

10-DAY FAT FLUSH

**30 Fat-Flushing Dessert
Recipes**





LEMON STRAWBERRY CHEESECAKE

PREP TIME 15 MINUTES
TOTAL TIME 15 MINUTES
SERVINGS 2

Ingredients

- 3 oz cream cheese, softened
- 3/4 cup heavy whipping cream
- 1/3 cup Swerve sweetener**
- 2 teaspoons lemon extract
- Zest of 1 lemon
- 2 strawberries, large

Instructions

- 1 In a mixing bowl add the cream cheese, sweetener and whipping cream. Beat on high until smooth and creamy.
- 2 Add in lemon extract and mix well. If you would like more lemon flavor add a bit of the lemon zest as you won't need all of it.
- 3 Take 1 of the strawberries and chop into little pieces. With the other strawberry, slice into thin heart shaped pieces.
- 4 Fill each jar half way with half of the cream cheese mixture.
- 5 Add the chopped strawberry to both jars to make a nice layer.
- 6 Top the strawberries with the rest of the cream cheese mixture.
- 7 Use the slices of the strawberry to make a flow pattern on top.
- 8 Sprinkle lemon zest in the middle of each flower. You don't have to use all the zest, just what looks nice.
- 9 Refrigerate until ready to eat.
- 10 You can use whatever sweetener you like. Just make sure the amount you use is equal to 1/3 sugar.



COCONUT MACAROONS

PREP TIME: 5 MINUTES

COOK TIME: 18 MINUTES

TOTAL TIME: 23 MINUTES

Dipped in dark chocolate, these are full of healthy fats and sweetened with monk fruit. A perfect fat bomb for keto.

Ingredients

- 2.5 cups unsweetened shredded coconut, divided
- 1/2 cup almond flour
- 1/2 cup monk fruit sweetener (or sweetener of choice)
- 1/2 cup aquafaba
- 1 tsp vanilla extract
- 1/2 tsp almond extract
- pinch of salt
- 1/2 cup vegan dark chocolate, melted (for dipping)

Instructions

- 1 Preheat oven to 350F and line baking dish with parchment paper or silicon mat.
- 2 Take one cup of coconut and place it in the oven for 8-10 minutes.
- 3 Add all ingredients to a large bowl including the toasted coconut and mix well.
- 4 Take tbsp round cookie scoops and place on baking sheet.
- 5 Bake for 18-20 minutes.
- 6 Melt down 1/2 cup of vegan dark chocolate. When cookies are cool to touch, dip the bottoms in and place them on parchment paper, and put in the fridge to set for 5-10 minutes. If you're not dipping them chocolate they do not need to be refrigerated.
- 7 Serve with your favorite non dairy milk and enjoy!



AVOCADO BROWNIES

PREP TIME: 10 MINUTES
COOK TIME: 35 MINUTES
TOTAL TIME: 45 MINUTES
SERVINGS: 12 PIECES

Ingredients

- 2 avocado
- 1/2 tsp vanilla
- 4 tbsp cocoa powder
- 1 tsp stevia powder
- 3 tbsp coconut oil
- 2 eggs
- 100 g lily's dark chocolate melted

Dry Ingredients

- 90 g blanched almond flour
- 1/4 tsp baking soda
- 1 tsp baking powder
- 1/4 tsp salt
- 1/4 cup erythritol

Instructions

- 1 Preheat the oven to 180C/350F.
- 2 Peel the avocados and place in a food processor. Process until smooth.
- 3 Add each ingredient one at a time and process for a few seconds until all of the ingredients (except the dry ones) have been added to the food processor.
- 4 In a separate bowl, combine the dry ingredients together and whisk together. Add to the food processor and mix until combined.
- 5 Place a piece of parchment paper over a 30x20cm baking dish and pour the batter into it. Spoon evenly and place in the preheated oven. Bake for 35 minutes.
- 6 Take out of the oven, let cool and slice into 12 pieces.

Recipe Notes:

Good in the fridge for about 4 days.





CHOCOLATE MOUSSE

SERVINGS: 4

Ingredients

- 2 oz unsalted butter
- 2 oz cream cheese
- 3 oz heavy whipping cream, whipped
- 1 tbsp cocoa powder
- stevia, to taste

Instructions

- 1 Soften butter and combine with sweetener, stirring until completely blended.
- 2 Add cream cheese; blend until smooth.
- 3 Add cocoa powder and blend completely.
- 4 Whip heavy cream and gradually add to the mixture. (You may also add 1 tsp of coconut oil or MCT oil.)
- 5 Spoon into small glasses and refrigerate for 30 minutes.



AVOCADO POPSICLE WITH COCONUT AND LIME

PREP TIME 5 MINUTES
COOK TIME 3 MINUTES
TOTAL TIME 8 MINUTES

Ingredients

- 2 avocados pitted
- 1.5 cups coconut milk
- ¼ cup erythritol Granular Swerve sweetener
- 2 tablespoons lime juice

Instructions

- 1 Place all ingredients into a blender; secure lid and pulse to break down ingredients.
- 2 Scrape down the inner sides of the blender to incorporate splattered ingredients and replace lid.
- 3 Blend until the mixture is a smooth, creamy consistency without lumps.
- 4 Evenly distribute the mixture into six popsicle molds. The blended ingredients are thick; you may find spooning the mixture into the molds easier than pouring.
- 5 Tap the filled molds on the counter top to remove air bubbles and settle the mixture.
- 6 Place popsicle sticks or handles into the mixture in the center of the molds.
- 7 Freeze the molds for several hours, until the mixture has completely solidified.
- 8 When you are ready to eat, run the mold under water briefly to help release the popsicle. Gently pull the popsicle out by the handle and enjoy!



