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DR. BERG'S BEST KETOGENIC DESSERTS

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NOW WITH MORE RECIPES**



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DR. BERG'S BEST KETOGENIC DESSERTS

Indulge yourself with these weight-loss
and keto-friendly desserts!

By
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INTRODUCTION

Enjoy delicious keto recipes developed by amazing chef, Lana Masserang. These desserts are low-carb, moderate protein, and high in healthy fats, making it easy for you to stick to my program in the New Body Type Guide.

The fat bombs in this recipe book are to be eaten sparingly and in use with the ketogenic diet. You can find Dr. Berg's Ketogenic Diet Meal Plans book on Amazon.com for healthy, delicious recipes for main meals.

I hope you enjoy this selection of recipes. This book will be updated with additional recipes you can use on your route towards a healthier lifestyle. Check back on my site <http://www.drberg.com> as well as my YouTube page for the latest blogs and videos on nutrition.

Dr. Berg

PEANUT BUTTER FAT BOMB

A quick peanut butter and chocolate fat bomb to help satisfy your sweet tooth!



Total Time (including refrigeration): 1 hour and 20 minutes

Serves: 3

Per Serving: 5 g net carbs / 307 calories / 29 g fat / 6 g protein

Ingredients

- ¼ cup coconut oil
- ¼ cup natural peanut butter
- 2 Tbsp unsweetened cocoa powder
- 1 Tbsp xylitol, powdered or granulated Optional: peanuts for garnish, chopped

Directions

- Place coconut oil, peanut butter, unsweetened cocoa powder, and xylitol in a double boiler.

- Melt over medium heat, stirring occasionally, about 5 to 10 minutes.
- Pour liquid into spouted pourer to avoid making a mess.
- Pour into silicone molds.
- (Optional) Garnish with chopped peanuts for extra crunchiness.
- Place in freezer for about an hour.
- Remove from molds and store in an airtight container in the refrigerator.

Tips

Listen to your body. Do not use more sweetener than necessary. If you are fat-adapted, you probably won't need to use much sweetener.

A double boiler is a bowl set on top of a saucepot with hot water (medium heat). The purpose of a double boiler is to ensure that nothing is applied directly to heat and to delicately melt the mixture without scorching.

This recipe produces 3 servings. People tend to overeat when eating smaller-sized sweets. Make it into smaller sizes, if desired.

Xylitol is usually best when powdered, but the granulated texture adds a nice crunch to this recipe.

COCONUT LEMON/MACADAMIA NUT FAT BOMB

Like a tropical summer's eve in your mouth! Wait, that sounded weird. Whatever—these fat bombs are amazing!



Serves: 5

Per Serving: 2 g net carbs / 352 calories / 37 g fat / 2 g protein

Ingredients

- ¼ cup coconut oil, room temperature
- 1 cup coconut butter (aka manna), room temperature 1 to 2 lemons, zested and juiced
- 10 to 12 macadamia nuts, chopped

Directions

- Mix coconut oil and coconut butter together.
- Mix in the lemon zest and a splash of lemon juice.

- Put mixture into spouted cup.
- Pour mixture equally into 5 molds.
- Sprinkle chopped macadamia nuts on top of mixture.
- Place molds in freezer for 30 minutes to 1 hour.
- Remove from molds. Store in refrigerator in an airtight container.

Tip

If the coconut butter doesn't add enough sweetness for your taste, then add 1 to 2 tablespoons of a keto-friendly sweetener of your choice!

PUMPKIN CHEESECAKE

Fluffy, creamy pumpkin cheesecake! And in only 30 minutes? Wow.



Total Time: 30 minutes

Serves: 3

Per Serving: 3 g net carbs / 205 calories / 23 g fat / 6 g protein

Ingredients

- 4 oz cream cheese, softened cup pumpkin puree
- ½ tsp pumpkin spice 1 ½ Tbsp xylitol
- 1 large egg
- 3 Tbsp whipped cream

Directions

- Preheat oven to 350 degrees F / 177 degrees C.
- Combine cream cheese, pumpkin puree, pumpkin spice, xylitol, and egg in a

blender.

- Portion into 3 equal parts in a muffin tin.
- Bake in oven until done, about 15 to 20 minutes.
- Let cool and top with whipped cream! (Recipe down below.)

Whipped Cream

Put some heavy whipping cream and 1 tablespoon powdered sugar in a blender to make your own whipped cream.

STRAWBERRY CHEESECAKE

A keto-friendly cheesecake! Top with some berries to become the new five-star chef in town.



Total Time (including refrigeration): 40 minutes, plus overnight or flash cooling

Serves: 3

Per Serving: 7 g net carbs / 290 calories / 21 g fat / 8 g protein

Ingredients

- 1 Tbsp butter
- ¼ cup almond flour
- 4 oz cream cheese, softened 1 large egg
- 1½ Tbsp xylitol 1 tsp lemon juice

Optional: strawberries (see tip below directions)

Directions

- Preheat oven to 350 degrees F / 177 degrees C.

- Melt butter and stir in almond flour. Mix together until crumbly.
- Divide mixture into 3 parts.
- Place mixture into a mold (like a muffin tin) and press down so it's packed tightly.
- Bake for 10 minutes until crispy.
- Mix together cream cheese, egg, xylitol, and lemon juice.
- Pour cream cheese mixture on top of the baked crusts.
- Bake for 15 to 20 minutes or until done (if you poke it with a fork and nothing sticks to the fork, then it is done).
- Place in refrigerator overnight to set. Or if in a hurry, place in freezer.

Tips

If your macros allow, cut up some strawberries, place them in a saucepot, and cook with a little bit of keto-friendly sweetener for a sweet fruit topping.

MACADAMIA COCONUT FUDGE FAT BOMB

This is a keto version of chocolate coconut fudge. Add macadamia nuts for extra crunch and fat!



