



TASTY AND EASY
TO FOLLOW KETO
DESSERT RECIPES FOR
HEALTHY EATING,
FAT BURNING AND
ENERGY BOOSTING

KETO DESSERTS



JULIA PATEL

Keto Desserts: Tasty and Easy to Follow Keto Dessert Recipes for Healthy Eating, Fat Burning and Energy Boosting

Julia Patel

Published by Julia Patel, 2019.

While every precaution has been taken in the preparation of this book, the publisher assumes no responsibility for errors or omissions, or for damages resulting from the use of the information contained herein.

KETO DESSERTS: TASTY AND EASY TO FOLLOW KETO DESSERT RECIPES FOR HEALTHY EATING, FAT BURNING AND ENERGY BOOSTING

First edition. March 26, 2019.

Copyright © 2019 Julia Patel.

ISBN: 978-1386064282

Written by Julia Patel.

Keto
DESSERTS

Tasty and Easy to Follow
Keto Dessert Recipes for Healthy
Eating, Fat Burning and
Energy Boosting

••••

JULIA PATEL

TABLE OF CONTENTS

INTRODUCTION

CHAPTER 1: WHAT ARE KETO DESSERTS?

CHAPTER 2: IMPORTANT RULES OF USEFUL KETO DESSERTS

CHAPTER 3: MUFFINS, TARTS, AND CUPCAKES

Yogurt Muffins With Berries

Muffins With Oranges, Nuts And Berries

Muffins With Peanut Paste

Lime Muffins

Apple Muffins

Gluten-Free Lemon Tart

Cherry Tarts

Chocolate Tarts With Raspberry

Berries Tarts

Avocado Tarts

Cupcakes With Cream And Strawberry

CHAPTER 4: COOKIES

Cookies With Dried Apricots And Coconut Shavings

No-Baking Oatmeal Cookies

Cottage Cheese Cookies

Red Velvet Cookies

Ginger Holidays Cookies

Nuts Cookies

Pistachio Cookies With White Chocolate And Dried Berries

CHAPTER 5: PIES, CLAFOUTI, AND CAKES

Gluten-Free Lemon Pie

Berries Pie

Chocolate Pie With Coffee

Texas Pie

Chocolate Cake With Mascarpone

Gluten-Free Chocolate Pie

Apple Pie

Chocolate Pie With Pears And Hazelnuts
Raspberry Clafouti With Matcha
Clafouti With Almonds And Plums
Banana Clafouti

CHAPTER 6: PUDDINGS

Grapefruit Pudding
Chocolate Pudding With Tofu
Chocolate Pudding With Avocado
Pudding With Red Orange And Chia
Banana Pudding
Pear Pudding
Lemon Pudding

CHAPTER 7: CANDIES

Marzipan And Pistachios Candies
Almond Candies With Coconut Shavings
Candies With Dates And Macadamia Nuts
Lemon Coconut Candies
Coconut Candies With Matcha
Marzipan And White Chocolate Candies
Candies With Oat Flakes And Strawberry
Candies With Pistachios And Liqueur
Candies With Dates And Chia

MEASUREMENT TABLES
CONCLUSION

INTRODUCTION

I congratulate you on choosing the cookbook “**Keto Desserts**”, which will help you cook low-carb desserts for any holidays and every day for your family and guests.

Keto desserts allow refusing fast carbohydrates and safely reduce the consumption of complex carbohydrates.



IT LEADS TO METABOLISM acceleration and improvement of a physical condition. However, for most people, any food restriction is a serious psychological stress, which can have negative reaction.

Is it possible to limit the amount of carbs, without giving up your favorite desserts and sweets? The answer is yes.

It is enough to diversify the daily diet with useful low-carb desserts and sweets, which you can easy to cooking on your kitchen.

In this book, you will learn what are low-carb keto desserts and sweets, and the basic rules for creating them.



THE COOKBOOK CONTAINS simple and delicious recipes for making healthy homemade desserts of the available ingredients.

Each recipe contains a photo of a ready dish and information about important nutrients.

CHAPTER 1: WHAT ARE KETO DESSERTS?

Keto desserts contain a minimal amount of carbs and have a low glycemic index, so you can use them on low-carb diets or in a usual meal plan. The main benefits of low-carb keto homemade sweets are:

- Low Glycemic Index
- Low Amount of Carbs
- Excellent Taste Characteristics
- Speeding up Metabolism
- Natural Composition

You can make various kinds of keto desserts and sweets at home, using this cookbook. Such products no cause allergic reactions, no increase blood sugar level and no lead to an increase in body weight. Useful desserts of natural ingredients you can enter into a food allowance of each family member, from children to elderly people.

Homemade low-carb desserts include:

SWEETS AND SWEET SNACKS – chocolate, candy, energy bars, sweet bombs.

BAKING – cookies, muffins, cupcakes, pies, cheesecakes, puddings, soufflés, cakes, tarts, brownies.

DESSERTS – sorbet, ice cream, jams, panna cotta, jelly, marmalade.

CHAPTER 2: IMPORTANT RULES OF USEFUL KETO DESSERTS

If you want to cook tasty and healthy keto desserts for your family, you need to follow 4 important rules:

RULE 1: REPLACE SUGAR BY APPROVED SWEETENERS

Sugar contains a huge amount of carbohydrates, so specialists recommend replacing it with alternative products, for example, natural sweeteners. It can be honey, stevia, inulin, and monk fruit.

Natural honey contains monosaccharides, which turn into a glycogen in liver tissues. The body uses similar compounds as fuel because they are quickly burning with increased physical activities. If you have no allergy to honey, then safely include it in the diet.

Stevia, inulin and monk fruit are natural sweeteners, which have a high sweetness and a low glycemic index (GI).

RULE 2: USE THE CORRECT FLOUR

For cooking of homemade low-carb desserts and sweets, had better use flour with a low glycemic index.