PREP TIME: 20 MINS
COOK TIME: 20 MINS
TOTAL TIME: 40 MINS
SERVES: 16

GRAIN-FREE MAPLE PECAN CHEESECAKE BARS

Ingredients

- Almond Tart Crust
- 1½ cups almond flour
- 3 tablespoons butter
- ⅓ cup Swerve Confectioner's
- 1 egg yolk
- Tart Filling
- 8 ounce full fat cream cheese
- ½ cup Swerve Confectioner's sugar
- 1 egg
- ½ to 1 teaspoon maple extract
- 1 cup pecans plus two tablespoons for garnish

Instructions

- 1 Almond Tart Crust Instructions
- 2 Melt butter and mix with flour, vanilla and swerve.
- 3 Mix in egg yolk.
- 4 Put in tart pan, by pressing in with fingers.
- 5 Bake for 10 minutes at 350 degrees F.
- 6 Make Filling
- 7 Mix cream cheese with vanilla, maple extract, egg. Start with ½ teaspoon extract and taste.
- 8 Chop pecans .Mix with a little sea salt.
- 9 Put pecans in first (although you can reverse this is you want)
- 10 Pour cheesecake mixture.

- 11 Top with two tablespoons chopped pecans for garnish.
- 12 Bake for 20 minutes at 350 degrees F. or until cream cheese mixture is set.
- 13 Cool completely.
- 14 Refrigerate at least six hour, preferably overnight.
- 15 Cut into 16 squares.

NOTES

You can use any kind of square pan and just put the crust on the bottom as an option.

Use parchment paper if you do that.

Maple Extract: If you can't get real maple extract, you can skip this part. They are still good without it.



GRANOLA WITH PEANUT BUTTER

PREP TIME: 10 MINS
COOK TIME: 30 MINS
TOTAL TIME: 40 MINS

Ingredients

- 1 1/2 cups almonds
- 1 1/2 cups pecans
- 1 cup shredded coconut or almond flour
- 1/4 cup sunflower seeds
- 1/3 cup Swerve Sweetener
- 1/3 cup vanilla whey protein powder OR collagen protein powder
- 1/3 cup peanut butter
- 1/4 cup butter
- 1/4 cup water

Instructions

- 1 Preheat oven to 300F and line a large rimmed baking sheet with parchment paper.
- 2 In a food processor, process almonds and pecans until they resemble coarse crumbs with some larger pieces. Transfer to a large bowl and stir in shredded coconut, sunflower seeds, sweetener, and vanilla protein powder.
- 3 In a microwave safe bowl, melt the peanut butter and butter together.
- 4 Pour melted peanut butter mixture over nut mixture and stir well, tossing lightly. Stir in water. Mixture will clump together.
- 5 Spread mixture evenly on prepared baking sheet and bake 30 minutes, stirring halfway through. Remove and let cool completely.



ALMOND BARK

PREP TIME: 10 MINS
COOK TIME: 15 MINS
TOTAL TIME: 25 MINS

Ingredients

- 1/2 cup Swerve Sweetener
- 2 tbsp water
- 1 tbsp butter
- 1½ cups roasted almonds unsalted
- ¼ tsp sea salt
- 4 oz cocoa butter
- 2.5 oz unsweetened chocolate chopped
- ½ cup powdered Swerve Sweetener sifted
- ¾ cup cocoa powder
- ½ tsp vanilla extract
- Additional sea salt for sprinkling

Instructions

- 1 Line a large baking sheet with parchment paper.
- 2 In a medium saucepan over medium heat, combine Swerve and water, stirring occasionally. Bring to a boil and cook until mixture darkens, about 7 to 9 minutes. Mixture will smoke slightly; this is normal.
- 3 Remove from heat and whisk in butter. Add almonds and stir quickly to coat, then stir in sea salt.
- 4 Spread almonds out onto prepared baking sheet, breaking up any clumps.
- 5 In a heavy saucepan over low heat, melt cocoa butter and chocolate together until smooth.
- 6 Stir in sifted powdered erythritol, then stir in cocoa powder, until smooth.
- 7 Remove from heat and stir in vanilla extract.
- 8 Reserve ¼ cup of the almonds and set aside. Stir remaining almonds into the chocolate. Spread out onto same parchment-lined baking sheet, keeping nuts in a single layer.
- 9 Sprinkle with reserved almonds and additional sea salt.
- 10 Chill until set, about 3 hours. Break with hands into chunks.



MINT COOKIES

PREP TIME: 30 MINS
COOK TIME: 30 MINS
TOTAL TIME: 1 HR

Ingredients

Cookies:

- 1 3/4 cups almond flour
- 1/3 cup cocoa powder
- 1/4 cup Swerve Sweetener
- 1 tsp baking powder
- 1/4 tsp salt
- 1 large egg slightly beaten
- 2 tbsp butter melted
- 1/2 tsp vanilla extract
- 1/8 tsp liquid stevia extract
OR another 1/4 cup Swerve Sweetener

Coating:

1 tbsp coconut oil, butter,
or 1/2 ounce cocoa butter*
(see cook's notes)

7 oz Lily's dark chocolate or other
sugar-free dark chocolate (such as
90% Lindt chocolate), chopped

1 tsp peppermint extract

Instructions

Cookies:

- 1 Preheat the oven to 300F and line two baking sheets with parchment paper.
- 2 In a large bowl, combine almond flour, cocoa powder, sweetener, baking powder and salt. Add in egg, butter, vanilla and stevia and stir well until dough comes together.
- 3 Roll out dough between two pieces of parchment paper to desired thickness (I rolled mine very thin, about 1/8 inch thick). Lift off top piece of parchment and set aside. Using a 2-inch diameter cookie cutter, cut out circles of dough and lift gently. Place cookies on prepared baking sheet. Gather up scraps of dough and reroll until too little is left to roll out.
- 4 Bake cookies until firm to the touch, about 30 minutes. Remove and let cool (they will continue to crisp up as they cool).

