Carbohydrates: 4.4g Fiber: 1.7g

Greek Raisins And Vanilla Cream

PREP TIME: 2 HOURS COOK TIME: 15 MINUTES YIELD: 4

Ingredients:

- 3 tbsp stevia
- 1 cup heavy cream
- 2 tbsps raisins
- 2 tbsps lime juice
- 2 cups Greek yogurt

Directions:

1. In a blender, combine the cream with the yogurt and the rest of the ingredients, pulse well, divide into cups and keep in the fridge for 2 hours before serving.

Nutrition:

Fiber: 3.4g Carbohydrates: 9.5g Protein: 5g

Crust-Less Pumpkin Pie

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

YIELD: 4

Ingredients:

- 1/2 cup unsweetened almond milk
- 1/2 tsp cinnamon
- 3 eggs
- 1/4 cup swerve
- 1/2 cup pumpkin puree
- 1 tsp vanilla
- 1/2 cup cream

Directions:

1. Preheat oven to 350oF.
2. Spray a square baking dish with spray oil and set aside.
3. In a large bowl, add every ingredients and whisk until smooth.
4. Pour the cake mixture into the prepared dish and bake in a preheated oven for 30 minutes.
5. Remove from the oven and allow to cool wholly.
6. Place in the refrigerator for 1 hour.
7. Cut into pieces and serve.

Nutrition:

Calories: 86kcal Fat: 5.5g Protein: 4.9g Carbohydrates: 4.4g Fiber: 1.2g

Peanut Butter Coconut Candy

PREP TIME: 5 MINUTES

COOK TIME: 5 MINUTES

YIELD: 20

Ingredients:

- 1 tsp vanilla
- 10 drops stevia
- 2 tbsp coconut milk
- 1/4 cup peanut butter
- 1 1/2 tbsp coconut oil
- 1/4 tsp sea salt
- 1 cup of cocoa butter

Directions:

1. Add all ingredients except stevia and sea salt in a saucepan and heat over low heat just until melted.
2. Stir in stevia and sea salt.
3. Pour mixture into the silicone candy molds and refrigerate until set.
4. Serve and enjoy.

Nutrition:

Calories: 128kcal Fat: 14.2g Protein: 0.8g Carbohydrates: 0.8g Fiber: 0.2g

Coconut Butter Popsicle

PREP TIME: 5 MINUTES

COOK TIME: 5 MINUTES

YIELD: 12

Ingredients:

- 1/2 cup peanut butter
- 2 cans unsweetened coconut milk
- 1 tsp liquid stevia

Directions:

1. Add every ingredients into the blender and puree until smooth.
2. Pour mixture into the molds and place in the refrigerator for 2 hours or until ready.
3. Serve and enjoy.

Nutrition:

Calories: 175kcal Fat: 17.4g Protein: 3.5g Carbohydrates: 3.7g Fiber: 0.6g

Goey Chocolate Cake

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

YIELD: 8

Ingredients:

- 3/4 cup swerve
- 1/4 cup unsweetened cocoa powder
- 1 tsp vanilla
- 1/2 cup butter, melted
- 2 eggs
- 1/2 cup almond flour
- Pinch of salt

Directions:

1. Preheat oven to 350oF.
2. Spray an 8-inch spring-shaped cake pan with spray oil. Keep aside.
3. In a bowl, sift almond flour, cocoa powder, and salt. Mix well and keep aside.
4. In another bowl, beat the eggs, vanilla extract, and sweetener until they are creamy.
5. Slowly fold the almond flour mixture into the egg mixture and stir well to combine.
6. Add melted butter and stir well.
7. Pour the cake dough into the prepared pan and bake for 25 minutes.
8. Remove from the oven and allow to cool wholly.
9. Slice and serve.