Total Time (including refrigeration): 20 minutes, plus 2 to 3 hours to cool

Serves: 4

Per Serving: 2 g net carbs / 330 calories / 34 g fat / 2 g protein

Ingredients

- ¼ cup coconut butter
- ¼ cup coconut oil
- 2 Tbsp unsweetened cocoa powder 2 Tbsp powdered xylitol
- ¼ cup heavy whipping cream 10 to 12 macadamia nuts

Directions

- In a double boiler, melt coconut butter and coconut oil together, stirring

occasionally.

- Once melted, stir in cocoa powder and xylitol.
- Pour melted mixture into blender. Add heavy whipping cream.
- Pulse mixture until completely mixed together.
- Chop macadamia nuts. Distribute evenly into silicone molds.
- Pour fudge mixture evenly over chopped nuts.
- Place in refrigerator for 2 to 3 hours to set.

Tip

Use powdered xylitol to ensure that all the crystals melt to avoid a granular consistency.

PEANUT BUTTER COCONUT FAT BOMB

The best of both worlds! You'd be surprised how good these are. But I guess you're just going to have to try them yourself!



Total Time (including refrigeration): 1 hour and 30 minutes

Serves: 6

Per Serving: 3 g net carbs / 120 calories / 14 g fat / 4 g protein

Ingredients

- ¼ cup shredded coconut flakes, to coat fat bombs 4 oz cream cheese, room temperature
- ¼ cup peanut butter, room temperature 1 Tbsp erythritol
- ¼ tsp ground cinnamon
- 1 tsp vanilla extract

Directions

- Preheat oven to 350 degrees F / 177 degrees C.
- Place parchment or a silicone baking mat on a baking sheet. Spread shredded coconut flakes in an even layer on lined baking sheet. Place in oven to toast, about 5 to 10 minutes. Set aside to cool.
- Combine cream cheese, peanut butter, erythritol, cinnamon, and vanilla in a medium-sized bowl. Beat with an electric mixer.
- Place cream cheese mixture in the refrigerator for at least 30 minutes to firm.
- Portion cream cheese mixture into 1-inch portions and roll into balls. Refrigerate for at least 1 hour.
- Roll balls in toasted shredded coconut to coat.

PEANUT BUTTER CHOCOLATE FAT BOMB

Who can resist a Reese's Cup? You! Make it easy on yourself and whip up these amazing peanut butter chocolate fat bombs.



Total Time: 30 minutes

Serves: 5

Per Serving: 5 g net carbs / 200 calories / 24 g fat / 6 g protein

Ingredients

Chocolate Mixture

- 2 Tbsp coconut oil, melted 2 Tbsp coconut butter
- 2 Tbsp peanut butter
- ¼ cup unsweetened cocoa powder
- ¼ tsp vanilla

- 5 to 10 drops stevia, to taste

Peanut Butter Mixture

- 2 Tbsp coconut oil, melted

- ¼ cup peanut butter

- ¼ tsp vanilla

- 5 to 10 drops stevia, to taste

Directions

- In a double boiler, melt down chocolate mixture: coconut oil, coconut butter, peanut butter, cocoa powder, vanilla, and stevia. Stir occasionally to combine ingredients.
- In a separate bowl over the double boiler, melt down peanut butter mixture: coconut oil, peanut butter, vanilla, and stevia. Stir occasionally to combine ingredients.
- Fill bottom of silicone molds with a layer of the chocolate mixture. Place in refrigerator to solidify, about 10 minutes.
- Next, fill the molds with a layer of the peanut butter mixture. Place in refrigerator to solidify, about 10 minutes.
- Add the top and final layer of the chocolate mixture. Let solidify in the refrigerator. Enjoy!

SEED AND NUT FAT BOMB

These little fat bombs are filled with healthy fats from nuts and seeds. If you need a quick breakfast, eat one of these with a kale shake!



Total Time (including refrigeration): 45 minutes to 1 hour

Serves: 10

Per Serving: 5 g net carbs / 290 calories / 31 g fat / 5 g protein

Ingredients

- 1½ cups whole macadamia nuts
- ¼ cup ground seeds (flax, chia, or hemp)
- ½ cup peanut butter
- ¼ cup coconut oil 5 to 10 drops stevia
- ½ cup unsweetened coconut, shredded

Directions

- In a food processor, pulse macadamia nuts, seeds, peanut butter, and coconut oil. You want the mixture to be a little lumpy. Transfer mixture to mixing bowl.
- Add stevia to taste. Stir to combine.
- Gently fold in shredded coconut. Place in refrigerator for 30 to 45 minutes—until it's firm enough to shape it.
- Divide mixture into 10 tablespoon-sized portions and shape into balls.
- Coat with more shredded coconut. Store in an airtight container in refrigerator.

ALMOND BUTTER FAT BOMB

You can make a fat bomb with any nut butter + coconut oil + cocoa powder + sweetener. This is an almond butter fat bomb to help you stay full. Get creative and enjoy!



Total Time: 40 minutes

Serves: 4

Per Serving: 2 g net carbs / 230 calories / 24 g fat / 5 g protein

Ingredients

- ¼ cup almond butter
- ¼ cup coconut oil
- 2 Tbsp unsweetened cocoa powder
- Unsweetened liquid stevia, to taste (we used 10 drops)

Directions

- In a bowl, melt almond butter and coconut oil. You can use the microwave or a double boiler.
- Stir thoroughly to combine.
- Add cocoa powder and stevia to almond butter mixture and stir to combine. Pour into a spouted container to avoid making a mess.
- Pour mixture into silicone molds.
- Refrigerate for at least 30 minutes before eating. Store in the refrigerator in an airtight container.

CHOCOLATE CHIP COOKIE

A keto twist on the classic chocolate chip cookie. Get a glass of milk (almond, cow, goat, pea, etc.) and enjoy!