Chocolate Coating:

- 1 Place a metal bowl over a pot of gently simmering water, not allowing the bowl to touch the water. Melt butter and chocolate together in the bowl, stirring until smooth. Remove from heat and stir in peppermint extract.
- 2 Dip cookies into chocolate, using two forks to turn over and fully coat cookie. Gently pass chocolate-coated cookie back and forth between forks to remove excess chocolate, then place on waxed paper to cool and set.

Notes: some chocolate melts more thickly than others. Cocoa butter is the best way to thin out the coating. Butter and coconut oil are okay but some chocolate seems to end up more thick when using dairy.



WALNUTS IN DARK CHOCOLATE

Ingredients

- 2 cups shelled walnuts
- 4 oz unsweetened chocolate chopped
- ¼ cup powdered Swerve
- Sweetener or powdered erythritol
- 3 tbsp walnut oil
- ½ tsp vanilla extract
- 1 tbsp unsweetened cocoa powder

Instructions

- 1 Line a baking sheet with parchment paper or waxed paper.
- 2 Over low heat, combine chocolate, powdered Swerve, and walnut oil. Stir until melted and smooth.
- 3 Stir in vanilla extract and cocoa powder until smooth.
- 4 Let cool 5 minutes to thicken.
- 5 Stir in half of walnuts and then lift each walnut out with a fork, gently tapping on the side to remove excess coating.
- 6 Place each walnut on prepared baking sheet. Repeat with remaining walnuts.
- 7 Place cookie sheet in freezer for 15 to 20 minutes.
- 8 If coating is starting to thicken too much, reheat over low heat gently until a little more liquidy (should be the consistency of pourable syrup).
- 9 Working with a few walnuts at a time, re-coat by dropping into the chocolate coating again and lifting out with a fork, tapping on the side to remove excess.
- 10 Place on baking sheet and chill in freezer until firm.
- 11 Can be stored on counter in an airtight container. Use within a few days.



CINNAMON ROLLS

Ingredients

Filling/Topping:

- 2 tbsp Swerve Sweetener or other erythritol
- 1 tsp ground cinnamon

Biscotti:

- 2 cups almond flour
- 1/3 cup Swerve Sweetener or other erythritol
- 1 tsp baking powder
- 1/2 tsp xanthan gum
- 1/4 tsp salt
- 1/4 cup melted butter plus 1 tbsp for brushing biscotti
- 1 large egg
- 1 tsp vanilla extract

Glaze:

- 1/4 cup powdered Swerve Sweetener or other powdered erythritol
- 2 tbsp heavy cream
- 1/2 tsp vanilla

Instructions

Cookies:

- 1 For the filling, combine sweetener and cinnamon in a small bowl. Set aside.
- 2 Preheat oven to 325F and line a baking sheet with parchment paper.
- 3 In a large bowl, whisk together almond flour, sweetener, baking powder, xanthan gum, and salt. Stir in 1/4 cup butter, egg and vanilla extract until dough comes together.
- 4 Turn dough onto prepared baking sheet and divide in half. Form each half into a rectangle about 10 by 4 inches. Make sure both halves are similar in size and shape.
- 5 Sprinkle one half with about 2/3 of the cinnamon filling. Top with the other half of the dough and seal the seams and smooth the top.
- 6 Bake 25 minutes or until lightly browned and just firm to the touch. Remove from oven and brush with remaining melted butter, then sprinkle with remaining cinnamon mixture. Let cool 30 minutes and reduce oven temperature to 250F.
- 7 Using a sharp knife, cut log into about 15 slices (a straight up and down motion works better than sawing back and forth).
- 8 Place slices back on baking sheet cut-side down and bake 15 minutes, then flip over and bake another 15 minutes. Turn off oven and let sit inside until cool.
- 9 For the glaze, whisk powdered sweetener with cream and vanilla extract until smooth. Drizzle over cooled biscotti.



CHOCOLATE DONUTS WITH COCONUT

PREP TIME: 15 MINS
COOK TIME: 18 MINS
TOTAL TIME: 33 MINS

Ingredients

Donuts:

- 1/3 cup coconut flour
- 1/3 cup Swerve Sweetener
- 3 tbsp cocoa powder
- 1 tsp baking powder
- 1/4 tsp salt
- 4 large eggs
- 1/4 cup butter melted
- 1/2 tsp vanilla extract
- 6 tbsp brewed coffee or water coffee intensifies the chocolate flavour

Glaze:

- 1/4 cup powdered Swerve Sweetener
- 1 tbsp cocoa powder
- 1 tbsp heavy cream
- 1/4 tsp vanilla extract
- 1 1/2 to 2 tbsp water

Instructions

Donuts:

- 1 Preheat the oven to 325F and grease a donut pan very well.
- 2 In a medium bowl, whisk together the coconut flour, sweetener, cocoa powder, baking powder, and salt. Stir in the eggs, melted butter, and vanilla extract, then stir in the cold coffee or water until well combined.
- 3 Divide the batter among the wells of the donut pan. If you have a six-well donut pan, you may need to work in batches.
- 4 Bake 16 to 20 minutes, until the donuts are set and firm to the touch. Remove and let cool in the pan for 10 minutes, then flip out onto a wire rack to cool completely.

Glaze:

- 1 In a medium shallow bowl, whisk together the powdered sweetener and cocoa powder. Add the heavy cream and water and whisk to combine.
- 2 Add enough water until the glaze thins out and is of a "dippable" consistency, without being too watery.
- 3 Dip the top of each donut into the glaze and let set, about 30 minutes.

Recipe Notes

How many donuts you get depends on the size of your donut pan. You will likely get 8 to 10 donuts.