Nutrition:

Calories: 166kcal Fat: 16.5g Protein: 3.5 g Carbohydrates: 3.3g Fiber: 1.6g

Cinnamon Banana And Semolina Pudding

PREP TIME: 5 MINUTES

COOK TIME: 10 MINUTES

YIELD: 3

Ingredients:

- 2 tbsp stevia
- 1 cup olive oil
- 1 cups hot water
- 1½ cups semolina, ground
- 1 tsp cinnamon powder
- 2 bananas, peeled and chopped

Directions:

1. Heat a pan with the oil over medium-high heat, add the semolina and brown for 2 minutes, stirring frequently.
2. Add the water and the rest of the ingredients, except the cinnamon, stir and simmer for 5 more minutes.
3. Divide into bowls, sprinkle the cinnamon on top, and serve.

Nutrition:

Calories: 162kcal Fat: 8g Fiber: 4.2g Carbohydrates: 4.3g Protein: 8.4g

Coconut Cake

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

YIELD: 8

Ingredients:

- ½ cup erythritol
- ½ tsp vanilla
- 5 eggs, separated
- ½ cup butter softened
- ½ tsp baking powder
- ½ cup coconut flour
- ¼ cup unsweetened coconut milk
- Pinch of salt

Directions:

1. Preheat the oven to 400oF.
2. Grease cake pan with butter and keep aside.
3. In a bowl, whisk sweetener and butter until combined.
4. Add egg yolks, coconut milk, and vanilla and mix well.
5. Add baking powder, coconut flour, and salt and stir well.
6. In another bowl, whip egg whites until stiff peak forms.
7. Softly fold egg whites into the cake mixture.
8. Pour batter in a prepared cake pan and bake in preheated oven for 20 minutes.
9. Slice, serve, and enjoy.

Nutrition:

Calories: 163kcal Fat: 16.2g Protein: 3.9g Carbohydrates: 1.3g Fiber: 0.5g

Pumpkin Cheesecake

PREP TIME: 15 MINUTES

COOK TIME: 1 HOUR 10 MINUTES

YIELD: 8

Ingredients:

For Crust:

- 1/4 cup butter, melted
- 1 tbsp swerve
- 1 tbsp flaxseed meal
- 1/2 cup almond flour

For Filling:

- 3 eggs
- 2/3 cup pumpkin puree
- 2/3 cup Swerve
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla
- 1/4 tsp ground nutmeg
- 15.5 oz cream cheese
- Pinch of salt

Directions:

1. Preheat oven to 300oF.
2. Spray a 9-inch spring-shaped pan with spray oil. Keep aside.
3. For the crust: in a bowl, mix the almond flour, vinegar, flaxseed flour, and salt.
4. Add melted butter and whisk well to mix.
5. Transfer the crust mixture to the prepared pan and press evenly with your fingertip.
6. Bake for 15 minutes.
7. Remove from oven and let cool for about 10 minutes.
8. For the cheesecake filling: In a large bowl, beat the cream cheese until it is smooth and creamy.
9. Add nutmeg, pumpkin puree, cinnamon, vanilla, vinegar eggs, and salt and stir until well combined.
10. Pour the cheesecake dough into the prepared crust and spread evenly.
11. Bake for 45 minutes.
12. Remove the cheesecake from the oven and allow to cool wholly.
13. Place the cheesecake in the refrigerator for 3 hours.
14. Slices, serve, and enjoy.

Nutrition:

Calories: 320kcal Fat: 30.4g Protein: 8.2g Carbohydrates: 5.6g Fiber: 1.7g

Nut-Free Keto Brownie

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

YIELD: 8

Ingredients:

- 4 medium eggs
- 1 tbsp unsweetened cocoa
- 2 tsp vanilla
- 1 cup softened cream cheese
- ¼ tsp baking powder
- 2 tbsp melted butter
- 3 tbsp granulated sweetener

Directions:

1. Place all ingredients together in a large-sized mixing bowl and blend using a stick blender with the blade attachment until well smooth.
2. Pour the prepared mixture into a lined square baking dish.
3. Bake until cooked in the middle, for 20 minutes, at 350oF.
4. Slice into your favorite shapes such as squares, rectangle, triangle, or bars wedges.

Nutrition:

Fat: 13g Carbohydrates: 2.3g Fiber: 0.2g Protein: 4.2g

Blueberry Yogurt Mousse

PREP TIME: 30 MINUTES

COOK TIME: 10 MINUTES

YIELD: 4

Ingredients:

- ¾ cup heavy cream
- 2 cups Greek yogurt
- ¼ cup stevia
- 2 cups blueberries

Directions:

1. In a blender, mix the yogurt with the other ingredients, pulse well, divide into cups and keep in the fridge for 30 minutes before serving.