Total Time: 30 minutes

Serves: 20

Per Serving: 3 g net carbs / 75 calories / 7 g fat / 4 g protein

Ingredients

- 1 ¼ cup almond flour
- 3 Tbsp coconut flour
- ½ tsp baking soda
- ½ tsp salt
- 4 Tbsp butter, room temperature 1 large egg
- 1 tsp vanilla extract
- ½ cup erythritol
- ⅓ cup Lily's dark chocolate chips

Directions

- Preheat oven to 350 degrees F / 177 degrees C.
- In a large mixing bowl, combine dry ingredients: almond flour, coconut flour, baking soda, and salt. Set aside.
- In a small mixing bowl with an electric mixer, combine butter, egg, vanilla extract, and erythritol.
- Mix wet ingredients into dry ingredients. Fold in chocolate chips.
- Form into tablespoon-sized cookies. Place onto a parchment or silicone mat-lined baking sheet. Flatten cookies a little, as they will not spread out much during the baking process.
- Bake for 12 to 15 minutes, until golden brown on the bottom.

PEANUT BUTTER COOKIES

Calling all peanut butter fans! We have your cookie.



Total Time: 30 minutes

Serves: 15

Per Serving: 3 g net carbs / 90 calories / 7 g fat / 3 g protein

Ingredients

- 1 large egg
- 1 cup peanut butter
- ¼ tsp sea salt
- ¾ cup 'Just Like Sugar' sweetener (The "sugar" makes a difference in the texture. This one works great!)
- 1 tsp baking powder
- ½ tsp vanilla
- 3 Tbsp water

Directions

- Preheat oven to 350 degrees F / 177 degrees C.
- In a medium bowl, mix the egg and peanut butter with a hand mixer until well combined.
- Add salt, sweetener, baking powder, vanilla, and water and mix again. You'll see the mixture is more balled up than it is a smooth batter or dough.
- After mixing for just a minute, set the mixer aside and finish mixing with your hands, kneading the dough until it becomes a smooth batter.
- Scoop 1-inch balls (use a cookie baller if you have one) onto a parchment or silicone mat-lined cookie sheet about 2 inches apart. They do not spread while cooking.
- Using a fork, create the classic crisscross design by pressing the fork to flatten the dough a bit, then pressing again to cross it (making a big tic tac toe design). Cookies should remain a bit more than ¼-inch thick.
- Bake for 13 to 15 minutes. Let cool, and enjoy!

SHORTBREAD COOKIES

This is a delicious and easy keto-friendly shortbread. For an extra treat, melt some keto-friendly dark chocolate and dip ½ of the cookie in it!



Total Time: 20 minutes

Serves: 10 cookies

Per Serving: 2 g net carbs / 95 calories / 9 g fat / 2 g protein

Ingredients

- 1 cup almond flour
- ⅛ tsp sea salt
- 3½ Tbsp powdered erythritol
- 3 Tbsp butter, room temperature
- ½ tsp vanilla

Directions

- Preheat oven to 350 degrees F / 177 degrees C.
- In a medium bowl, combine almond flour, salt, and erythritol.
- Add chunks of butter and mix well. Use your hands to mix and pinch the butter until well blended.
- Add vanilla to mixture and stir to combine.
- Knead into a ball. Pinch off chunks and roll into balls about 1-inch diameter and place on a parchment or silicone mat-lined pan.
- Press the balls slightly with the palm of your hand or a fork so they are ½ to ¾-inch thick.
- Bake for 8 to 10 minutes. Be sure to pull them out before they brown. This recipe does not make a lot of cookies, so you may want to double or triple it! Enjoy!

BLUEBERRY MUFFINS

How cute are these mini blueberry muffins? Put them in a basket for a friend. Or eat them all by yourself!



Total Time: 30 minutes

Serves: 6

Per Serving: 4 g net carbs / 100 calories / 8 g fat / 3 g protein

Ingredients

- 2 Tbsp coconut flour
- ¼ cup almond flour
- ¼ cup erythritol
- 1 large egg
- 2 Tbsp butter
- 2 Tbsp almond milk 1 tsp baking powder
- cup blueberries

Directions

- Preheat oven to 350 degrees F / 177 degrees C.
- In a bowl, mix together coconut flour, almond flour, erythritol, egg, butter, almond milk, and baking powder.
- Gently fold blueberries into mixture (careful not to smash them).
- Divide into 6 equal portions into either silicone molds or greased muffin tin.
- Bake for 20 minutes, let cool, and enjoy!

PUMPKIN MUFFINS

Psyllium husk? Believe it! It is used in this recipe to help add a nice fluffy texture to these delicious pumpkin muffins and only has 1 g net carbs and 30 calories per tablespoon.



Total Time: 40 minutes

Serves: 5

Per Serving: 5 g net carbs / 250 calories / 9 g fat / 5 g protein

Ingredients

- ¾ cup almond flour
- 2 Tbsp psyllium husk powder
- 1 tsp baking powder
- 2 Tbsp erythritol
- 1 tsp pumpkin pie spice
- ½ tsp kosher salt 2 large egg whites

- ¼ cup pumpkin puree
- ¼ cup coconut milk

Directions

- Preheat oven to 350 degrees F / 177 degrees C.
- In a bowl, mix dry ingredients: almond flour, psyllium husk powder, baking powder, erythritol, pumpkin pie spice, and salt.
- Mix the wet ingredients into the dry ingredient mixture: egg whites, pumpkin puree, and coconut milk.
- Once thoroughly combined, divide into 6 even portions. You can use a muffin tin or silicone molds to shape them.
- Bake for 30 minutes and enjoy!

PECAN AND CHOCOLATE CHIP COOKIE

This perfect keto cookie melts in your mouth!