CHOCOLATE CAKE

Ingredients

Donuts:

- 150 ml regular olive oil (plus more for greasing)
- 50 grams good-quality cocoa powder (sifted)
- 150 ml boiling water
- 2 Tsp best vanilla extract
- 150 grams Almond Flour
- 1/2 Tsp Baking Soda
- 1 pinch Salt
- Stevia to taste
- 3 large eggs

Instructions

- 1 Preheat your oven to 170°C or 325°F. Grease an 8 inch springform pan with a little oil and line the base with baking parchment.
- 2 Measure out the cocoa and whisk it into the boiling water until you have a smooth chocolate paste. Add in the vanilla extract, mix and set aside to cool.
- 3 In another bowl, combine the almond flour, baking soda and salt well.
- 4 Using an electric whisk, or a stand mixer, whisk together the olive oil, eggs and sweetener for about three minutes, until it becomes pale and frothy. Add in the cocoa mixture and whisk until well blended. Slowly tip in the almond flour and mix until everything is combined.
- 5 Pour into the cake tin and bake for about 30 minutes. You don't want to overbake this cake, because it can become dry and crumbly, so start testing it at the 25 minute mark—a toothpick inserted into the centre should come out mostly clean but with a few crumbs attached.
- 6 Let it cool for about 10 minutes, then eat it while it's still warm, or let it cool all the way through and serve topped with some sweetened whipped cream.



STRAWBERRY MINI CAKE

Ingredients

Almond Flour Cake

- 3 cups almond flour
- 1/2 cup Sukrin: 1 (or Swerve)
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 3 large eggs
- 3/4 cup coconut milk (full fat from a can)
- 1/4 cup fresh lemon juice
- 1 teaspoon vanilla
- 1/2 teaspoon stevia glycerite (or stevia drops)

Topping

Strawberries

- 12 ounces strawberries, Diced
- 2 tbsp Swerve Confectioners

Whipped Cream

- 1 cups heavy cream
- 2 tablespoons Swerve Confectioners
- 1/4 teaspoon vanilla

Instructions

- 1 Preheat oven to 350 degrees and position the rack to the middle. Spray a small rimmed sheet pan (jelly roll pan) with baking spray and then line the bottom with parchment paper. The baking spray keeps the parchment in place. My quarter sheet pan measures 12 x 8 1/2 inches at the base of the pan and 13 x 9 1/2 inches at the top (around the rim).
- 2 Measure the dry ingredients for the cake into a medium bowl and stir to mix thoroughly. Then, add the eggs, coconut milk, lemon juice, vanilla and stevia glycerite to the bowl and mix with a hand mixture until ingredients are incorporated.
- 3 Pour the batter into the parchment lined baking sheet and gently spread it to the edges of the pan. Place the cake into the oven and turn it up to 400 for 5 minutes. Then turn it back down to 350 for about 20 minutes more until fully cooked and lightly browned on top.
- 4 Remove the shortcake from the oven and let cool completely before cutting. Cut into 12 squares or use a biscuit cutter to cut into circles.
- 5 Dice strawberries and mix with two tbsp of sweetener to macerate. Whip the cream with the vanilla and 2 tbsp of sweetener until very thick. (I often add a pinch of xanthan gum to stabilize the whipped cream)
- 6 To plate, add a dollop of whipped cream to a piece of cake and top with the freshly sliced berries. Piping the whipped cream is also a nice effect. Serves 12.



COCONUT PIE

PREP TIME: 15 MINUTES
COOK TIME: 20 MINUTES
CHILL TIME: 5 HOURS
TOTAL TIME: 35 MINUTES
SERVINGS: 12 SLICES

Ingredients

Crust

- 1/4 cup butter melted
- 1/2 cup almond flour
- 2 eggs
- 1/4 cup Swerve sweetener
- 1/4 teaspoon salt
- 1/2 cup coconut flour sifted
- 1/3 cup shredded unsweetened coconut

Instructions

Crust

- 1 Melt butter in large bowl.
- 2 Add almond flour, eggs, sweetener, and salt to butter mix well.
- 3 Stir in coconut flour and shredded coconut until a dough forms.
- 4 Roll out dough between parchment or wax paper.
- 5 Take top sheet of paper off dough and invert into a pie pan.
- 6 Press to fix any cracked areas of crust and flute edges.
- 7 Using a fork, poke small holes throughout the crust.
- 8 Bake crust at 400°F for 10 minutes. Allow crust to cool.



Filling

- 13 ounces canned coconut milk
- 3 egg yolks
- 1/2 cup low carb sweetener
- 1 teaspoon xanthan gum
- 1 teaspoon vanilla extract
- 1/2 cup shredded unsweetened coconut to toast
- 1 teaspoon grass-fed gelatin
- 2 tablespoons water
- 2 cups heavy whipping cream
- 1 teaspoon vanilla extract
- 3 tablespoons Swerve sweetener
- 12 ounces cream cheese softened

Filling

- 1 Heat coconut milk until hot, but not boiling. Meanwhile, beat egg yolks in a small bowl with a fork until well blended.
- 2 When coconut milk is hot, slowly add about 4 tablespoons to egg yolks, stirring quickly with a fork after each small addition.
- 3 Pour yolk mixture slowly into hot coconut milk.
- 4 Reduce heat to low, then gently sprinkle and whisk in sweetener and xanthan gum.
- 5 Cook for 3-4 minutes or until thickened, then remove from heat.
- 6 Stir in vanilla extract.
- 7 Spoon into medium bowl and cover with plastic wrap directly on so skin won't form. Place filling in refrigerator to chill at least 4 hours.
- 8 Spread coconut on a baking sheet and toast in 375°F oven just until golden (about 3-5 minutes). Remove and allow to cool on rack.
- 9 Pour one tablespoon water in a small bowl and sprinkle gelatin on top. Once gelatin has softened, stir in 1 tablespoon hot water until all gelatin has dissolved.
- 10 With an electric mixer, whip the heavy cream with the 1 teaspoon vanilla and 3 tablespoons sweetener until soft peaks form. Slowly pour in dissolved gelatin mixture and beat cream until stiff.
- 11 In large bowl, beat cream cheese until light and fluffy. Slowly beat in the chilled coconut pudding, adding a small amount at a time until smooth.
- 12 Fold in about half the whipped cream into the cream cheese pudding mixture until smooth.
- 13 Spread coconut pudding cream mixture into the cooled crust. Top with the remaining whipped cream and sprinkle the toasted coconut on top.
- 14 Chill for at least 4 hours.