FLAX FLOUR (GLUTEN-FREE)

The glycemic index is 35. The product contains polyunsaturated acids, minerals and vegetable proteins. Flour is made from flax seeds with further dehydration. Such desserts suitable for athletes, people with diabetes, or an excess weight.

AMARANTH FLOUR (GLUTEN-FREE)

The glycemic index is 25. The product contains many proteins, phosphorus and fat acids. Suitable for home baking and bread.

ALMOND FLOUR (GLUTEN-FREE)

The glycemic index is 30. The product contains few carbohydrates, enough fiber, vitamins, and minerals. You can use it for cooking desserts and main dishes.

OATMEAL FLOUR (GLUTEN-FREE)

The glycemic index is 45. The product helps to stabilize insulin level in the blood and normalize the work of a GIT.

PEANUT FLOUR (GLUTEN-FREE)

The glycemic index is 15. It accelerates metabolism, prevents the development of oncology, and reduces cholesterol level in blood.

COCONUT FLOUR (GLUTEN-FREE)

The glycemic index is 45. Flour is made of the dried-up and crushed coconut pulp. It contains plant fiber and a small amount of fat. Is suitable for cooking baking and desserts. You can use coconut flour together with almond flour. It has a sweet taste, requires a little addition of sweeteners.

PSYLLIUM HUSK (GLUTEN-FREE)

The glycemic index is 10. The soluble form of fiber, which helps reduce cholesterol and improve digestion. Psyllium made from natural raw seeds of plantain. The main culinary property of psyllium is an ability to absorb moisture and turn into a gel-like mass. Psyllium does not contain preservatives and colorants. Without a smell and taste.

RULE 3: USE THE HIGH-FAT COTTAGE CHEESE

Cottage cheese is a universal product, which you can use for cooking of keto desserts and sweets. It contains many proteins and a little amount of sugar.

RULE 4: USE OF BERRIES AND FRUITS

Berries and fruit contain natural fructose, fiber, useful minerals, and vitamins, which are necessary for the correct work for all systems of the human body. Therefore, you can use fresh, dried and frozen berries and fruits for cooking of homemade desserts and sweets.

CHAPTER 3: MUFFINS, TARTS, AND CUPCAKES



YOGURT MUFFINS WITH BERRIES



SERVINGS: 8

Cooking time: 35 minutes

Ingredients:

- 1 cup natural yogurt
- 2 eggs
- ½ cup liquid stevia
- ¾ cup olive oil
- 2 cups coconut flour
- 1 tsp baking powder
- 2 cups pitted berries (fresh or frozen)
- 1 tbsp butter

Cooking process:

1. Preheat the oven to 180°C (356°F).
2. In a bowl, mix yogurt, eggs, olive oil and stevia. In a separate container, combine the flour and baking powder. Combine the contents of two bowls, mix until uniformity. Add berries, and mix again.
3. Grease forms for muffins with butter. Fill the forms with the dough on ¾ of volume. Bake in the oven for 30 minutes.

Nutrients per one serving:

Calories: 112 | Fats: 6.9 g | Carbs: 4.1 g | Proteins: 10 g

MUFFINS WITH ORANGES, NUTS AND BERRIES



SERVINGS: 10

Cooking time: 30 minutes

Ingredients:

- 2 ½ cup almond flour
- ½ cup coconut flour
- 2 eggs
- 1 tbsp orange peel
- ½ cup orange juice
- ¼ cup honey
- 2 tbsp soft coconut milk
- 1 cup fresh cranberry (you can choose berries for your taste)
- ½ cup chopped nuts for taste (walnuts, hazelnuts, almonds)
- 1 tbsp vanilla
- ½ tbsp baking powder

Cooking process:

1. Preheat the oven to 175°C (350°F). Grease the forms for muffins.
2. In a bowl, mix coconut oil, honey, juice, peel, eggs, and vanilla. Add flour

and baking powder. Mix thoroughly until uniformity. Add cranberry and nuts. Mix.

3. Fill the forms with the dough. Bake in the oven for 25 minutes until golden brown.

Nutrients per one serving:

Calories: 136 | Fats: 2 g | Carbs: 5.1 g | Proteins: 6 g

MUFFINS WITH PEANUT PASTE



SERVINGS: 8-10

Cooking time: 30 minutes

Ingredients:

- 1 cup peanut paste
- 2 bananas
- 6 pitted dried dates
- A pinch of salt

Cooking process:

1. Preheat the oven to 170°C (338°F). In a blender, mix the bananas, paste, and dates until uniformity.
2. Grease the forms for muffins and fill with the dough.
3. Bake in the oven for 20 minutes.

Nutrients per one serving:

Calories: 145 | Fats: 3 g | Carbs: 6.5 g | Proteins: 12 g

LIME MUFFINS



SERVINGS: 8-10

Cooking time: 35 minutes

Ingredients:

- 2 cups almond flour
- 2 eggs
- juice of 1 lime
- grated peel of 1 lime
- ¼ cup liquid stevia
- ½ tsp cinnamon
- ½ tsp salt
- 2 tbsp olive oil
- 1 tsp baking powder

Cooking process:

1. Preheat the oven to 200°C (400°F). Grease the forms for muffins.
2. In a bowl, mix all the dry ingredients. In another container, mix eggs, olive oil, lime juice, and stevia. Combine the contents of two bowls and mix until uniformity.
3. Pour the dough into forms. Bake in the oven for 5 minutes, and then reduce the temperature to 180°C (356°F) and bake for another 20 minutes.