Total Time: 35 minutes

Serves: 15

Per Serving: 3 g net carbs / 60 Calories / 16 g fat / 3 g protein

Ingredients

- 8 Tbsp butter, softened
- 2 Tbsp xylitol
- 1 cup almond flour
- 1 cup crushed pecans (measure once crushed)
- 1/3 cup Lily's dark chocolate chips
- 1 pinch sea salt
- 1 tsp vanilla extract

Directions

- Let the butter soften on the counter overnight or several hours before using.
- Preheat oven to 325 degrees F / 162 degrees C.
- Mix the butter, xylitol, and almond flour together until smooth.
- Crush the pecans (in a grinder, food processor, or in a bag with a rolling pin).
- To butter mixture, add crushed pecans, chocolate chips, pinch of salt, and vanilla extract. Mix well.
- Form little balls with your hands (about 1 tablespoon- sized) and gently roll them in almond flour to lightly coat them. Place dough balls on a silicone baking mat or parchment-lined baking sheet.
- Bake for 13 minutes. Remove from oven and allow to cool for 10 minutes.
- Transfer to the freezer until frozen. You can then store them in the refrigerator for up to 1 week.

Tips

Let them completely cool down or they will crumble and disintegrate when you try to pick one up. Put them in the freezer to make them solid and you're good to go. Consuming them cold and slightly frozen is much tastier than consuming them warm.

Almond flour works better than almond meal.

If you substitute crushed pecans with crushed macadamia nuts or crushed cashews (same amounts), it will add a different flavor, very rich and also crazy delicious. If the nuts you use are already salted, you can omit the salt in this recipe.

NO CHURN VANILLA ICE CREAM

No ice cream maker? No problem. This vanilla ice cream hits the spot. Eat alone or with berries or one of the many cookies or brownies from this book!



Prep Time: 20 minutes

Freezer Time: 4 to 5 hours

Serves: 15

Per Serving (1 cup): 2 g net carbs / 240 calories / 22 g fat / 6 g protein

Ingredients

- 4 large eggs, yolks separated from whites
- ¼ tsp cream of tartar
- ½ cup powdered erythritol
- 1 ¼ cups heavy whipping cream
- 1 Tbsp vanilla extract

Directions

- Get 3 medium to large-sized bowls.
- In your first bowl, use an electric mixer to beat egg whites and cream of tartar. Once the mixture gets frothy, add powdered erythritol and mix to combine.
- In your second bowl, use an electric mixer to beat heavy whipping cream until it peaks when you remove the mixer.
- In your third bowl, mix egg yolks and vanilla extract.
- Use a spatula to fold egg white mixture into whipped cream. Then fold egg mixture into egg white mixture.
- Transfer into a freezer-safe container. Freeze for at least 2 to 4 hours.
- Serve with keto-friendly brownies or another treat from this book!

PEANUT BUTTER BROWNIES

This recipe makes for perfect bite-sized brownies, but you can also make a whole tray by multiplying the ingredient amounts! But you didn't hear that from me... Serve this with some vanilla keto- friendly ice cream and nuts for a brownie a la mode!



Total Time: 35 minutes

Serves: 15

Per Serving: 2 g net carbs / 51 calories / 7 g fat / 4 g protein

Ingredients

- 1 large egg
- 2 Tbsp heavy cream
- ½ cup peanut butter
- 1 tsp vanilla extract
- 2 Tbsp unsweetened cocoa powder

- ¼ tsp baking powder

Directions

- Preheat oven to 350 degrees F / 177 degrees C.
- With an electric mixer, mix together wet ingredients: egg, heavy cream, peanut butter, and vanilla extract.
- Add dry ingredients and stir to combine. You can use the electric mixer or fold in the dry ingredients with a rubber spatula.
- Evenly distribute the mixture into mini muffin tray or larger sized trays if you're making brownie a la modes.
- Bake for 15 to 25 minutes, depending on the size of your brownie. Make sure the brownies are fully cooked by inserting a toothpick or fork into the center. When brownies are finished baking, the toothpick will come out clean.

CHOCOLATE CHIP MUFFINS

The peanut butter in this recipe adds a wonderful fluffy texture to these muffins, not to mention that nothing goes together better than chocolate and peanut butter!



Total Time: 30 minutes

Serves: 5

Per Serving: 3 g net carbs / 140 calories / 13 g fat / 5 g protein

Ingredients

- ¼ cup almond flour
- ¼ cup erythritol
- ½ Tbsp baking powder 1 pinch sea salt
- ¼ cup peanut butter
- ¼ cup almond milk 1 large egg
- ½ cup Lily's chocolate chips

Directions

- Preheat oven to 350 degrees F / 177 degrees C.
- Mix dry ingredients in a bowl: almond flour, erythritol, baking powder, and sea salt.
- Add wet ingredients: peanut butter, almond milk, and egg. With an electric mixer, beat in wet ingredients. Fold in chocolate chips with a spatula.
- Evenly distribute mixture into muffin pans or silicone molds. Evenly distribute chocolate chips. (Chocolate chips will sink to the bottom, but it's still delicious!)
- Bake for about 15 to 25 minutes, depending on the size.

CREAM CHEESE COOKIES

For a cream cheese lover, these are your cookies. Flakey yet chewy and a perfect base for any flavors you'd like to add. Try cinnamon or pop a few berries in there!



Total Time: 45 minutes

Serves: 10

Per Serving (2 cookies): 7 g net carbs / 67 calories / 7 g fat / 1 g protein

Ingredients

- 3 Tbsp cream cheese, softened
- ½ cup butter, softened 1 large egg
- 1 tsp vanilla extract
- ½ cup coconut flour
- ½ cup erythritol
- ½ tsp baking powder
- ¼ tsp sea salt

Optional: garnish with erythritol and cinnamon

Directions

- Preheat oven to 350 degrees F / 177 degrees C.
- Make sure that cream cheese and butter are soft (not melted). Add cream cheese and butter to a bowl and cream with an electric mixer. Add egg and vanilla. Mix well.
- Add dry ingredients: coconut flour, erythritol, baking powder, and sea salt. Stir until all of the flour is combined and dough is formed.
- Lay out a large sheet of parchment. Put the dough on the parchment. Fold parchment over the dough. Get something
- flat (we didn't have a bench scraper, so we used a square drink coaster) and start pulling towards you so that the dough gets tightly packed into the paper, so that you can freeze it and cut it into perfect cookies!
- Freeze for 20 minutes. Remove parchment and cut into cookies. A serrated knife works great for this.
- Bake for 15 minutes. Remove when golden brown. Coat with granulated erythritol and cinnamon or eat plain.