CHOCO CAKE

Ingredients

- 6 large eggs – separated yolks and whites
- 2/3 cup almond flour
- 3 tbsp micellar casein powder
- 5 1/2 tbsp cocoa powder
- 1 oz Lakanto Monk fruit sweetener
- 1/2 tsp salt – ground extra fine
- 1 tsp baking powder
- 1 tsp coffee powder
- 4 tbsp heavy whipping cream
- 1/2 cup water
- 6 tbsp coconut oil
- 1 tsp vanilla extract
- 1 tsp white vinegar
- 1 full batch of Keto Caramel Cream Frosting (recipe link to be added)

Instructions

- 1 Preheat OVEN to 150 C or 300 F
- 2 Line the bottom and sides of a spring form pan with parchment paper. Use butter on the sides to help keep the parchment in place
- 3 Separate the eggs. Put the whites into a mixer bowl and the yolks into a second bowl
- 4 To the bowl with the yolks, add the 30 g of sweetener and whisk until pale yellow
- 5 Place a sieve over the egg yolks bowl, add the almond flour, micellar casein powder, baking powder, cocoa powder, salt, coffee powder and stir to pass dry ingredient through sieve. Discard any bits that do not go through sieve
- 6 To a small bowl, add the cream, oil and vanilla extract. Stir until well combined and smooth. Add to batter
- 7 Combine well
- 8 Add the water and whisk for about 2 minutes until the batter is smooth and lump free
- 9 Add the white vinegar and whisk together well for about 1 minute. Set aside
- 10 Whisk the egg whites to a frothy stage, add the lemon juice and whisk until all the white has been whipped lightly, then start adding sweetener about 1/4 at a time, whisking between additions. After adding all the sweetener, increase speed to high and whisk to medium stiffness stage

- 11 Scoop out 1/4 of the whipped whites, and add to the bowl with the chocolate batter blend to combine very well
- 12 Pour the chocolate batter into the bowl with the whipped whites and gently fold to combine making sure not to deflate the whites
- 13 Pour the combined batter into lined cake pan
- 14 Run a knife through the batter to remove air bubbles, and also tap the pan onto the counter a few times. If there are many bubbles, run the knife through the batter one more time
- 15 Place in the lower third position of the oven, and bake for 45 minutes
- 16 Without opening the oven door, increase the temperature to 170 C or 340 F and bake for 5 minutes
- 17 Immediately remove from oven and place on counter/ cooling rack to cool in the pan for about 20 minutes
- 18 Remove spring pan sides, peel off the parchment from the sides and bottom of the cake. Place cake onto a cooling rack and let sit at room temperature for a few hours, until completely cooled
- 19 OPTIONAL: cut the cake in half, inverting the top layer and using it as the bottom layer for decorating purposes
- 20 To a mixing bowl add the whipping cream, mascarpone frosting, vanilla extract and prepared Keto Caramel Sauce. OPTIONAL: Bloom one packet (7.2 g) of gelatin in 1/4 cup of water. Heat to melt and slowly drizzle into cream frosting as you whisk. Cover bowl with cling wrap and refrigerate until needed.
- 21 Add about half of the caramel cream frosting to the center layer. Place the bottom layer, inverted, over the caramel cream and use the rest of the caramel cream for the top frosting
- 22 GARNISH OPTIONS: decorate by placing the formed caramel or chocolate designs as desired. Use flowers such as Baby's Breath or other flowers of your choice
- 23 Refrigerate for one hour before serving. Enjoy!



PUDDING LOVE

Ingredients

- 80 ml full-fat coconut milk
- 10 g cocoa powder or raw cacao (to taste)
- 2 to 3 tablespoons Swerve or xylitol (to taste)**
- 100 g avocado about half an avocado
- 1/2 teaspoon vanilla extract *
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon instant coffee optional
- 1/8 teaspoon salt

Instructions

- 1 Add coconut milk, cocoa powder and sweetener to a saucepan over medium heat. Heat up, whisking to combine, until the ingredients have incorporated (though you may still have a few cocoa lumps). You do not want to warm it up too much, rather just use the heat to combine the ingredients. Remove from heat.
- 2 Stir in vanilla extract, cinnamon, coffee (optional) and salt. Add avocado and blend using an immersion blender. Alternatively transfer to a food processor and blend until silky smooth.
- 3 Taste for sweetness and seasoning and adjust accordingly with more sweetener or salt. Transfer to serving glass and either enjoy at room temperature or chill until fully set (our preference). You can always pop it in the freezer for 15 minutes, and keep in mind that this chocolate pudding keeps well in the fridge for a couple days.
- 4 If you're feeling fancy: garnish with grated dark chocolate and flakey sea salt!