Nutrients per one serving:

Calories: 90 | Fats: 3 g | Carbs: 5.5 g | Proteins: 10 g

APPLE MUFFINS



SERVINGS: 8-10

Cooking time: 35 minutes

Ingredients:

- 1 cup coconut flour
- $\frac{3}{4}$ cup almond flour
- 2 tsp baking powder
- 1 large apple
- 1 cup almond milk
- $\frac{1}{4}$ cup coconut oil
- 1 egg
- $\frac{1}{3}$ cup liquid stevia
- $\frac{1}{4}$ cup walnuts
- 1 tsp ground cinnamon
- $\frac{1}{4}$ tsp salt
- 1 tsp butter

Cooking process:

1. Preheat the oven to 170°C (350°F). Grease the forms for muffins.
2. In a bowl, mix flour, baking powder, salt, and cinnamon. Peel and cut an apple into small cubes. Chop the walnuts. Add to flour.

3. In another container, mix the egg, milk, stevia, and butter. Combine the contents of two bowls. Pour the dough into forms. Bake in the oven for 20 minutes.

Nutrients per one serving:

Calories: 97 | Fats: 7 g | Carbs: 4.1 g | Proteins: 8.5 g

GLUTEN-FREE LEMON TART



SERVINGS: 4-6

Cooking time: 120 minutes

Ingredients:

- ½ cup lemon juice
- ¼ cup + 1 tbsp liquid stevia
- 12 tbsp butter
- 2 whole eggs
- 2 egg yolks
- ½ cup rye flour
- ½ cup almond flour
- ¼ cup corn starch
- ½ tsp guar gum
- ¼ tsp salt

Cooking process:

1. In a bowl, beat whole eggs and yolks to a thick mass. In a saucepan, mix stevia, 6 tablespoons of oil and lemon juice. Heat on low fire for 10 minutes.
2. Add lemon syrup to the egg mass, put on fire. Heat on fire and beat until thick peaks for 2 minutes. Strain through a sieve and beat again. Cool it.

3. Prepare the dough. In a bowl, mix flour, 1 tablespoon of stevia, starch, guar gum, and 6 tablespoons of oil. Beat by a mixer until uniformity. Add 2 tablespoons of cold water to the dough to move away from the edges of the bowl. Wrap the dough in a plastic bag and leave in the refrigerator for 50 minutes.
4. Roll out the dough into a thin layer and put it in a baking dish. Leave in the refrigerator for 20 minutes.
5. Preheat oven to 190°C (375°F). Pierce the dough with a fork and bake in the oven for 25 minutes. Pour the filling and leave in the oven for another 10 minutes. Cool and cut into portions.

Nutrients per one serving:

Calories: 120 | Fats: 6 g | Carbs: 4.8 g | Proteins: 8 g

CHERRY TARTS



SERVINGS: 6-8

Cooking time: 15 minutes + 10 hours for freezing

Ingredients for the tarts:

- 2 ½ cups walnuts
- 2 tbsp coconut oil
- 3 tbsp liquid stevia
- 2 tbsp maple syrup
- ½ tsp sea salt
- ¼ cup cocoa powder

Ingredients for the filling:

- 2 cups coconut milk
- ¼ cup maple syrup
- ½ tsp coconut oil
- ¼ tsp sea salt

Ingredients for the topping:

- Pitted cherry (fresh or frozen)

Cooking process:

1. Pre-cool coconut milk in the freezer for 10 hours.
2. Grind walnuts in a blender. Add cocoa, coconut oil, stevia, maple syrup, and salt. Mix carefully.
3. Grease the forms for muffins. It is better to use silicone forms. Lay out the dough on the bottom of each form and level with a spoon.
4. Prepare the filling. Pour coconut milk into a blender. Add all the specified ingredients for the filling. Grind until uniformity. If the mass is too thick, add coconut milk.
5. Pour the filling into the forms and leave in refrigerator for 10 hours for freezing.
6. Remove tarts from the forms and decorate with cherries.

Nutrients per one serving:

Calories: 125 | Fats: 15 g | Carbs: 5.1 g | Proteins: 14 g

CHOCOLATE TARTS WITH RASPBERRY



SERVINGS: 6-8

Cooking time: 90 minutes + 5 hours for cooling

Ingredients for the tarts:

- 1 cup coconut flour
- 2 tbsp liquid stevia
- 3 tbsp almond flour
- 1 tbsp cocoa powder
- ½ tsp salt
- 1 egg
- 6 oz butter

Ingredients for the filling:

- 10.5 oz dark black chocolate
- 1 ¼ cups cream
- 2 tbsp honey
- 12.5 oz fresh raspberry

Cooking process:

1. In a bowl, mix dry ingredients for the dough, add chopped butter and egg.

- Knead homogeneous dough. Leave in the refrigerator for 50 minutes.
2. Preheat the oven to 180°C (356°F).
 3. Divide the dough into equal parts, roll out into thin circles and put in the form for muffins or tartlets. Pierce the dough with a fork.
 4. Bake in the oven for 25 minutes until tender. Cool it.
 5. In a saucepan, heat the cream on low fire, and add chopped chocolate. Mix well. Remove a saucepan from fire. Add honey, and mix again.
 6. Put the raspberries on tarts, pour with chocolate mass and cool for 5 hours. When serving, decorate each tart with the remaining berries.

Nutrients per one serving:

Calories: 145 | Fats: 16 g | Carbs: 5.8 g | Proteins: 12 g

BERRIES TARTS



SERVINGS: 8

Cooking time: 15 minutes + 1 hour for freezing

Ingredients:

- ½ cup whole almonds
- 1 tbsp coconut oil
- 1 tbsp maple syrup
- 1 cup fresh blueberry
- 2 tbsp coconut shavings

Cooking process:

1. In a blender, put almonds, grind to a powder. Add oil and syrup, and beat until uniformity. The dough must have a sticky and dense structure.
2. Lay out the dough in silicone forms for tartlets. Leave in the refrigerator for 1 hour.
3. Decorate tarts with blueberries and coconut shavings. If desired, you can replace blueberries with any available berries to taste.