CINNAMON BUTTER FAT BOMB

Butter, cinnamon, and sweetener make this fat bomb perfect! Besides the delicious flavors, this fat bomb will keep you full for hours.



Prep Time: 10 minutes

Freezer Time: 30 minutes

Serves: 4

Per Serving: 0 g net carbs / 219 calories/ 24 g fat / 0.2 g protein

Ingredients

- 8 Tbsp grass-fed butter
- 2 Tbsp FiberYum
- 1 Tbsp cinnamon
- 1 ½ tsp vanilla extract

Optional: stevia to sweeten, to taste

Directions

- In a blender or food processor, blend all ingredients together.
- Taste the mixture. You might want to add a couple of drops of stevia based on your palate, if it doesn't taste sweet enough.
- Divide the mixture into 4 equal parts into silicone molds.
- Freeze for at least 30 minutes.

SIMPLE CHOCOLATE FAT BOMB

Simple fat bombs for the lazy days. They will keep you full for hours!



Prep Time: 15 minutes

Freezer Time: 30 minutes

Serves: 6

Per Serving: 3 g net carbs / 246 calories / 25 g fat / 1.25 g protein

Ingredients

- ½ lb grass-fed salted butter, room temperature
- ¼ cup FiberYum
- ¼ cup unsweetened cocoa powder 1 tsp vanilla extract

Optional: stevia to sweeten, to taste

Directions

- In a blender or food processor, blend all ingredients together.
- Taste the mixture. You might want to add a couple of drops of stevia based on

your palate, if it doesn't taste sweet enough.

- Divide the mixture into 4 equal parts into silicone molds.
- Freeze for at least 30 minutes.

PUMPKIN BUTTER KETO COOKIES

Enjoy a piece of fall any time of year with these delicious and filling pumpkin cookies! Feel free to substitute the chocolate chips with nuts.



Prep Time: 35 minutes

Serves: 14

Per Serving: 2.75 g net carbs / 95 calories / 8.5 g fat / 2.5 g protein

Ingredients

- ¼ cup pumpkin puree
- ¼ cup butter
- 1 cup almond flour
- ¼ cup powdered erythritol 1 large egg
- ¼ tsp baking powder

- ½ tsp pumpkin pie spice
- ½ tsp vanilla extract
- ⅓ cup Lily's dark chocolate chips

Directions

- Preheat oven to 350 degrees F / 177 degrees C.
- In a medium bowl, mix together pumpkin puree and butter.
- To pumpkin mixture, add almond flour, erythritol, egg, baking powder, pumpkin pie spice, and vanilla extract. Mix to combine well.
- Fold in chocolate chips.
- Divide into 14 tablespoon-sized cookies. Gently press down with a fork.
- Bake for 20 to 25 minutes. The bottoms will be golden brown when ready.

KETO CINNAMON ROLLS

These ooey-gooey cinnamon rolls will make your friends understand why you're keto—just try not to eat them all!



Prep Time: 35 minutes

Serves: 4

Per Serving: 4.75 g net carbs / 301 calories / 27 g fat / 13.5 g protein

Ingredients

Cinnamon Roll Dough

- 1 cup mozzarella cheese
- 2 Tbsp cream cheese
- ½ cup almond flour
- 1 Tbsp stevia (plus more to sprinkle inside dough, to taste) 1 tsp baking powder
- 1 large egg
- 2 Tbsp stick butter, melted 1 tsp ground cinnamon

Cinnamon Roll Frosting

- 2 Tbsp heavy cream 2 Tbsp cream cheese
- 1 Tbsp powdered Swerve

Optional: liquid stevia or powdered erythritol, to taste

Directions

- Preheat oven to 425 degrees F / 218 degrees C.
- In a medium bowl, combine mozzarella and cream cheese. Melt cheese and form into a ball of dough.
- In a separate bowl, mix together almond flour, stevia, and
- baking powder. Add egg to mixture and mix well.
- Knead almond flour mixture into cheese mixture. This will take a while. If the dough feels too sticky, feel free to add some more almond flour.
- Lay dough out on a sheet of parchment. Cover with an additional piece of parchment. Use a rolling pin to roll out dough to about ½-inch thick. You want the dough to be in a somewhat rectangular shape.
- Remove top sheet of parchment. Coat dough in melted butter and cinnamon, and granulated sweetener, to taste.
- Roll the dough into a little cinnamon roll log. (You will not roll the parchment into the dough.)
- Gently cut roll log into 4 equal parts. Bake for 20 to 25 minutes. Cover with frosting and bake for an additional 1 to 2 minutes.

For Frosting

- In a food processor, blender, or with an electric mixer, beat cream until whipped. Mix in cream cheese and powdered Swerve. Add sweetener to taste, either liquid stevia or powdered erythritol or xylitol.
- For a piping bag, place mixture into a sandwich bag. Let out air and seal. Cut off tiny corner and squeeze onto the rolls.

POUND CAKE MUFFINS

Indulge in these soft and fluffy pound cake muffins!



Prep Time: 30 minutes

Serves: 6 muffins

Per Serving: 3.4 g net carbs / 160 calories / 16 g fat / 5.9 g protein

Ingredients

- 2 Tbsp butter, softened
- ½ cup Swerve or other sugar substitute 2 oz cream cheese, softened
- ¾ cup almond flour 2 large eggs
- 1 tsp baking powder
- ¼ tsp of sea salt
- 1 tsp of vanilla extract

Directions

- Preheat oven to 350 degrees F / 177 degrees C.

- With an electric mixer, cream together butter, Swerve, and cream cheese.
- Add almond flour, eggs, baking powder, sea salt, and vanilla. Mix thoroughly.
- Pour mixture into 6 muffin molds.
- Bake for about 20 to 25 minutes and enjoy!