TIRAMISU

Ingredients

FOR THE COFFEE SOAKED BISCUIT BASE

- 25 g almond flour
- 2 teaspoons Swerve confectioners or xylitol
- pinch cinnamon
- pinch salt
- 2 tea spoons melted grass-fed butter
- 1 tea spoones presso or strong-brewed coffee

FOR THE KETO TIRAMISU

- 1 large egg yolk
- 1 tablespoon dry Marsala wine or dry white wine
- 2-3 tablespoons Swerve confectioners or xylitol, to taste
- (we use 2)
- 70 g mascarpone cheese at room temperature
- 40 g heavy cream whipped
- cocoa powder for dusting

Instructions

FOR THE COFFEE SOAKED BISCUIT BASE

- 1 Lightly toast almond flour in a dry skillet or pan over medium heat, until fully golden and fragrant (2-4 minutes). This is very important taste-wise, so don't skip!
- 2 Transfer toasted almond flour to a small bowl (or go straight for the serving glass), and mix in Swerve, cinnamon and salt. Add in butter and coffee, mix until thoroughly combined, and sprinkle into serving glass or dish. Refrigerate while you make the tiramisu (and don't worry if it tastes soggy right now!).

FOR THE KETO TIRAMISU (THE EASY VERSION)

- 1 Add heavy cream to a medium bowl and beat with an electric mixer until whipped (2-3 minutes). Set aside.
- 2 Fold in mascarpone, marsala (optional), and powdered sweetener to taste.
- 3 Transfer to prepared serving glass and freeze for 30-40 minutes or refrigerate for a couple hours (or overnight). Serve with a generous dusting of cocoa powder.



FOR THE KETO TIRAMISU (THE HARD VERSION)

- 1 Add heavy cream to a medium bowl and beat with an electric mixer until whipped (2-3 minutes). Set aside.
- 2 Beat egg yolk, marsala and powdered sweetener in a heat-proof bowl set over a simmering water bath. Making sure the bottom doesn't touch the water. Whisk rapidly and constantly (much easier with an electric mixer or handheld whisk), until tripled in volume, 4-6 minutes.
- 3 Remove from heat and fold in mascarpone until thoroughly combined.
- 4 Fold in whipped cream gently until creamy smooth, transfer to prepared serving glass and freeze for 30-40 minutes or refrigerate for a couple hours (or overnight). Serve with a generous dusting of cocoa powder.



PREP TIME: 3 MINUTES
COOK TIME: 2 MINUTES
TOTAL TIME: 5 MINUTES
SERVINGS 4 PORTIONS
(2 PANCAKES EACH)

PANCAKES

Ingredients

FOR THE COFFEE SOAKED BISCUIT BASE

- 1/2 cup plus 1 tbsp almond flour (60g)
- 1/2 cup full fat cream cheese (125g)
- 4 eggs
- 1/2 tsp cinnamon
- 1 tsp granulated sweetener (optional)
- butter for frying

Instructions

- 1 Mix all ingredients in a blender.
- 2 Fry pancakes in melted butter in a non-stick pan over a medium heat. Turn over once the centre begins to bubble. The pancakes should be smallish, ca 10-12 cm in diameter. About the right size to fit them in the toaster the next day should you be so lucky to have any leftovers.

Recipe Notes

- I have not added the butter to the nutritional info - how much butter you need will depend on the type of pan you use.
- You can add 1 tsp of baking powder if you want your pancakes super-fluffy
- Nutrition is calculated per portion of 2 pancakes each



STRAWBERRY JAM

Ingredients

- 8 ounces diced strawberries
- 1/4 cup Swerve Granulated
- 1/4 cup water
- 1 tbsp lemon juice
- 3/4 tsp Knox Gelatin powder

Instructions

- 1 Sprinkle the gelatin over the lemon juice.
- 2 In a small sauce pan over medium heat, combine the strawberries, Sukrin :1 and water. Stir to combine. Bring the strawberries up to a simmer then turn the heat to low and simmer for 20 minutes.
- 3 Break up the gelatin and stir into the strawberries to melt. Turn off the heat and adjust sweetness. Let cool.
- 4 Spoon the strawberry jelly into a clean jar, cover and refrigerate. Use in 7-10 days. Makes 1 cup yielding 16 servings, 1 tablespoon each.
- 5 I have not tried freezing this jam



ALFAJORES

Ingredients

Cookies

- 1 cup butter, softened
- 1/3 cup erythritol
- 1 tsp vanilla extract
- 1 pinch salt
- 2 cups fine ground, blanched almond flour

Caramel

- 2 tbsp butter or ghee
- 1/3 cup heavy whipping cream or coconut cream
- ½ cup erythritol
- 1 tbsp nut butter (optional)

Instructions

Shortbread cookies

- 1 In a large bowl, beat the butter and sweetener until smooth.
- 2 Add in the vanilla and salt and beat to combine.
- 3 Add in the almond flour and mix until well incorporated then use a spatula to smooth it out.
- 4 Transfer the dough to a piece of parchment paper and roll into a log.
- 5 Wrap it up and let cool in the fridge to harden for one hour. In the meantime, let's prepare the caramel!



Caramel

- 1 In a small sauce pot or skillet on medium heat melt the butter or ghee until browned.
- 2 Add in cream and sweetener and bring to a simmer.
- 3 Reduce heat to medium low and stir occasionally until the sweetener is dissolved and the liquid is thick and sticky and easily coats a spoon inserted in the mix.
- 4 Remove from the heat and transfer it to a jar and let it cool at room temperature.
- 5 Stir it as it cool every few minutes to make sure it does not separate.
- 6 If your caramel does not thicken enough to spread on the cookies, mix in the nut butter!

Baking

- 1 Preheat the oven to 325°F (160°C).
- 2 Line a sheet pan with parchment paper.
- 3 Cut ¼ inch thick rounds of dough and lay each slice carefully on the sheet pan, using your fingers to shape the cookie to an even round shape with smooth edges. Make 12 cookies, you need an even number for the sandwiches.
- 4 Leave 1-2 inches (3-5 cm) between them and bake for 15 minutes or until the edges are golden brown.
- 5 Remove from the oven and let them cool before transferring to a wire rack.
- 6 When the cookies are room temperature, turn them over.
- 7 Add a heaping tablespoon of caramel to every other cookie, then top the sandwich, gently pressing down until the spread reaches the edges.