Nutrition:

Calories: 141kcal Fat: 4.7g Fiber: 4.7g Carbohydrates: 8.3g Protein: 0.8g

P.S. I love collecting little facts about everyday foods. Somehow meals become even more satisfying.

<https://healtheducation.s.gy/Power-Foods-Encyclopedia>

Delicious Blueberry Pie

PREP TIME: 10 MINUTES

COOK TIME: 25 MINUTES

YIELD: 6

Ingredients:

For Crust:

- 3 eggs
- ¼ tsp baking powder
- 1 cup butter, melted
- 1 cups coconut flour
- 1 tbsp water
- Pinch of salt

For Filling:

- 2 tbsp swerve
- 6 oz cream cheese
- 1 cup fresh blueberries

Directions:

1. Spray a 9-inch cake pan with spray oil and set aside.
2. In a large bowl, mix all the ingredients in the crust until the dough forms.
3. Divide dough in half and spread between two sheets of parchment paper and keep aside.
4. Preheat oven to 350oF.
5. Transfer a crust sheet to a greased cake pan.
6. Spread cream cheese over the crust.
7. Mix the blueberries and the sweetener. Spread the blueberries over the layer of cream cheese.
8. Cover the cake with the other half-rolled crust and bake for approximately 30 minutes.
9. Allow to cool wholly, then cut into slices and serve.

Nutrition:

Calories: 362kcal Fat: 35.6g Protein: 5.7g Carbohydrates: 7g Fiber: 1.6g

Cheese Chocolate Bars

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES

YIELD: 8

Ingredients:

- 8 oz cream cheese, softened
- 6 drops liquid stevia
- ½ tsp vanilla
- 7 oz unsweetened dark chocolate

Directions:

1. Spray an 8-inch square pan with spray oil and keep aside.
2. Melt the chocolate in a saucepan over low heat.
3. Add sweetener and vanilla. Remove from heat and set aside.
4. Add cream cheese to the food processor and process until smooth.
5. Add the melted chocolate mixture to the cream cheese and process until well combined.
6. Transfer the cheese and chocolate mixture to the prepared pan and spread evenly.
7. Place in the refrigerator for 4 hours.
8. Slice and serve.

Nutrition:

Calories: 265kcal Fat: 23.1g Protein: 5.5g Carbohydrates: 7.4g Fiber: 3.3g

Vanilla Butter Cake

PREP TIME: 10 MINUTES

COOK TIME: 35 MINUTES

YIELD: 8

Ingredients:

- 2 oz almond flour
- 1 tsp orange extract
- 1/2 cup butter, softened
- 5 eggs
- 1 tsp baking powder
- 1 tsp vanilla
- 4 oz cream cheese, softened
- 1 cup swerve

Directions:

1. Preheat the oven to 350oF.
2. Spray 9-inch cake pan with cooking spray and keep aside.
3. Add all ingredients into the mixing bowl and whisk until batter is frothy.
4. Pour batter into the prepared pan and bake in preheated oven for approximately 40 minutes.
5. Remove cake from oven and set aside to cool wholly.
6. Slices, serve, and enjoy.

Nutrition:

Calories: 289kcal Fat: 27.2g Protein: 8.5g Carbohydrates: 5.5g Fiber: 2.2g

P.S. Some of the healthiest foods are hiding in plain sight. They're worth getting to know.

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Crunchy Shortbread Cookies

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES

YIELD: 6

Ingredients:

- ½ tsp vanilla
- 1¼ cup almond flour
- 3 tbsp butter, softened
- ¼ cup swerve
- Pinch of salt

Directions:

1. Preheat the oven to 350oF.
2. In a bowl, mix together swerve, almond flour, and salt.
3. Add vanilla and butter and mix until dough is formed.
4. Make cookies from mixture and place on a baking tray.
5. Bake in preheated oven for about 10 minutes.
6. Let to cool wholly then serve.