Nutrients per one serving:

Calories: 85 | Fats: 5 g | Carbs: 3.8 g | Proteins: 6 g

AVOCADO TARTS



SERVINGS: 6-8

Cooking time: 10 minutes + 1 hour for freezing

Ingredients for the basic:

- 2 oz almonds
- 2 oz cashews
- 10 dried pitted dates
- A pinch of salt

Ingredients for the cream:

- 2 avocados
- 2 limes
- ½ cup coconut oil
- 2 tbsp maple syrup

Ingredients for the topping:

- 1 tbsp coconut shavings
- 5-6 strawberries

Cooking process:

1. In a blender, put almonds, cashews, dates and salt. Grind until uniformity.
2. Fill the forms for muffins with a ready base of $\frac{1}{3}$ volume.
3. In a blender, put avocado pulp, coconut oil, syrup, grated peel and juice of limes. Beat until a thick mass.
4. Lay out the cream on the base. Cover the muffins with parchment and place in the freezer for 1 hour.
5. Decorate the tarts with coconut shavings and strawberry slices.

Nutrients per one serving:

Calories: 212 | Fats: 7 g | Carbs: 6.1 g | Proteins: 17 g

CUPCAKES WITH CREAM AND STRAWBERRY



SERVINGS: 10

Cooking time: 35 minutes + 2 hours for freezing

Ingredients for cupcakes:

- 1 cup fresh strawberry
- ½ cup soft butter
- 1 ¾ cup almond flour
- 2 tbsp corn starch
- 1 tsp baking powder
- ½ tsp almond extract
- 2 tsp vanilla
- ⅓ cup liquid stevia
- ¼ tsp salt

Ingredients for the cream:

- 3 tsp almond milk
- ½ cup cream
- ½ tsp almond extract
- 1 tsp vanilla

Ingredients for the topping:

- Strawberry

Cooking process:

1. Preheat the oven to 170°C (350°F). Grease the form for muffins.
2. In a blender, put the strawberry, mix until uniformity. Add butter, almond extract, vanilla, stevia. Mix again.
3. In another container, mix baking powder, starch, flour, and salt. Combine the contents of two bowls and mix to obtain a homogeneous dough.
4. Fill the forms with dough the $\frac{3}{4}$ of volume and bake in the oven for 25 minutes.
5. Prepare the cream. Shake up the cream with almond milk, almond extract and vanilla to a thick mass. Use a pastry bag to decorate cupcakes with cream. Leave in the refrigerator for 2 hours. Before serving, decorate with strawberries.

Nutrients per one serving:

Calories: 159 | Fats: 6 g | Carbs: 5.1 g | Proteins: 12 g

CHAPTER 4: COOKIES



COOKIES WITH DRIED APRICOTS AND COCONUT SHAVINGS



SERVINGS: 8

Cooking time: 45 minutes

Ingredients:

- 1 cup dried apricots
- 5 dried pitted dates
- ½ cup coconut shavings
- ⅓ cup oat flakes
- 2 tbsp crushed almonds
- 2 tbsp nut paste
- 1 tbsp maple syrup
- 1 tsp vanilla
- 8 whole almonds

Cooking process:

1. Preheat the oven to 110°C (230°F). Cover the baking sheet with parchment.
2. Put all the ingredients in a blender. Grind to a homogeneous sticky mass. If necessary, add 1 more tablespoon of syrup.
3. Create the round cookies. Make a deepening in the middle of each cookie.

- Bake in the oven for 35 minutes.
4. Decorate cookies with almonds.

Nutrients per one serving:

Calories: 175 | Fats: 9 g | Carbs: 6.5 g | Proteins: 21 g

NO-BAKING OATMEAL COOKIES



SERVINGS: 8-10

Preparation time: 10 minutes + 2 hours for cooling

Ingredients:

- 1 ½ cups oat flakes
- ½ cup peanut butter
- ¼ cup almond milk
- 2 ½ tbsp powder protein
- 1 tbsp coconut shavings

Cooking process:

1. In a bowl, mix all specified ingredients (except coconut shavings) until uniformity. Make the round cookies.
2. Cover the chopping board with parchment. Lay out cookies on parchment, sprinkle with coconut shavings.
3. Cool in the refrigerator for 2 hours.

Nutrients per one serving:

Calories: 135 | Fats: 13 g | Carbs: 3.2 g | Proteins: 19 g

COTTAGE CHEESE COOKIES



SERVINGS: 8-10

Cooking time: 60 minutes

Ingredients:

- 5.5 oz cottage cheese
- ½ cup oat flakes
- 1 banana
- 2 tbsp mix of dried fruit

Cooking process:

1. Peel and cut a banana into small cubes. In a blender, lay out a banana, flakes, and cottage cheese. Grind until uniformity.
2. Add chopped dried fruits to the mass and leave for 20 minutes.
3. Preheat oven to 180 °C (356°F). Cover the baking sheet with parchment.
4. Make the round cookies and lay out on a baking sheet. Bake in the oven for 25 minutes.

Nutrients per one serving:

Calories: 155 | Fats: 8 g | Carbs: 5.2 g | Proteins: 21 g

RED VELVET COOKIES



SERVINGS: 10

Cooking time: 25 minutes

Ingredients:

- 2 ½ cups almond flour
- 1 cup liquid stevia
- 1 egg
- 5 tbsp butter
- 1 cup cream cheese
- 2 tsp baking powder
- ¼ tsp salt
- 2 tsp food red coloring

Cooking process:

1. Preheat the oven to 180°C (356°F). Cover the baking sheet with parchment.
2. In a bowl, mix flour, stevia, baking powder, and salt. In another container, beat butter and cream cheese to a thick mass. Add egg and food coloring.
3. Combine the contents of two bowls. Knead the elastic dough.
4. Divide the dough into equal parts, make flat cookies and lay out them on a baking sheet. Bake in the oven for 12 minutes.