CARROT CHEESECAKE

Ingredients

Cake batter

- 1 tsp apple cider vinegar
- ½ cup heavy whipping cream
- 2/3 cup unsalted butter, softened
- 1½ cups granulated erythritol
- 3 large eggs
- 2 tsp vanilla extract
- 2 cups blanched almond flour
- 6 tbsp whey protein isolate
- 1 tsp ground cinnamon
- ¾ tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- ½ cup finely shredded carrots
- ½ cup walnuts (optional)

Instructions

Cake batter

- 1 Preheat the oven to 300°F (150°C). Grease a 9-inch (23 cm) springform pan with butter or coconut oil and line with parchment paper.
- 2 In a small bowl, mix the vinegar into the heavy whipping cream and set aside.
- 3 In a separate bowl, using a hand mixer or stand mixer, cream the butter and granulated sweetener. When the butter has lightened in color, add the eggs one at a time, beating well after each addition. Mix in the vanilla extract and set aside.
- 4 In a third bowl, whisk together the almond flour, protein isolate, cinnamon, baking powder, baking soda and salt.
- 5 Add the flour mixture to the egg mixture and stir to combine. Stir in the cream mixture. Add the carrots and walnuts, if using, and stir in by hand. The batter will be thick.
- 6 Pour the batter into the prepared pan. Use the back of a spoon to push the batter against the sides of the pan, creating a well for the cheesecake filling. Set aside.

Cheesecake filling

- 16 oz. cream cheese, room temperature
- 2 large eggs
- ½ cup erythritol
- 4 drops liquid sweetener
- 1 tbsp vanilla extract
- 8 oz. cream cheese, room temperature
- ¼ cup unsalted butter, softened
- ¼ cup powdered erythritol
- ½ tsp vanilla extract

Cheesecake filling

- 1 In a large bowl, use the mixer to blend the cream cheese, eggs, sweeteners and vanilla extract until smooth.
- 2 Carefully pour the filling on top of the prepared cake batter, adding a little filling at a time. Spoon the filling around the center and out and at least ½ inch (1 cm) up the sides of the pan.
- 3 Bake for 1 hour 15 minutes to 1 hour 25 minutes, until the edges are browned and the center is set. When the center is set, turn off the oven, leave the oven door slightly open, and let cool for at least an hour. Remove from the oven and let cool completely. Refrigerate for at least 6 hours or overnight.

Cake icing

- 1 In a large bowl, use a hand mixer or stand mixer to fully mix all the icing ingredients. Top the cake with the icing. Garnish with a sprinkle of chopped, walnuts or a few shavings of fresh carrot if desired.



CHOCOLATE- COVERED MACADAMIA NUT FAT BOMBS

Ingredients

- ¼ cup sugar-free dark chocolate, stevia-sweetened chocolate chips
- 1 tbsp MCT oil
- Coarse salt or sea salt
- 1½ oz. raw macadamia nuts halves

Instructions

Cake batter

- 1 In a small microwave-safe dish, microwave the chocolate chips for 50 seconds or until melted. Stir until smooth, then add the MCT oil and a pinch of coarse salt. Mix until blended.
- 2 Place 3 macadamia nut halves in each of 8 wells of a truffle mold or mini muffin pan or in each of 8 mini baking cups. Spoon some of the chocolate mixture into each well or baking cup, completely covering the nuts. Sprinkle additional salt over the chocolate.
- 3 Transfer the mold or baking cups to the freezer for a minimum of 30 minutes, until the chocolate is solid.
- 4 Store extras in a zip-top plastic bag in the freezer for up to 6 months.



KETO HARD NOUGAT

Ingredients

- 1 cup macadamia nuts or almonds
- 1 cup erythritol
- 2 tbsp water
- 1 large egg white
- 1 pinch salt

Instructions

- 1 Preheat the oven to 200°F (100°C).
- 2 Line a small pan, about 8x6 inches (20 x 15 cm), with parchment paper.
- 3 Put the macadamia nuts in a skillet and heat over medium heat until golden and toasted. Remove from the heat and add them to the loaf pan.
- 4 In a small sauce pot, combine the erythritol and water. Stir occasionally while it heats over medium heat until the mix is completely fluid, translucent and comes to a simmer, this will take about 20 minutes.
- 5 While the syrup comes to a simmer quickly beat the egg white and salt together until it's white and foamy, almost forming soft peaks.
- 6 While you continue to whisk the eggs, slowly pour in the syrup until fully combined.
- 7 Transfer the egg mix back to the sauce pot and keep stirring with a spatula as you heat over low heat until the egg and syrup mix is smooth and sticky, about 30 minutes.
- 8 Pour this mix over the macadamia nuts and smooth it out.
- 9 Place the loaf pan in the oven for 2 hours. This is to dry the mix so the candy becomes dry.
- 10 Once it is done, remove from the oven and let it cool to room temperature before unmolding.
- 11 Slice or crack into pieces. Store wrapped in paper at room temperature in a cool dry place.



SWEDISH SAFFRON BUNS

Ingredients

- 8 eggs
- 6 tbsp erythritol
- $\frac{3}{4}$ tsp saffron
- $\frac{3}{4}$ cup heavy whipping cream
- 7 oz. almond flour
- 4 tbsp coconut flour
- 4 tsp ground psyllium husk powder
- 4 tsp baking powder
- 1 pinch salt
- 32 almonds
- 2 tsp butter, melted
- 1 egg, for brushing

Instructions

- 1 Preheat the oven to 350°F (175°C).
- 2 Beat eggs, sweetener and crushed saffron until fluffy. Pour in the cream and stir.
- 3 Combine the rest of the dry ingredients (except almonds) and make sure there are no lumps. Stir everything in the egg mixture and whisk until you get a smooth mixture. Let rest for 5 minutes.
- 4 Divide the dough into 16 pieces and shape them into an S-shape or into round buns. Place on a baking sheet with parchment paper and brush with slightly beaten eggs. Press in the almonds.
- 5 Bake in the middle of the oven for about 10-12 minutes, depending on oven, size and number of buns.



