

THE 10 DAY FAT EXTERMINATOR SYSTEM



AMAZING KETO DESSERTS
RECIPES FROM COOKIES
FAT BOMBS BROWNIES AND
MORE!

DESSERT RECIPES

TIM ERNST

The 10 Day Fat Exterminator

DESSERT RECIPES

Breakthrough Diet Of The 21st Century

**A Fool Proof, Science Based Diet
That's 100% Guaranteed To Melt Fat,
Reverse Chronic Disease And Live
Longer!**

By Tim Ernst

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Specific results mentioned in this book should be considered extraordinary and there are no “typical” results. As individuals differ, then results will differ.

PEANUTBUTTER CHOCOLATE COCONUT FAT BOMBS

Ingredients:

- 8 oz. cream cheese
- 1/2 c. peanut butter
- 1/4 c. coconut oil, plus 2
tbsp.
- 1 tsp. kosher salt
- 1 c. Lilly's chocolate chips

Yields 10

Calories:

209

Macros:

6.4 Carbs

19g Fat

5.4g Protein

NOTE: If you don't like coconut, leave them off

Instructions:

1. Line a small baking sheet with parchment paper. In a medium bowl, combine cream cheese, peanut butter, 1/4 c coconut oil, and salt. Using a hand mixer, beat mixture until fully combined, about 2 minutes. Place bowl in freezer to firm up slightly, 10 to 15 minutes.
2. When peanut butter mixture has hardened, use a small cookie scoop or spoon to create golf ball sized balls. Place in the refrigerator to harden, 5 minutes.
3. Meanwhile, make chocolate drizzle: combine chocolate chips and remaining coconut oil in a microwave safe bowl and microwave in 30 second intervals until fully melted. Drizzle over peanut butter balls and place back in the refrigerator to harden, 5 minutes.
Serve.
4. To store, keep covered in refrigerator.

KETO CHOCOLATE CHIP COOKIES

Ingredients:

2 1/2 cup Almond flour
6 tbsp Butter (softened; can use coconut oil for dairy-free, but flavor and texture will be different) *
1 large Egg
1/2 cup Erythritol (or other granular sweetener of choice)
1 tsp Vanilla extract
1 tsp Blackstrap molasses

Yields 20

Calories:

133

Macros:

4 Net Carbs

12g Fat

4 Protein

Instructions:

1. Preheat the oven to 350 degrees. Line a cookie sheet with parchment paper.
2. Use a hand mixer or stand mixer to beat together the butter and erythritol, until it's fluffy and light in color.
3. Beat in the egg, vanilla extract, and blackstrap molasses. Beat in the almond flour, 1/2 cup (118 mL) at a time.
4. Fold in the chocolate chips.
5. Use a standard melon scoop to drop rounded cookie dough onto the prepared cookie sheet. Slightly Flatten each cookie.
6. Bake for about 12 minutes, until the edges are golden. (Time will vary based on your oven.) Allow to cool completely in the pan before handling.

CHOCOLATE PECAN FAT BOMBS

Ingredients:

3.5 oz. Lilly's Chocolate Chips

1/4 cup coconut oil

1/3 cup pecans

Pinch of salt

Instructions:

1. Melt chocolate and coconut oil. You have to do this in a water bath in a coated pot on the stove using medium heat.
2. Crush your pecans.
3. Add the crushed pecans to the melted chocolate.
4. Pour into a silicone mold of ice cube tray and freeze for about 5 minutes.
5. remove from freezer and use extra pecans to put on top as a garnish.
6. Place into refrigerator for 20 minutes until set.

Yields 30

Calories Per Serving:

46

Macros:

0.7 Carbs

4.8g Fat

0.3g Protein

KETO AVOCADO BROWNIES

Ingredients:

3 eggs
1/2 cup zero-calorie sweetener (Erythitol)
1/2 cup unsweetened cocoa powder
1 1/2 cups ripe avocados
1/4 cup coconut oil
1/4 cup natural natural peanut butter
3/4 teaspoon baking soda
1 teaspoon vanilla extract
sugar-free chocolate chips for sprinkled topping

Yields 10

Calories:

160

Macros:

3 Carbs

14g Fat

4g Protein

Instructions:

1. Preheat oven to 350 degrees.
2. Spray brownie pan with cooking oil. If using a baking dish, use an 8 x 8 or 9 x 9 with parchment paper.
3. Add all of the ingredients to a blender.
4. Blend for 30-60 seconds until the batter is smooth. Open the blender, and stir the ingredients, and then blend for an additional 10 to seconds. The batter will be thick and smooth. Make sure to scrape down the sides.
5. Spoon the batter into the brownie pan or baking dish.
6. Flatten the batter with a spoon. Sprinkle with lilly's sugar-free chocolate chips
7. Bake for 22 -25 minutes. Insert the toothpick in the middle of a brownie. Remove it and examine if the toothpick has any uncooked batter.
8. Cool for 10-15 minutes before removing the brownies from the pan.