NO-BAKE COCONUT MACAROOON

Light, airy, and coconut-y—everything you could want in a dessert! With only 4 ingredients, these are easy to make and addictive.



Total Time: 20 minutes, including cooling time

Serves: 24 pieces

Per Serving: 2 g net carbs / 64 calories / 6 g fat / 1 g protein

Ingredients

- ½ cup shredded coconut
- ¼ cup monk fruit sweetener
- ¼ cup coconut cream
- ¼ tsp vanilla extract

Directions

- Add all ingredients to a food processor. Pulse until combined, about 2 minutes.
- Scoop cookies onto a plate or parchment-lined cookie sheet.
- Refrigerate for 15 minutes and enjoy!

COCONUT CREAM PIE

A delicious pie you can share with your friends!



Total Time: 45 minutes

Serves: 12 slices

Per Serving: 8 g net carbs / 555 calories / 53 g fat / 14 g protein

Ingredients

Pie Crust

- 2½ cups blanched almond flour
- ⅓ cup powdered erythritol
- ¼ tsp sea salt
- ¼ cup ghee, melted 1 large egg
- ½ tsp vanilla extract 1 tsp lemon zest

Pie Filling

- 6 large egg yolks
- 1½ 13-oz cans coconut cream

- ¾ cup powdered monk fruit sweetener 1 tsp vanilla extract
- 1 cup toasted coconut flakes (save half for garnish)

Cream Topping

- 1 cup heavy cream 1 tsp vanilla extract
- 1 Tbsp powdered monk fruit sweetener

(Remaining 1/2 cup toasted coconut flakes as garnish)

Directions

Pie Crust

- Preheat oven to 375 degrees F / 190 degrees C.
- In a large bowl mix together almond flour, erythritol, sea salt, ghee, egg, vanilla extract, and lemon zest. Once ingredients are incorporated, form into a large ball of dough.
- Press the dough evenly into a 9-inch pie dish.
- Once you have the pie crust evenly distributed in the dish, poke the crust with a fork to prevent bubbling.
- Bake for 10 to 12 minutes until golden brown. Set aside to cool.

Pie Filling and Cream Topping

- In a medium bowl, whisk egg yolks until they become pale in color—about 2 minutes.
- Over medium heat, pour coconut cream into an empty pan, and add the monk fruit sweetener.
- Add vanilla extract and stir until warm. Remove from heat.
- Very slowly whisk hot coconut cream into whisked egg yolks. This is called tempering.
- Pour the coconut cream and egg mixture into cooled pie
- crust, add half of your toasted coconut, and bake for 15 minutes. Pie filling

should be set and not too jiggly. Set aside to cool.

- In a large bowl combine the ingredients for the cream topping: heavy cream, vanilla extract, and powdered monk fruit. Whisk until you get stiff peaks—this can also be done with an electric mixer if you have one. Place in refrigerator until your pie is completely cooled.
- Once the pie is cooled, add the whipped cream topping and the other half of the toasted coconut as a garnish.

EDIBLE CHOCOLATE CHIP COOKIE DOUGH

What's better than edible cookie dough? Nothing!



Total Time: 15 minutes

Serves: 16

Per Serving: 5 g net carbs / 98 calories / 5 g fat / 1 g protein

Ingredients

- 1 cup almond flour
- ½ cup coconut flour
- 3 Tbsp erythritol sugar
- 1 tsp salt
- 4 Tbsp butter, softened
- ½ cup heavy whipping cream 1 Tbsp vanilla extract
- ¼ cup dark chocolate chips

- 2 Tbsp almond milk

Directions

- Add all ingredients in a bowl. Hand mix until well combined.
- Cover bowl with plastic wrap and allow to chill for at least 3 minutes in the refrigerator. Enjoy in 3-oz servings.

CHILLED CHOCOLATE MINT CHIP FAT BOMBS

The perfect summer treat! Or for any other time during the year.



Total Time: 1 hour and 25 minutes, including 1 hour for freezing

Serves: 6

Per Serving: 9 g net carbs / 300 calories / 30 g fat / 4 g protein

Ingredients

- ½ cup heavy cream
- ½ cup fresh mint leaves
- 8 oz cream cheese, softened 3 Tbsp coconut shortening
- 3 Tbsp monk fruit sweetener
- ¼ cup butter, softened
- 4 Tbsp stevia-sweetened chocolate chips, milk chocolate style

Directions

- In a microwave-safe bowl combine the heavy cream and mint leaves and microwave on high for one minute. Add additional 30 second intervals until the mix is steaming.
- With a spoon mix the mint to submerge and then refrigerate until about room temperature, 15 to 20 minutes.
- Combine the cream cheese, coconut shortening, monk fruit sweetener, and butter until thoroughly and evenly mixed.
- Refrigerate cream cheese mixture for 15 to 20 minutes.
- Add chocolate chips to the refrigerated cream cheese mixture and stir them in evenly.
- Strain out the mint from the heavy cream mixture and check the temperature. Should it seem warm, refrigerate 5 minutes more.
- Add the cream to the cream cheese mixture and stir until well blended.
- Portion equal ½-cup portions and drop onto a parchment-lined pan.
- Freeze for 1 hour or until the outside is slightly frozen with the inside cold and soft. Enjoy.

“OATMEAL” CHOCOLATE CHIP COOKIES

Since oatmeal isn't technically keto, this is a great alternative!