Nutrients per one serving:

Calories: 112 | Fats: 7 g | Carbs: 3.1 g | Proteins: 14 g

GINGER HOLIDAYS COOKIES



SERVINGS: 30

Cooking time: 85 minutes

Ingredients for cookies:

- ½ cup almond flour
- 2 tbsp coconut flour
- ⅔ cup erythritol powder
- 1 egg
- 4 tbsp melted butter
- ¼ cup coconut oil
- 3 tsp spices (nutmeg, ginger, and cinnamon)
- 1 tsp vanilla
- 2 tsp cocoa powder
- 1 tsp salt
- ½ tsp baking powder
- ¼ tsp xanthan gum
- Figured forms for cookies

Ingredients for the glaze:

- 1 egg white
- ½ cup erythritol powder

- 1 tsp vanilla

Cooking process:

1. Preheat the oven to 180°C (356°F). Cover the baking sheet with parchment.
2. In a deep bowl, mix the sweetener, butter and coconut oil, salt, vanilla, cocoa powder, spices, and xanthan gum. To stir thoroughly.
3. Add egg, vanilla and coconut flour to the mass. Slowly enter the almond flour and mix again. Knead the dough and put in the fridge for 25 minutes.
4. Roll out the dough into a thin layer, cut the cookies using figured forms. To prevent the dough from sticking to your hands, sprinkle with coconut flour.
5. Use a spatula to transfer each cookie to a baking sheet. Bake for 5 minutes. Then reduce the temperature to 160°C (320°F) and bake for another 20 minutes until crisp. Lay out cookies on a wire rack.
6. Prepare the glaze. In a bowl, beat egg white, erythritol, and vanilla. Decorate cookies with glaze and leave for full cooling.

Nutrients per one serving:

Calories: 90 | Fats: 7.8 g | Carbs: 2.7 g | Proteins: 3.05 g

NUTS COOKIES



SERVINGS: 8-10

Cooking time: 25 minutes

Ingredients:

- 3.5 oz cashew
- 3.5 oz macadamia nuts
- 2 tbsp sesame
- 7.5 oz pitted dried dates
- 1 ½ tbsp cocoa powder

Cooking process:

1. Preheat the oven to 170°C (338°F). Cover the baking sheet with parchment.
2. In the blender, put all the ingredients and grind until uniformity.
3. Make the round cookies, lay out on a baking sheet and press down with a fork.
4. Bake in the oven for 12 minutes until crisp.

Nutrients per one serving:

Calories: 105 | Fats: 6.8 g | Carbs: 3.2 g | Proteins: 12 g

PISTACHIO COOKIES WITH WHITE CHOCOLATE AND DRIED BERRIES



SERVINGS: 8

Cooking time: 25 minutes

Ingredients:

- 1 egg
- ⅓ cup almond flour
- 2 tbsp oat flakes
- 3 tbsp melted butter
- 1 tbsp liquid stevia
- 3 tbsp pistachio paste
- 1 tsp baking powder
- 1 tbsp crushed white chocolate
- 3 tbsp dried berries (to taste)

Cooking process:

1. Preheat the oven to 180°C (356°F).
2. In a bowl, mix soft butter, stevia and pistachio paste. In another container, mix flour, baking powder and oat flakes.
3. Combine the contents of two bowls; add egg and 2 tablespoons of dried

- berries. Knead the dough.
4. Cover the baking sheet with parchment. Make the round cookies, making a deepening in the middle. Decorate with chopped white chocolate and 1 tablespoon of dried berries.
 5. Bake in the oven for 15 minutes until crisp.

Nutrients per one serving:

Calories: 98 | Fats: 5.8 g | Carbs: 3.1 g | Proteins: 9 g

CHAPTER 5: PIES, CLAFOUTI, AND CAKES



GLUTEN-FREE LEMON PIE



SERVINGS: 6

Cooking time: 35 minutes

Ingredients:

- 3 eggs
- 2 tbsp liquid stevia
- 1 lemon
- 4 tbsp butter
- ½ cup + 1 tbsp almond flour
- 1 tbsp corn starch
- 1 tsp baking powder

Cooking process:

1. Preheat the oven to 180°C (356°F). Grease the cake pan.
2. Separate yolks from egg whites. Beat yolks with stevia until uniformity. Add lemon juice and soft butter. Mix well.
3. In a bowl, mix the almond flour, baking powder, and corn starch. In a separate container, beat the egg whites to thick peaks. Combine wet and dry ingredients, and add whipped whites.
4. Pour the dough into a cake pan and bake in the oven for 20 minutes until golden brown.

Nutrients per one serving:

Calories: 135 | Fats: 5 g | Carbs: 4.2 g | Proteins: 17 g

BERRIES PIE



SERVINGS: 8

Cooking time: 45 minutes

Ingredients:

- 17.5 oz gluten-free puff pastry
- 1 tbsp powdered sweetener
- 2 tbsp blueberry
- 2 tbsp raspberry
- 2 tbsp cherry
- 2 tbsp crushed almonds
- 3 tbsp coconut milk
- 3 tbsp maple syrup
- 1 tsp spices for baking (nutmeg, cinnamon, ginger)

Cooking process:

1. Preheat the oven to 190°C (375°F). Grease the baking dish.
2. Roll the dough into a thin layer and divide into two equal parts. Lay out one part of the dough into the baking dish, sprinkle with spices and sweetener. Put the berries and 1 tablespoon of almonds. Cover with the second part of the dough, slightly pressing down.
3. Brush the top of the cake with milk and sprinkle with 1 tablespoon of

almonds. Bake in the oven for 15 minutes until golden brown. Cover with foil and leave for another 15 minutes.

