



GOURMET

# KETO DESSERT RECIPES

*Amazing and Delicious Low Carb Keto Dessert  
Recieps*

**"GETTING YOUR FOOD RIGHT"  
SINCE 2018**





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keto dessert | volume I | series no. 1



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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.

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SINCE 2018**

# PEANUT BUTTER COCONUT CHOCOLATE 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

## 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.



CALORIES: 209 PER SERVING (MAKES ABOUT 10)  
MACROS: 6.4G CARBS 19G FAT 5.4G PROTEIN

# KETO CHOCOLATE CHIP COOKIES

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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

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.



CALORIES: 133 PER SERVING (MAKES ABOUT 20)  
MACROS: 4G CARBS 12G FAT 4G PROTEIN

# CHOCOLATE PECAN FAT BOMBS

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## 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.



CALORIES: 46 PER SERVING (MAKES ABOUT 30)  
MACROS: 0.7G 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

## 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.



CALORIES: 160 PER SERVING (MAKES ABOUT 10)  
MACROS: 3G CARBS 14G FAT 4G PROTEIN

# KETO CHOCOLATE TRUFFLES

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## Ingredients:

- 1 c. Lilly's chocolate chips melted
- 1 medium avocado, mashed
- 1 tsp. vanilla extract
- 1/4 tsp. Kosher salt

## 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.
2. 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.



CALORIES: 160 PER SERVING (MAKES ABOUT 15)  
MACROS: 9.6G CARBS 5.6G FAT 1.1G PROTEIN

# CHOCOLATE AVOCADO COOKIES

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## 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

## 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.



CALORIES: 183 PER SERVING (MAKES ABOUT 6)  
MACROS: 5G CARBS 16G FAT 7G PROTEIN

# KETO CHOCOLATE MOUSSE

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## 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 and heavy whipped cream blend until smooth.
3. Add cocoa powder and blend completely.



CALORIES: 227 PER SERVING (MAKES ABOUT 6)  
MACROS: 1.5G CARBS 24G FAT 4G 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

## 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.



CALORIES: 183 PER SERVING (MAKES ABOUT 12)  
MACROS: 5G CARBS 18G FAT 1.5G PROTEIN

# CHOCOLATE PEANUT BUTTER KETO BARS

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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.



CALORIES: 246 PER SERVING (MAKES ABOUT 8)  
MACROS: 7G CARBS 23G FAT 7G PROTEIN

# CHOCOLATE CHOCOLATE CHIP MUFFIN

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## 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

## Instructions:

Mix dry ingredients (cocoa powder, almond flour, erythritol and baking powder in small mug sized bowl)

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.



CALORIES: 300 (MAKES 1)

MACROS: 11G CARBS 24G FAT 11G PROTEIN

# KETO CHEESECAKE MOUSSE

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## Ingredients:

- 1/3 cup powdered erythritol or swerve.
- 1 1/2 teaspoons vanilla extract.
- 1/4 teaspoon lime juice.
- 1 cup heavy whipping cream or regular heavy cream.

## Instructions:

1. Beat cream cheese until smooth.
2. Mix in erythritol (or swerve), vanilla, and lime juice.
3. In separate bowl, beat heavy cream with hand held mixer.
4. Combine whipped cream and cream cheese mixture until well incorporated.
5. Beat with an electric mixer on high until light and fluffy.
6. Refrigerate for at least two hours. Spoon into individual serving dishes. Top with fresh blueberries.



CALORIES: 269 PER SERVING (0.5 CUP)  
MACROS: 2G CARBS 27G FAT 3G PROTEIN



# KETO RASPBERRY CHEESECAKE MOUSSE

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## Ingredients:

- 8 oz light cream cheese softened
- 1/3 cup powdered erythritol or swerve.
- 1 cup raspberries frozen, thawed, and drained
- 1 cup heavy cream
- 1 tsp vanilla extract

## Instructions:

1. Beat cream cheese until smooth.
2. Mix in erythritol (or swerve), vanilla and frozen raspberries
3. In separate bowl, beat heavy cream with hand held mixer.
4. Combine whipped cream and cream cheese mixture until well incorporated.
5. Beat with an electric mixer on high until light and fluffy.
6. Refrigerate for at least two hours. Spoon into individual serving dishes. Top with fresh raspberries.



CALORIES: 227 PER SERVING (0.5 CUP)  
MACROS: 1.5G CARBS 24G FAT 4G PROTEIN

# KETO STRAWBERRY SHORTCAKE

## Ingredients:

3/4 tbsp coconut flour  
1 1/2 Tbsp butter  
1 1/2 tsp cream cheese softened  
1 1/4 tsp swerve confectioners  
1 egg yolk  
1/4 tsp heavy whipping cream  
1/2 tsp vanilla extract  
1/4 tsp baking powder  
For the Strawberry Topping  
1/4 cup strawberries diced  
1 tsp Swerve confectioners

## Instructions:

1. Grease a 6-inch ramekin well then add butter and cream cheese and melt in the microwave.
2. Add all other ingredients and whisk together until combined.
3. Cook for 90 seconds in the microwave then remove from dish and allow to cool.
4. In a separate bowl, dice strawberries (I used 2 strawberries) and add Swerve confectioners. Stir well.
5. Poke holes in the 90-second cake and spoon strawberries on top.
6. Add Reddi-Wip or homemade whipped topping if desired