Nutrition:

Fat: 17.4g Protein: 5.1g Carbohydrates: 5.1g Fiber: 2.5g

Banana Walnut Bread

PREP TIME: 10 MINUTES

COOK TIME: 1 HOUR AND 5 MINUTES

YIELD: 10

Ingredients:

- ½ cup walnuts 3 eggs, large
- 2 cups almond flour
- 1 tsp baking soda
- 3 bananas, medium
- ¼ cup olive oil coconut oil

Directions:

1. Lightly grease a loaf pan with the coconut oil and preheat your oven to 350oF.
2. Chop up the bananas and then add the entire ingredients in a large-sized mixing bowl; mix until combined well.
3. Pour the mixture into the prepared loaf pan and bake for an hour.

Nutrition:

Calories: 553kcal Fat: 46g Carbohydrates: 11g Fiber: 8.1g Protein: 12g

Easy Chocolate Shake

PREP TIME: 5 MINUTES

COOK TIME: 10 MINUTES

YIELD: 2

Ingredients:

- ¾ cup low-fat milk
- ½ big avocado, mashed
- 2 tsp cocoa powder
- 2 medium bananas, peeled
- A pinch of salt

Directions:

1. Put bananas in a blender and process until smooth.
2. Add avocado, cocoa powder, and a pinch of salt and pulse again.
3. Add milk, blend a few more seconds, divide into 2 glass, and serve right away.

Nutrition:

Calories: 185kcal Fat: 3g Fiber: 4g Carbohydrates: 6g Protein: 7g

Orange And Apricots Cake

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

YIELD: 8

Ingredients:

- 2 cups apricots, chopped
- ¼ cup olive oil
- 2 eggs
- ¾ cup stevia
- 1 tsp baking powder
- ½ cup almond milk
- ½ tsp vanilla extract
- 2 cups almond flour
- Juice and zest of 2 oranges

Directions:

1. In a bowl, mix the stevia with the flour and the rest of the ingredients, whisk and pour into a cake pan lined with parchment paper.
2. Introduce in the oven at 375oF, bake for 20 minutes, cool down, slice, and serve.

Nutrition:

Calories: 221kcal Fat: 8.3g Fiber: 3.4g Carbohydrates: 14.5g Protein: 5g

Keto Coconut Fat Bombs

PREP TIME: 10 MINUTES

COOK TIME: 50 MINUTES

YIELD: 12

Ingredients:

- ¼ cup butter, grass-fed; softened & minced
- ¼ cup extra virgin coconut oil (at room temperature)
- 1½ cup unsweetened flaked coconut
- ¼ tsp vanilla bean powder/cinnamon
- 20 drops of stevia extract
- A pinch of Celtic salt

Directions:

1. Preheat your oven to 350oF. Spread the grated or grated coconut on a large baking sheet. Roast in the preheated oven until golden brown for 5 minutes.
2. Add them to a blender bowl and press on high settings until smooth.
3. Add coconut oil and butter, then add vanilla or cinnamon, salt, and stevia; mix well.
4. Pour the prepared mixture into an ice cube tray or mini muffin molds (each filling with approximately 1½ tbsps of the mixture).
5. Place in the refrigerator and let stand until solidified, for half an hour or more. Keep refrigerated until ready to serve.

Nutrition:

Calories: 119kcal Fat: 11g Carbohydrates: 12g Fiber: 0.9g Protein: 0.3g OTHER SWEET KETO RECIPES

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Pumpkin Pie Cupcakes

PREP TIME: 15 MINUTES

COOK TIME: 30 MINUTES

YIELD: 6

Ingredients:

- 3 Tbsp. coconut flour
- 1 tsp. pumpkin pie spice
- ¼ tsp. baking powder
- ¼ tsp. baking soda
- Pinch of salt
- ¾ cup pumpkin puree
- 1/3 cup Swerve
- ¼ cup heavy whipping cream
- 1 egg
- ½ tsp. vanilla

Directions:

1. Line 6 muffin cups with parchment paper and preheat the oven to 350F.
2. In a bowl, whisk together the salt, baking soda, baking powder, pumpkin pie spice, and coconut flour.
3. In another bowl, whisk egg, vanilla, cream, sweetener, and pumpkin puree until mixed. Whisk in dry ingredients.
4. Pour into the muffin cups and bake until just puffed and almost set, about 25 to 30 minutes.
5. Remove and cool.
6. Refrigerate for about 1 hour.
7. Top with whipped cream and serve.