4. Remove the foil, pour the syrup over the pie and leave in the oven for another 5 minutes. Cool and cut in portions.

Nutrients per one serving:

Calories: 250 | Fats: 6 g | Carbs: 7 g | Proteins: 19 g

CHOCOLATE PIE WITH COFFEE



SERVINGS: 8

Cooking time: 50 minutes

Ingredients:

- 1 ½ cup almond flour
- 3 tbsp cocoa powder
- ½ cup liquid stevia
- 1 tsp baking powder
- ½ tsp salt
- 6 tbsp olive oil
- 1 tsp vanilla extract
- 1 tbsp grape vinegar
- 1 cup brewed ground coffee
- 1 tsp butter
- 1 tbsp cream

Cooking process:

1. Preheat the oven to 180°C (356°F). Grease the baking dish.
2. In a bowl, mix flour, sweetener, cocoa, baking powder, olive oil, vanilla, vinegar, salt and warm coffee. Beat by a mixer until uniformity.
3. Pour the dough into a baking dish and bake in the oven for 40 minutes until

cooked.

4. Shake up cream with 1 tablespoon of cocoa. Decorate top of the pie with whipped cream.

Nutrients per one serving:

Calories: 224 | Fats: 8 g | Carbs: 6.8 g | Proteins: 16 g

TEXAS PIE



SERVINGS: 8-10

Cooking time: 60 minutes

Ingredients for the basic:

- 8 oz butter
- 1 cup boiled cool water
- 4 tbsp cocoa powder
- ½ cup liquid stevia
- 1 cup almond flour
- 1 cup coconut flour
- 1 tbsp baking powder
- ½ cup sour cream
- 2 eggs
- 1 tbsp vanilla
- ½ tsp salt

Ingredients for the glaze:

- 6 tbsp milk
- 3 tbsp cocoa powder

- 3.5 oz butter
- 4 tbsp maple syrup
- $\frac{3}{4}$ cups of chopped nuts to taste (pecans, almonds, walnuts)

Cooking process:

1. Preheat the oven to 180°C (356°F). Grease the baking dish.
2. Pour water into a saucepan; add cocoa, and butter. Heat over medium fire until uniformity. Bring to a boil and remove from fire.
3. In a bowl, mix flour, sweetener, baking powder, and salt. In another container, beat the eggs, vanilla and sour cream. Pour the egg mass into the flour, mix gently. Pour the melt cocoa mass into the flour; beat by a mixer until uniformity. Pour brown dough into a baking dish.
4. Bake in the oven for 40 minutes. Check a readiness of pie with a toothpick.
5. Prepare the glaze. In a saucepan, mix a milk, cocoa, and butter. Heat over medium fire and bring to a boil. Add maple syrup; beat by a mixer until uniformity. Add chopped nuts, and mix again.
6. Decorate the cake with chocolate glaze and leave for 15 minutes for impregnation.

Nutrients per one serving:

Calories: 231 | Fats: 12 g | Carbs: 7 g | Proteins: 21 g

CHOCOLATE CAKE WITH MASCARPONE



SERVINGS: 8

Cooking time: 35 minutes + 2.5 hours for cooling

Ingredients:

- 8.5 oz dark chocolate
- 2 oz milk chocolate
- 8.5 oz mascarpone
- 4 eggs
- 2 tbsp stevia
- 1 tbsp almond flour
- 2 tbsp butter

Cooking process:

1. Preheat the oven to 150°C (302°F).
2. Melt 4.5 oz chocolate on a water bath or in a microwave. In a bowl, beat the mascarpone by a mixer until thick mass. Add chocolate; continue to beat for another 1 minute.
3. Add eggs, stevia, and flour to the chocolate mass, mix again.
4. Lay out the dough into greased baking dish. Bake in the oven for 25 minutes. Cool the cake and leave in the refrigerator for 2 hours.
5. Prepare the glaze. In a bowl, mix the crushed butter, 2 oz of black chocolate

and white chocolate. Heat on a water bath or in a microwave to a homogeneous mass. Grease the cake with chocolate glaze and leave in the fridge for 30 minutes for cooling.

Nutrients per one serving:

Calories: 240 | Fats: 10 g | Carbs: 7 g | Proteins: 19.5 g

GLUTEN-FREE CHOCOLATE PIE



SERVINGS: 6-8

Cooking time: 45 minutes

Ingredients:

- 12.5 oz butter
- 12.5 oz dark bitter chocolate
- $\frac{3}{4}$ cup + 1 tbsp cream
- 2 tbsp liquid stevia
- 7 eggs

Cooking process:

1. Preheat the oven to 180°C (356°F).
2. Melt the butter and chopped chocolate on a water bath or in a microwave. Add cream and stevia, mix until uniformity.
3. In a bowl, beat the eggs until thick mass, and pour the melt chocolate. Beat by a mixer for 1 minute until uniformity.
4. Grease the baking dish and fill with dough. Bake in the oven for 40 minutes until cooked. Cool and cut in portions.

Nutrients per one serving:

Calories: 220 | Fats: 8 g | Carbs: 6.1 g | Proteins: 18 g

APPLE PIE



SERVINGS: 6-8

Cooking time: 100 minutes

Ingredients:

- $\frac{3}{4}$ cup + 1 tbsp natural yogurt
- 3 tbsp liquid stevia
- $\frac{1}{2}$ tsp salt
- $\frac{3}{4}$ cup + 1 tbsp almond flour
- 3.5 oz butter
- $\frac{1}{3}$ cup + 1 tbsp cream
- 3 large apples
- 1 egg
- 1 tbsp honey (you can replace with maple syrup)

Cooking process:

1. In a bowl, mix yogurt, stevia, flour, and salt. Add soft butter. Knead a homogeneous dough, cover with parchment and leave in the refrigerator for 1 hour.
2. Preheat the oven to 180°C (356°F). Cover the baking sheet with parchment.
3. Pour the cream into a saucepan and heat over the low fire. Peel apples and cut into small cubes. Add to cream sauce. Boil for 10 minutes.