KETO CHOCOLATE TRUFFLES

Ingredients:

1 c. Lilly's chocolate chips
melted

1 medium avocado,
mashed

1 tsp. vanilla extract

1/4 tsp. Kosher salt

Yields 15

Calories Per Serving:

37

Macros:

9.6 Carbs

5.6g Fat

1.1g Protein

Instructions:

1. In a medium bowl, combine melted chocolate with avocado, vanilla, and salt. Stir together until smooth and fully combined. Place in the refrigerator to firm up slightly, 15 to 20 minutes.
3. When chocolate mixture has stiffened, use a small cookie scoop or small spoon to scoop approximately 1 tbsp chocolate mixture. Roll chocolate in the palm of your hand until round.

CHOCOLATE GEWY AVOCADO COOKIES

Ingredients:

1 ripe avocado about 1/2
cup mashed avocado

1/4 cup natural maple
Flavored Sugar-Free Syrup

1/2 cup all natural peanut
butter

1 egg

1/2 cup unsweetened
cocoa powder

Yields 6

Calories:

183

Macros:

5 Net Carbs

16g Fat

7g Protein

Instructions:

1. Cover a baking sheet with parchment paper. Slightly spray paper to avoid cookies from sticking .
2. In a food processor add ripe avocado and liquid sweetener. Process for 30 seconds until it forms a creamy avocado batter with no lumps.
3. Stop, add egg, nut butter and cocoa powder. Process again for 30 seconds. Make sure all the batter is smooth - no lumps.
4. Transfer the chocolate cookie batter onto a mixing bowl. Stir in chocolate chips and vanilla - if used.
5. Spoon the chocolate batter onto the baking sheet.
6. Bake for 12-15 minutes at 360 degrees or until the centre is set.

KETO CHOCOLATE MOUSSE

Ingredients:

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

Calories:

227

Macros:

Net 1.5 Carbs

24g Fat

4g Protein

Instructions:

1. Soften butter and combine with sweetener, stirring until completely blended.
2. Add cream cheese and heavy whipped cream blend until smooth.
3. Add cocoa powder and blend completely.

CHOCOLATE PEANUT BUTTER KETO BARS

Ingredients:

For Bars

3/4 cup almond flour
2 oz butter
1/4 cup Low Carb Sweetener
(Erythritol)
1/2 cup peanut butter
Vanilla 1/2 tsp

For the Topping

1/2 cup Lillys chocolate chips
2 tbsp coconut oil

Instructions:

1. Mix all the ingredients for the bars together and spread into a small 6 inch pan
2. Melt the chocolate chips in a microwave oven for 30 seconds and stir.
3. Spread the topping on top of the bars.
4. Refrigerate for a few hours.

Serves 8

Calories:

246

Macros:

7g Carbs

23g Fat

7g Protein

CHOCOLATE FUDGE KETO MINT BARS

Ingredients:

2 cups heavy cream separate equally for each layer
2 cups unsweetened almond milk separate equally for each layer
2 bars Lily's 55% Sugar free Chocolate Bars separate equally for each layer
4 tbsp butter separate equally for each layer

2 tsp vanilla separate equally for each layer
1/2 cup powdered sweetener of choice separate equally for each layer
1 tsp mint extract
1/2 cup Lily's Sugar Free Chocolate Chips

Serves 12

Calories:

183

Macros:

5g Carbs

18g Fat

1.5g Protein

Instructions:

1. Separate the ingredients equally for each layer, EXCEPT the chocolate chips and mint.
2. Bottom layer- on the stove or in a microwave safe dish- slowly warm the bottom layer's ingredients until smooth. Pour into lined 8x4 pan and refrigerate.
3. Repeat the same steps for the bottom layer using the remaining fudge ingredients. Mix in the mint extract. Pour onto chocolate layer. Top with chocolate chips.
4. Refrigerate until set up. Cut into 12 equal squares.

CHOCOLATE CHOCOLATE CHIP MUFFIN

Ingredients:

2 tbsp Cocoa Powder
2 tsp Almond Flour
1tbsp Erythritol
1/2 tsp Baking Powder
1/2 tsp Coconut Oil
1 Egg
1/2 tsp Vanilla Extract
1 1/2 tbsp Heavy Whipping Cream

Serves 1

Calories:

300

Macros:

11g Net Carbs

24g Fat

11g Protein

Instructions:

1. Mix dry ingredients (cocoa powder, almond flour, erythritol and baking powder in small mug sized bowl)
2. Melt coconut oil and add to dry ingredients (stir)
3. Add 1 egg (stir)
4. Add vanilla extract and heavy whipping cream (stir until mixture thickens)
5. Microwave anywhere from 30-90 seconds
6. Stop just short of cooking and add Lilly's chocolate chips then continue cooking.
7. Serve warm topped with whipped cream, if desired.