Nutrition:

Calories: 70 Fat: 4.1g Carb: 5.1g Protein: 1.7g

Brownie Muffins

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

YIELD: 6

Ingredients:

- ½ tsp. salt
- 1 cup flaxseed meal
- ¼ cup sugar-free caramel syrup
- ¼ cup cocoa powder
- ½ Tbsp. baking powder
- 2 Tbsp. coconut oil
- 1 egg
- 1 Tbsp. cinnamon
- 1 tsp. vanilla extract
- ½ cup pumpkin puree
- ½ cup slivered almonds
- 1 tsp. apple cider vinegar

Directions:

1. Preheat the oven to 350F.
2. Put all everything (except the almonds) in a bowl and mix well.
3. Place 6 paper liners in the muffin tin and add ¼-cup batter to each one.
4. Sprinkle almonds and press gently.
5. Bake for 15 minutes or until the top is set.

Nutrition:

Calories: 183 Fat: 13g Carb: 4.4g Protein: 7g

Mug Cake

PREP TIME: 2 MINUTES

COOK TIME: 3 MINUTES

YIELD: 1

Ingredients:

- 4 Tbsp. almond meal
- 2 Tbsp. butter
- 1 tsp stevia
- 1 Tbsp. cocoa powder, unsweetened
- 1 egg
- 1 Tbsp. coconut flour
- ¼ tsp. vanilla extract
- ½ tsp. baking powder

Directions:

1. Melt the butter in a mug in the microwave.
2. Add coconut flour, vanilla extract, baking powder, eggs, stevia, and cocoa powder. Stir well.
3. Add almond meal, stir again, place again in the microwave, and cook for 2 minutes.
4. Serve.

Nutrition:

Calories: 476 Fat: 41.5g Carb: 8.4g Protein: 13.8g

P.S. Every week I try to learn something new about one ingredient I use regularly.

<https://healtheducation.s.gy/Power-Foods-Encyclopedia>

Brownies

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

YIELD: 12

Ingredients:

- 6 ounces coconut oil, melted
- 6 eggs
- 3 ounces of cocoa powder
- 2 tsp. vanilla extract
- ½ tsp. baking powder
- 4 ounces cream cheese
- 5 Tbsp. Swerve

Directions:

1. In a bowl, mix eggs with coconut oil, cocoa powder, baking powder, vanilla extract, cream cheese, Swerve, and stir using a mixer.
2. Pour into a lined baking dish.
3. Place in an oven at 350F and bake for 20 minutes.
4. Cool then slice into rectangle pieces.
5. Serve.

Nutrition:

Calories: 202 Fat: 20.6g Carb: 4.3g Protein: 4.1g

Blueberry Cupcakes

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

YIELD: 12

Ingredients:

- 4 Tbsp. Keto sweetener, granulated
- 8 eggs
- 1 tsp. baking powder
- 2 Tbsp. lemon zest
- 1 tsp. vanilla extract
- 2 Tbsp. lemon juice
- 5 ½ oz. butter, softened
- 1 ¾ oz. coconut flour
- 4 ½ oz. blueberries
- Cupcake liners

Directions:

1. Excluding the eggs and blueberries, combine everything in a bowl.
2. Add the eggs, one by one and mix well.
3. Drop a few blueberries into each cupcake liner.
4. Add the batter to each cupcake liner. Fill about ¾.
5. Bake at 350F for 10 to 15 minutes.
6. Cool and serve.