4. Divide the dough into two parts, roll into a thin layer. Cut circles with a glass. In the middle of each circle put 2 tablespoons of apple stuffing.
5. Cut the second part of the dough into equal strips. Lay out strips a lattice on apple pies. Place the pies on a baking sheet. Grease the top with whipped egg. Bake in the oven for 20 minutes until golden brown.

Nutrients per one serving:

Calories: 120 | Fats: 4 g | Carbs: 3.2 g | Proteins: 11 g

CHOCOLATE PIE WITH PEARS AND HAZELNUTS



SERVINGS: 6-8

Cooking time: 55 minutes

Ingredients:

- 3.5 oz + 1 tbsp butter
- 3.5 oz dark black chocolate
- 1 tbsp liquid stevia
- 1 tbsp brandy
- 3.5 oz hazelnuts
- 3 eggs
- 4 pears
- 1 tsp coconut shavings

Cooking process:

1. Preheat the oven to 180°C (356°F). Grease the baking dish with butter.
2. Put the butter and chocolate pieces into the container; melt in a water bath or in a microwave until uniformity. Add brandy, and mix again. Cool it.
3. Separate the yolks from the egg whites. Beat yolks with stevia to a thick mass.

4. Chop and fry the nuts in a dry skillet. Add nuts and egg yolks into a chocolate base.
5. In another bowl, beat egg whites to thick peaks. Add to the dough, gently stirring with a spoon.
6. Cut the pears into quarters; remove the core, cut into thin slices.
7. Pour dough into the baking dish. Lay out pears on top, lightly press in a dough. Bake in the oven for 40 minutes. Sprinkle hot pie with coconut shavings.

Nutrients per one serving:

Calories: 135 | Fats: 6 g | Carbs: 4.5 g | Proteins: 14 g

RASPBERRY CLAFOUTI WITH MATCHA



SERVINGS: 4-6

Cooking time: 35 minutes

Ingredients:

- 3.5 oz fresh raspberry
- ½ tsp tea matcha powder
- 2 tbsp coconut flour
- 2 tbsp honey
- 4 tbsp coconut milk
- 1 egg
- 2 tbsp white chocolate
- 1 tsp butter

Cooking process:

1. Preheat the oven to 200°C (400°F).
2. In a bowl, mix flour, honey, matcha powder, and milk. Mix by a mixer until uniformity. Add egg, and mix again.
3. Grease the cake pan. Lay out raspberries on a capacity bottom. Pour with the liquid dough.
4. Bake in the oven for 25 minutes until golden brown. When serving, decorate with grated chocolate.

Nutrients per one serving:

Calories: 215 | Fats: 12 g | Carbs: 6.6 g | Proteins: 15 g

CLAFOUTI WITH ALMONDS AND PLUMS



SERVINGS: 4

Cooking time: 45 minutes

Ingredients:

- 15 plums
- 3 tbsp almond flour
- 2 tbsp cream
- 1 egg
- 1 tbsp liquid stevia
- 2 tsp corn starch
- 1 tbsp chopped almonds
- 1 tsp vanilla
- 1 tbsp butter

Cooking process:

1. Preheat the oven to 180°C (356°F).
2. In a bowl, beat the egg, stevia, and vanilla. Add cream, starch and flour. Stir again to obtain a homogeneous dough.
3. Grease the baking dish with butter. Cut plums in half, remove the bones, lay out on the bottom of the form.
4. Pour plums with liquid dough, and sprinkle with chopped almonds.

5. Bake in the oven for 35 minutes until golden brown.

Nutrients per one serving:

Calories: 215 | Fats: 8 g | Carbs: 5.1 g | Proteins: 16 g

BANANA CLAFOUTI



SERVINGS: 4

Cooking time: 30 minutes

Ingredients:

- ¼ cup almond flour
- 2 bananas
- 4 tbsp liquid stevia
- ⅔ cup milk
- ¼ cup cream
- 1 egg
- 1 egg yolk
- 1 tsp vanilla
- 2 tsp butter
- A pinch of salt

Cooking process:

1. Preheat the oven to 220°C (425°F). Place heat-resistant baking dishes on a baking sheet.
2. In a bowl, mix flour and sweetener. Add milk and cream, mix well to obtain a homogeneous mass.
3. Add whole egg and egg yolk, vanilla, and salt. Mix again.

4. In a saucepan, melt the butter, add the chopped banana pulp, and boil for 1 minute over medium fire.
5. Fill the baking dishes with banana dough; pour the milk mass on the top. Bake in the oven for 18 minutes.

Nutrients per one serving:

Calories: 265 | Fats: 10 g | Carbs: 7.3 g | Proteins: 23 g

CHAPTER 6: PUDDINGS



GRAPEFRUIT PUDDING



SERVINGS: 4-6

Cooking time: 45 minutes

Ingredients:

- 1 cup + 3 tbsp grapefruit juice
- 4 tbsp grated grapefruit peel
- 4 eggs
- 5 tbsp liquid stevia
- ⅓ cup almond flour
- 1 cup yogurt
- ½ cup cream
- ½ tsp salt
- 1 tbsp vanilla

Cooking process:

1. Preheat the oven to 180°C (356°F). Grease the baking dish.
2. Pour the juice into the saucepan and heat on low fire for 30 minutes. Cool it.
3. In a bowl, mix flour, sweetener, and vanilla. In another container, mix the juice, egg yolks, yogurt, cream, and peel. Combine the contents of two bowls.

4. Beat egg whites by a mixer until dense foam and add to liquid dough. Pour out dough in a baking dish. Bake in the oven for 35 minutes.