Total Time: 40 minutes

Serves: 15

Per Serving: 4 g net carbs / 116 calories / 10 g fat / 3 g protein

Ingredients

- 1 cup shredded coconut
- $\frac{3}{4}$ cup sliced almonds
- 1 cup almond flour
- $\frac{1}{2}$ cup coconut flour 1 tsp baking powder 1 tsp cinnamon
- $\frac{1}{2}$ tsp sea salt
- $\frac{1}{2}$ cup butter, softened

- ½ cup erythritol sugar 1 large egg
- ½ tsp vanilla extract
- ¼ cup dark chocolate chips
- ¼ cup unsweetened dried cranberries

Directions

- Preheat oven to 325 degrees F / 163 degrees C.
- In a large bowl, combine shredded coconut, almonds, almond flour, coconut flour, baking powder, cinnamon, and sea salt. Mix well.
- In another bowl, mix butter with erythritol sugar. Add egg and vanilla extract and mix until you get a creamy consistency. Add dry ingredients to this bowl and mix well. Stir in chocolate chips and cranberries.
- Coat a baking sheet with oil. Scoop dough into balls and place evenly on sheet until all dough is used.
- Bake cookies for 15 to 20 minutes or until golden brown around the edges. Remove and allow to cool at room temperature before enjoying.

COCONUT CREPES WITH FRESH STRAWBERRIES

Brunch is about to get a whole lot better with this delicious recipe!



Total Time: 30 minutes

Serves: 4

Per Serving: 4 g net carbs / 194 calories/ 17 g fat / 6 g protein

Ingredients

- 4 large eggs
- 2 Tbsp coconut oil
- ¼ cup unsweetened almond milk
- ½ tsp sea salt
- ½ tsp vanilla extract
- ½ cup heavy cream, chilled 2 tsp monk fruit sweetener

- 1 cup fresh strawberries, stems removed

Directions

- Mix eggs, coconut oil, almond milk, sea salt, and vanilla together to make batter.
- Heat a non-stick 6-inch egg pan on medium heat for 2 minutes. Spray with cooking spray. Measure $\frac{1}{4}$ -cup portions of batter and pour into the pan. Move the pan around to coat it with the batter. The batter will cook quickly on the first side. Flip with either a heat-proof spatula or a quick wrist movement.
- Repeat for four crepes. Stack the cooked crepes on a plate.
- Whisk heavy cream until it begins to thicken. Once it doesn't look liquid, add sweetener and continue to mix until cream is thick.
- Remove stems from strawberries and cut them into fourths.
- Fold each crepe in half twice so it is wedge-shaped and top crepes with the whipped cream and strawberries.

DOUBLE BERRY CREAM CHEESE FAT BOMBS

Creamy, fruity, and yummy fat bombs.



Total Time: 10 to 15 minutes

Serves: 12

Per Serving: 4 g net carbs / 148 calories / 15 g fat / 1 g protein

Ingredients

- ¼ cup coconut shortening
- ¼ cup butter, softened
- 1 Tbsp liquid coconut oil
- 2 Tbsp coconut flakes
- 6 oz cream cheese, softened
- 2 Tbsp powdered Swerve sweetener 2 tsp fresh lime juice
- 12 fresh blueberries

- 12 fresh raspberries

Directions

- Combine coconut shortening, butter, coconut oil, coconut flakes, cream cheese, Swerve, and lime juice. Mix thoroughly to incorporate ingredients without leaving any lumps of butter or coconut shortening.
- Chill the mixture in the refrigerator for 5 minutes.
- Remove and divide into 12 tablespoon-sized portions.
- Put each blueberry into a raspberry and press gently into each coconut fat bomb. Enjoy!

CHOCOLATE COCONUT BARS

Pack these for your next hiking trip!



Total Time: 1 hour including prep, baking, and cooling

Serves: 8

Per Serving: 13 g net carbs / 254 calories / 23 g fat / 4 g protein

Ingredients

- 1 cup dark chocolate chips
- 1 cup dry shredded coconut
- 2 Tbsp powdered monk fruit sweetener
- 2 Tbsp ghee
- 2 Tbsp coconut oil
- 4 Tbsp butter, softened 2 large eggs
- 1 tsp vanilla extract
- 1/3 cup slivered almonds

Directions

- Preheat oven to 350 degrees F / 177 degrees C.
- Generously spray an 8-inch glass baking dish with oil. Set aside.
- In a large bowl, mix all ingredients together thoroughly.
- Pour mixture into greased baking dish. Press mixture into all four corners evenly.
- Bake for 10 to 14 minutes.
- Remove from the oven and cool for at least 30 minutes.
- Slice into 8 portions and enjoy!

BLUEBERRY CRUMBLE

A wonderful blueberry crumble, just like grandma used to make!



Total Time: 25 minutes

Serves: 3

Per Serving: 13 g net carbs / 247 calories / 21.5 g fat / 4.1 g protein

Ingredients

- 1 cup blueberries, fresh or frozen
- 2 Tbsp monk fruit sweetener, divided
- ½ cup pecan halves
- ⅓ cup almond meal/flour 2 Tbsp butter
- 1 Tbsp ground flax
- ½ tsp cinnamon
- ½ tsp vanilla extract 1 tsp lemon juice

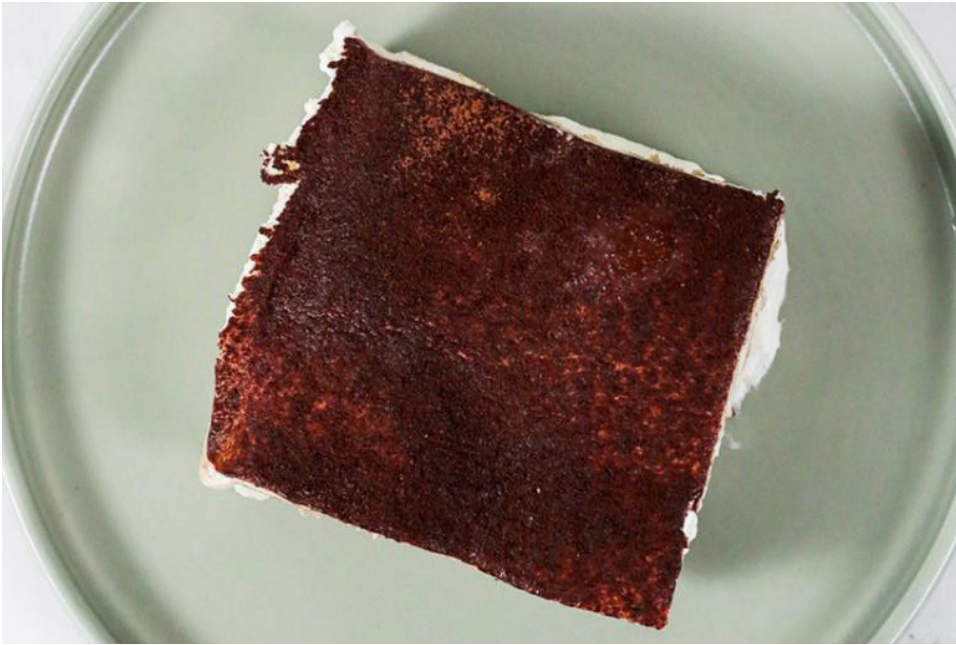
- ¼ tsp kosher salt
- 2 Tbsp heavy cream