Nutrition:

Calories: 138 Fat: 11.4g Carb: 2.6g Protein: 4.4g

Keto Brownie

PREP TIME: 10 MINUTES

COOK TIME: 45 MINUTES

YIELD: 8

Ingredients:

- ¼ cup of cocoa powder
- 6 drops stevia
- 1 ½ cup water
- ½ cup peanut butter
- 2 Tbsp. coconut flour
- 2 tsp. baking powder

Directions:

1. Preheat the oven to 350F.
2. In a bowl, mix the warm water, stevia, and peanut butter.
3. In another bowl, mix the cocoa powder, baking powder, and flour.
4. Mix both the mixtures and add the batter in a greased baking pan.
5. Bake for 45 minutes.
6. Serve.

Nutrition:

Calories: 143 Fat: 9g Carb: 6g Protein: 10g

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Chocolate Truffles

PREP TIME: 10 MINUTES

COOK TIME: 6 MINUTES

YIELD: 22

Ingredients:

- 2 Tbsp butter
- 2/3 cup heavy cream
- 2 tsp. brandy
- 2 Tbsp. swerve
- 1 cup sugar-free chocolate chips
- ¼ tsp. vanilla extract
- Cocoa powder to roll the truffles

Directions:

1. Add the heavy cream in a bowl.
2. Add swerve, butter, chocolate chips, and stir. Place in a microwave and heat for 1 minute.
3. Set aside for 5 minutes and stir well. Mix with brandy and vanilla extract.
4. Stir again and set aside in the refrigerator for 2 hours.
5. Use a melon baller to shape the truffles.
6. Roll them in cocoa powder and serve.

Nutrition:

Calories: 62 Fat: 4.4g Carb: 6.3g Protein: 1g

P.S. Food is more fascinating than most of us realize.

<https://healtheducation.s.gy/Power-Foods-Encyclopedia>

Chocolate Cookie Bark

PREP TIME: 10 MINUTES

COOK TIME: 9 MINUTES

YIELD: 10

Ingredients:

- 2 bacon slices
- 5 ounces sugar-free chocolate
- 1 Keto-friendly cookie, crumbled
- ¼ cup chopped pecans
- pinch of salt

Directions:

1. Cook the bacon in a pan for 8 minutes or until crispy. Transfer to a paper towel-lined plate and cool, then crumble.
2. Line a baking sheet with parchment paper.
3. Melt the chocolate in the microwave and pour the melted chocolate onto the prepared baking sheet.
4. Sprinkle the crumbled cookie, bacon, salt, and chopped pecans on top of the melted chocolate.
5. Place in the refrigerator and cool for 30 minutes.
6. Break the bark and serve.

Nutrition:

Calories: 130 Fat: 10g Carb: 3g Protein: 4g

Cocoa Fudge

PREP TIME: 10 MINUTES

COOK TIME: 0 MINUTE

YIELD: 12

Ingredients:

- ¼ cup cocoa powder
- 1/8 tsp. sea salt
- 1 cup of coconut oil
- 1 tsp. vanilla extract
- ¼ cup erythritol, powdered

Directions:

1. In a bowl, combine the oil and erythritol. Beat until fluffy.
2. Add the cocoa powder, salt, and vanilla extract. Mix well.
3. Line the baking dish with parchment paper and pour the mixture into the dish and smoothen the top with a spatula then place it in the refrigerator for 1 hour or until set.
4. Garnish with sea salt and serve.

Nutrition:

Calories: 161 Fat: 18g Carb: 1g Protein: 0g

P.S. Learning which foods store well has saved me more grocery trips than I expected.

<https://healtheducation.s.gy/superfood>

Chocolate Cups

PREP TIME: 30 MINUTES

COOK TIME: 5 MINUTES

YIELD: 20

Ingredients:

- ½ cup coconut butter
- ½ cup of coconut oil
- 3Tbsp. Swerve
- ½ cup coconut, shredded
- 15 ounces cocoa butter
- 1-ounce chocolate, unsweetened
- ¼ cup of cocoa powder
- ¼ tsp. vanilla extract
- ¼ cup Swerve

Directions:

1. In a pan, mix butter with oil. Stir and heat over medium heat.
2. Add coconut and 3 tbsp. Swerve, stir well, and take off the heat. Scoop into a lined muffin pan and keep in the fridge for 30 minutes.
3. Meanwhile, in a bowl, mix cocoa butter with vanilla extract, chocolate, cocoa powder, and ¼-cup Swerve and stir well.
4. Place this over a bowl filled with boiling water and then stir until smooth.
5. Spoon this over coconut cupcakes.
6. Keep in the fridge for 15 minutes and serve.