KETO BUNUELOS

Ingredients

- 2 cups coconut oil
- 1 cup fine ground almond flour
- 2 tbsp ground psyllium husk powder
- 1 pinch salt
- 1 pinch ground nutmeg
- ¼ cup erythritol
- ½ tsp baking soda
- 1 cup crumbled feta cheese
- ½ cup cream cheese
- 2 large eggs

Instructions

- 1 Add the oil to a 9-10 inch (25 cm) skillet, and heat over medium heat.
- 2 In a large bowl, whisk together the almond flour, psyllium husk, salt, nutmeg, baking soda and erythritol.
- 3 Add in the feta and use your hands to break it down and crumble it into the dry mix.
- 4 Add in the cream cheese and the eggs and fold them in until fully combined.
- 5 Insert a wooden spoon into the oil, when it sizzles, it's hot enough.
- 6 Shape 8 or more 2-inch (5 cm) balls with the mix. Drop one at a time in the hot oil. We cooked 4-6 at a time as they will swell when frying and you don't want to crowd the skillet.
- 7 Cook 2-3 minutes until browned then use a slotted spoon to turn them over and fry another 2 minutes.
- 8 Remove the buñuelos from the oil and set on a wire rack to cool while you fry the rest of the batter.
- 9 You can decorate with confectioner's erythritol if you like. Enjoy right away!



GINGERBREAD SPICE DUTCH

Ingredients

- ¾ cup heavy whipping cream, room temperature
- 5 large eggs, room temperature
- 2 oz. cream cheese, softened
- 1 tsp vanilla extract
- ½ tsp maple extract
- 1⅓ cup powdered erythritol
- 2 tbsp unflavored whey protein isolate
- 1 tsp baking powder
- ¼ tsp salt
- 1 tsp ground ginger
- ½ tsp ground cinnamon
- ¼ tsp ground cloves
- 3 tbsp unsalted butter, for the pan

Toppings

- Ground cinnamon (optional)
- powdered erythritol, for dusting (optional)
- Heavy whipping cream, freshly whipped (optional)

Instructions

- 1 Preheat the oven to 400°F (200°C).
- 2 Place all ingredients, except for the butter, in a blender and blend until smooth and creamy. Blend for at least a minute to aerate the mixture. Set aside.
- 3 Put the butter in a 10-inch (25 cm) oven-proof skillet and place it in the oven. When the butter begins to sizzle, remove the pan from the oven and pour the batter into the center of the hot skillet.
- 4 Bake for 12 to 15 minutes or until the Dutch baby is puffy and browned. The center should be just set. The Dutch baby is likely to rise in a lopsided fashion and will deflate somewhat as it cools.
- 5 Serve hot or cold. Garnish with a dash of cinnamon, sprinkle of powdered sweetener, or a dollop of freshly whipped cream.



SAFFRON PANNACOTTA

Ingredients

- ½ tbsp unflavored powdered gelatin
- Water
- 2 cups heavy whipping cream
- ¼ tsp vanilla extract
- 1 pinch saffron
- 1 tbsp honey (optional)
- 1 tbsp chopped almonds (optional)
- 12 physalis or fresh raspberries (optional)

Instructions

- 1 Mix gelatin with a small amount of water (follow instructions for your chosen brand, usually 1 tablespoon water for every 1 tsp gelatin) and set aside to bloom.
- 2 Bring cream, vanilla, saffron and optional honey to a light boil in a sauce pan. Lower the heat and allow to simmer for a few minutes.
- 3 Remove the pan from the stove top and add the gelatin. Stir until completely dissolved.
- 4 Pour the mix into 6 glasses or ramekins. Cover with plastic wrap and place in the refrigerator for at least 2 hours. Toast the almonds in a dry, hot frying pan for a few minutes and add on top of the pannacotta with physalis or other berries and serve.



CINNAMON AND CARDAMOM FAT BOMBS

Ingredients

- 3 oz. unsalted butter
- ½ cup unsweetened shredded coconut
- ¼ tsp ground cardamom (green)
- ½ tsp vanilla extract
- ¼ tsp ground cinnamon

Instructions

- 1 Bring the butter to room temperature.
- 2 Roast the shredded coconut carefully until they turn a little brown. This will create a delicious flavor, but you can skip this if you want. Let cool.
- 3 Mix together butter, half of the shredded coconut and spices in a bowl.
- 4 Form into walnut-sized balls with two teaspoons. Roll in the rest of the shredded coconut.
- 5 Store in refrigerator or freezer.



WAFFLES WITH BLUEBERRY BUTTER

Ingredients

- 5 oz. melted butter
- 8 eggs
- 1 tsp vanilla extract
- 2 tsp baking powder
- 1/3 cup coconut flour

Blueberry Butter

- 3 oz. butter
- 1 oz. fresh blueberries

Instructions

- 1 Mix melted butter and eggs. Add remaining ingredients and mix to a smooth batter using an electric hand mixer.
- 2 Allow to rest for 5 minutes while you heat the waffle iron to medium.
- 3 After properly heated, pour batter into iron and bake until golden. Baking time depends on the size of your waffle iron; we filled ours with 3/4 cup (1 1/2 dl) batter. Repeat with remaining batter.
- 4 Mix butter and blueberries with an electric hand mixer and serve with waffles.

Tip!

No time to whip up blueberry butter? Then why not serve the waffles with butter and cinnamon?