Directions

- Preheat oven to 400 degrees F / 200 degrees C.
- In a small bowl, place blueberries and 1 tablespoon monk fruit sweetener. Mix to combine. Divide among 3 ramekins, leaving ½ cup for topping.
- Into a food processor pour pecans, almond flour, butter, 1 tablespoon monk fruit sweetener, ground flax, cinnamon, vanilla, lemon juice, and kosher salt. Pulse until combined.
- Spread the mixture on top of the blueberries. Place the ramekins on a baking sheet and bake in the center of the oven for 15 to 20 minutes or until the topping becomes toasty brown. Top with remaining blueberries and serve with heavy cream drizzled over the top of each.

TIRAMISU

I can't believe it's not... not keto!



Total Time: 3 hours and 30 minutes

Serves: 8

Per Serving: 7 g net carbs / 258 calories / 22 g fat / 8 g protein

Ingredients

Keto ladyfingers

- 4 egg yolks
- 1 cup powdered erythritol 1 tsp vanilla extract
- 4 egg whites
- 1 tsp baking powder 1 ¼ cup almond flour
- 4 oz unsalted butter, melted

Mascarpone Cream

- 10 oz mascarpone cheese
- 4 Tbsp powdered erythritol
- 1 tsp orange zest
- 2 cups heavy cream, whipped

Garnishes

- 1 cup coffee
- 4 Tbsp cocoa powder

Directions

- Preheat oven to 350 degrees F / 177 degrees C. Line a baking sheet with parchment.
- In a large mixing bowl, whip egg yolks with powdered erythritol and vanilla extract until yolks become a pale yellow in color. Set aside.
- In another bowl, whip egg whites and baking powder until stiff peaks form.
- Fold together yolks, whites, almond flour, and melted butter.
- Spread evenly over the parchment-lined baking tray. Bake for 10 to 12 minutes and let cool.
- In a large bowl mix mascarpone cheese, erythritol, orange zest, and whipped cream.
- Now it's time to build the tiramisu. Place half of the mascarpone mixture in the bottom of an 8-inch casserole dish and spread evenly.
- Cut the ladyfingers into 3-inch strips and brush with coffee. The more soaked the ladyfingers are the better. Place the soaked lady fingers in the casserole dish and cover with the remaining mascarpone mix. Spread evenly.
- Sprinkle with cocoa powder and refrigerate for 3 hours before serving to allow the dish to set up.

BROWN BUTTER PRALINES

Nuts and butter are the main ingredients, and somehow they make the perfect praline!



Total Time: 1 hour and 20 minutes, including cooling time

Serves: 10

Per Serving: 3 g net carbs / 338 calories / 23.4 g fat / 3 g protein

Ingredients

- 8 oz butter
- 2/3 cup monk fruit sweetener
- 2/3 cup heavy cream
- ½ tsp xanthan gum
- 2 cups chopped pecans
- Pinch of sea salt

Directions

- Preheat oven to 350 degrees F / 177 degrees C with low fan. Line a baking sheet with parchment or use silicone baking pad. (Silicone pad works better with these cookies.)
- Over medium heat brown butter in saucepan. Be careful not to burn the butter.
- After browning the butter, mix all ingredients, except salt, in a large bowl. Place mixture in refrigerator for 1 hour to allow it to set up.
- Scoop cookie dough onto lined baking pan with a 1-oz scoop; if you don't have a scoop, you can roll the cookies into balls the size of a nickel.
- Bake in batches. You can only fit 6 cookies onto a 7 x 14- inch baking tray. Bake each batch for 10 to 12 minutes.
- Sprinkle with salt after they come out of the oven. Refrigerate for 20 minutes before removing from baking tray. You can use a spatula to remove them from the tray. Be careful—they are very delicate.

DARK CHOCOLATE CAKE

The search for the perfect keto chocolate cake is over!



Total Time: 25 minutes

Serves: 8

Per Serving: 7 g net carbs / 230 calories / 14 g fat / 9 g protein 9 g

Ingredients

Cake

- 3 large eggs
- 1½ cups blanched almond flour
- ¼ cup cocoa powder
- 2 Tbsp dark Dutch cocoa
- ⅓ cup granulated erythritol 1½ tsp pure vanilla extract
- ⅓ cup almond milk
- ½ tsp baking powder

Cream Cheese Frosting

- 4 oz cream cheese, room temperature
- ½ cup powdered erythritol 1 tsp vanilla extract

Optional: raspberries for garnish

Directions

- Preheat oven to 350 degrees F / 177 degrees C. Grease an 8-inch round cake pan.
- Mix all cake ingredients together in a large bowl.
- Pour cake batter into greased pan.
- Bake for 15 minutes.
- Cool before removing from the cake pan.
- Mix frosting ingredients in a medium bowl. Whip frosting until smooth.
- Once cake is cooled, cut it into quarters.
- Scoop on frosting generously. Layer cake quarters alternately with frosting.
- Top with frosting, garnish with raspberries, and enjoy.