Nutrition:

Calories: 240 Fat: 23g Carb: 5g Protein: 2g

Chocolate Pudding

PREP TIME: 50 MINUTES

COOK TIME: 5 MINUTES

YIELD: 2

Ingredients:

- 2 Tbsp. water
- 1 Tbsp. gelatin
- 2 Tbsp. erythritol
- ½ tsp. stevia powder
- 2 Tbsp. cocoa powder
- 1 cup of coconut milk

Directions:

1. Heat a pan with coconut milk over medium heat.
2. Add stevia and cocoa powder. Stir well.
3. In a bowl, mix gelatin and water. Stir well and add to the pan.
4. Stir well. Add erythritol, whisk again, divide into ramekins, and keep in the refrigerator for 45 minutes.
5. Serve cold.

Nutrition:

Calories: 300 Fat: 29.3g Carb: 9.6g Protein: 6.7g

Blueberry Scones

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES

YIELD: 10

Ingredients:

- ½ cup coconut flour
- 1 cup blueberries
- 2 eggs
- ½ cup heavy cream
- ½ cup butter
- ½ cup almond flour
- A pinch of salt
- 5 Tbsp. stevia
- 2 tsp. vanilla extract
- 2 tsp. baking powder

Directions:

1. In a bowl, mix coconut flour and almond flour, salt, baking powder, blueberries, and stir well.
2. In another bowl, mix butter, heavy cream, vanilla extract, stevia, eggs, and stir well.
3. Combine the 2 mixtures and stir until you get a dough.
4. Shape 10 triangles from mixture and place on a lined baking sheet.
5. Place in an oven at 350F and bake for 10 minutes.
6. Serve.

Nutrition:

Calories: 199 Fat: 16g Carb: 10.6g Protein: 4g

Cookie Dough Balls

PREP TIME: 10 MINUTES

COOK TIME: 0 MINUTE

YIELD: 10

Ingredients:

- ½ cup almond butter
- 3 Tbsp. coconut flour
- 3 Tbsp. coconut milk
- 1 tsp. cinnamon powder
- 3 Tbsp. erythritol
- 15 drops vanilla stevia
- A pinch of salt
- ½ tsp. vanilla extract

For the topping

- 1 and ½ tsp. cinnamon powder
- 3 Tbsp. granulated Swerve

Directions:

1. In a bowl, mix almond butter with 1 tsp. cinnamon, coconut flour, coconut milk, erythritol, vanilla extract, stevia, and salt and mix well.
2. Shape balls out of this mix.
3. In another bowl, mix 1 and ½ tsp. cinnamon powder with Swerve and mix well.
4. Roll balls in the cinnamon mix and serve.

Nutrition:

Calories: 89 Fat: 1g Carb: 4g Protein: 2g

P.S. I've been trying to learn more about the foods I cook with, not just how to cook them. The *Encyclopedia of Power Foods* has been a surprisingly useful reference.

<https://healtheducation.s.gy/Power-Foods-Encyclopedia>

Coconut Pudding

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES

YIELD: 4

Ingredients:

- 1 2/3 cup coconut milk
- 1 tbsp. gelatin
- 6 tbsp. swerve
- 3 egg yolks
- ½ tsp. vanilla extract

Directions:

1. In a bowl, mix gelatin with 1 Tbsp. coconut milk, stir well, and set aside.
2. Put the rest of the milk into a pan and heat over medium heat.
3. Add Swerve, stir, and cook for 5 minutes.
4. In a bowl, mix egg yolks with the hot coconut milk and vanilla extract. Stir well and return everything to the pan.
5. Cook for 4 minutes add gelatin and stir well.
6. Divide this into 4 ramekins and keep in the fridge until ready to serve.

Nutrition:

Calories: 140 Fat: 2g Carb: 2g Protein: 2g

P.S. Fresh ingredients are wonderful, but having a pantry full of long-lasting foods gives real peace of mind.

<https://healtheducation.s.gy/superfood>

Sweet Buns

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

YIELD: 8

Ingredients:

- ½ cup coconut flour
- 1/3 cup psyllium husks
- 2 Tbsp. Swerve
- 1 tsp. baking powder
- A pinch of salt
- ½ tsp. cinnamon
- ½ tsp. cloves, ground
- 4 eggs
- 2 Tbsp. chocolate chips, unsweetened
- 1 cup hot water

Directions:

1. In a bowl, mix flour, Swerve, psyllium husks, baking powder, salt, cinnamon, cloves, and chocolate chips, and stir well.
2. Add water and egg, stir well until you obtain a dough, shape 8 buns and arrange them on a lined baking sheet.
3. Bake in the oven at 350F for 30 minutes.
4. Serve.

Nutrition:

Calories: 100 Fat: 3g Carb: 6g Protein: 6g

Keto Pie Crust

PREP TIME: 5 MINUTES

COOK TIME: 12 MINUTES

YIELD: 8

Ingredients:

- 1 ½ tsp. coconut flour
- 1 1/3 cup almond flour
- 1 ½ tsp. water
- 2 Tbsp. butter

Directions:

1. Blend everything in a processor until doughy.
2. Press mixture onto a pie plate.
3. For the prebaked crust, bake for 14 minutes at 350F.

Nutrition:

Calories: 65 Fat: 5.4g Carb: 2.9g Protein: 1.4g

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Donuts

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

YIELD: 24

Ingredients:

- ¼ cup erythritol
- ¼ cup flaxseed meal
- ¾ cup almond flour
- 1 tsp. baking powder
- 1 tsp. vanilla extract
- 2 eggs
- 3 Tbsp. coconut oil
- ¼ cup coconut milk
- 20 drops of red food coloring
- A pinch of salt
- 1 Tbsp. cocoa powder

Directions:

1. In a bowl, mix almond flour, flaxseed meal, cocoa powder, baking powder, salt, and erythritol. Mix.
2. In another bowl, mix coconut oil with coconut milk, vanilla extract, food coloring, eggs, and stir.
3. Combine 2 mixtures and stir using a hand mixer.
4. Transfer to a piping bag and shape 12 donuts on a baking sheet.
5. Place in an oven at 350F and bake for 15 minutes.
6. Serve.

Nutrition:

Calories: 41 Fat: 3.7g Carb: 3g Protein: 1g

Marshmallows

PREP TIME: 10 MINUTES

COOK TIME: 3 MINUTES

YIELD: 6

Ingredients:

- 2 Tbsp. gelatin
- 12 scoops stevia
- ½ cup cold water
- ½ cup hot water
- 2 tsp. vanilla extract
- ¾ cup erythritol

Directions:

1. In a bowl, mix gelatin with cold water.
2. Stir and set aside for 5 minutes.
3. Put hot water in a pan.
4. Add erythritol and stevia and stir well.
5. Combine this with the gelatin mix. Add vanilla extract and mix well.
6. Beat this with a hand mixer and pour it into a baking pan.
7. Keep in the fridge to set.
8. Cut and serve.

Nutrition:

Calories: 140 Fat: 2g Carb: 2g Protein: 4g

Desert Smoothie

PREP TIME: 5 MINUTES

COOK TIME: 0 MINUTE

YIELD: 2

Ingredients:

- ½ cup coconut milk
- 1 and ½ cup avocado, pitted and peeled
- 2 Tbsp. green tea powder
- 2 tsp. lime zest
- 1 Tbsp. erythritol
- 1 mango, thinly sliced for serving

Directions:

1. In a blender, add milk, avocado, green tea powder, and lime zest, and pulse well.
2. Add erythritol and blend well.
3. Serve with mango slices on top.

Nutrition:

Calories: 87 Fat: 5g Carb: 6g Protein: 83 g 00.Strawberry Candy Preparation Time: 10 minutes

P.S. It's amazing how much there is to discover about everyday ingredients once you start looking beyond nutrition labels.

<https://healtheducation.s.gy/Power-Foods-Encyclopedia>