Nutrients per one serving:

Calories: 165 | Fats: 13 g | Carbs: 2.8 g | Proteins: 23 g

CHOCOLATE PUDDING WITH TOFU



SERVINGS: 4

Cooking time: 15 minutes

Ingredients:

- 15.5 oz tofu
- 2 tbsp cocoa powder
- ½ cup + 1 tbsp chocolate shavings
- 1 tsp vanilla
- 1 tsp ground coffee
- Whipped cream (for decoration)

Cooking process:

1. Melt chocolate shavings on a water bath or in a microwave.
2. In a blender, lay out the pieces of tofu, cocoa, vanilla, coffee, and chocolate. Shake up to uniformity.
3. Pour into ice-cream bowls and to cool. Decorate with whipped cream and chocolate shavings.

Nutrients per one serving:

Calories: 205 | Fats: 16 g | Carbs: 4.8 g | Proteins: 25 g

CHOCOLATE PUDDING WITH AVOCADO



SERVINGS: 2

Cooking time: 15 minutes + 2 hours for cooling

Ingredients:

- 2 avocados
- 1 tsp vanilla
- $\frac{3}{4}$ cup cocoa powder
- $\frac{1}{2}$ cup maple syrup
- $\frac{1}{4}$ cup orange juice
- $\frac{1}{4}$ cup chopped nuts (to taste)
- $\frac{1}{2}$ cup cream
- $\frac{1}{2}$ tsp salt

Cooking process:

1. Peel the avocados and remove the core, cut into large pieces. In a blender, lay out the avocados, vanilla, cocoa, syrup, orange juice, and salt. Mix for 1 minute until uniformity.
2. Add $\frac{3}{4}$ cup of hot water and re-beat until a thick mass is obtain.
3. Lay out a pudding into a baking dish and leave in the refrigerator for 2 hours for cooling.
4. Before serving, decorate with chopped nuts and cream.

Nutrients per one serving:

Calories: 245 | Fats: 14 g | Carbs: 5.9 g | Proteins: 27 g

PUDDING WITH RED ORANGE AND CHIA



SERVINGS: 2

Cooking time: 20 minutes + 3 hours for cooling

Ingredients:

- 2 red oranges
- 4 tsp cocoa powder
- $\frac{3}{4}$ cup + 1 tbsp coconut milk
- 3 tbsp liquid stevia
- 5 tsp chia seeds

Cooking process:

1. In a bowl, mix chia seeds, cocoa, and coconut milk. Lay out the mass into the ice-cream bowls and put in the refrigerator.
2. Divide oranges into two half. Cut off 2 mugs for a decor. Squeeze out the juice of pulp.
3. Lay out orange mugs in a saucepan, pour juice, and add stevia. Cook over low fire until thick.
4. Decorate a pudding by orange mugs and pour with a syrup. Cool in the refrigerator for 3 hours.

Nutrients per one serving:

Calories: 210 | Fats: 11 g | Carbs: 3.9 g | Proteins: 19 g

BANANA PUDDING



SERVINGS: 8

Cooking time: 45 minutes + 1 hour for cooling

Ingredients:

- 8 large ripe bananas
- 2 cups coconut milk
- 2 eggs
- $\frac{2}{3}$ cup liquid stevia
- 2 tbsp corn starch
- 1 tbsp butter
- 1 $\frac{1}{2}$ cup cream
- 2 tsp vanilla
- $\frac{1}{2}$ tsp salt
- 7 oz gluten-free biscuit cookies

Cooking process:

1. Preheat the oven to 180°C (356°F). Cover the baking sheet with parchment.
2. Peel and lay out bananas and on a baking sheet. Bake for 15 minutes.
3. Cut four bananas into large pieces. Lay out other bananas in a bowl, crush to puree.
4. Pour the milk into the saucepan, add $\frac{1}{3}$ cup of stevia. Bring to boil.

5. In a bowl, mix the remaining stevia, starch, eggs, and salt. Beat by a mixer until uniformity. Pour into warmed milk and mix well.
6. Boil the milk mass for another 2-3 minutes until thick, stirring slowly. Remove from fire.
7. Add banana puree, vanilla, and butter. Stir until uniformity. Cool a saucepan with banana mass in cold water.
8. Add whipped cream to the pudding, mix again.
9. Lay out 1 tablespoon of pudding into ice-cream bowls, sprinkle with chopped cookies, then slices of banana, repeat layers. Decorate the top layer with cream and cookies. Leave in the fridge for 60 minutes for cooling.

Nutrients per one serving:

Calories: 235 | Fats: 18 g | Carbs: 4.9 g | Proteins: 28 g

PEAR PUDDING



SERVINGS: 2-4

Cooking time: 40 minutes

Ingredients:

- 2 ripe pears
- 2 eggs
- $\frac{3}{4}$ cup + 1 tbsp coconut cream
- 2 tbsp almond flour
- 2 tbsp stevia

Cooking process:

1. Preheat the oven to 210°C (410°F).
2. Peel pears and seeds, cut into thin slices.
3. In a bowl, mix the eggs, stevia and almond flour. Add cream, beat by a mixer until uniformity.
4. Add chopped pears, and mix well. Lay out the mass into the form for baking. Bake in the oven for 25 minutes.

Nutrients per one serving:

Calories: 178 | Fats: 10 g | Carbs: 2.9 g | Proteins: 21 g

LEMON PUDDING



SERVINGS: 4

Cooking time: 45 minutes

Ingredients:

- 4 lemon
- 2 ¼ cups liquid stevia
- 3 ½ cups cream
- A pinch of salt

Cooking process:

1. Peel lemons. Grind a dried peel in the blender, lay out into a saucepan, and pour a little water. Bring to a boil over medium fire, cook for 10 minutes. Drain the water.
2. Add 1 ¼ cup stevia to dried peel and the same volume of water. Bring to a boil, cook for 7 minutes.
3. Place the peel on a plate. Mix with the remained volume of sweetener and to cool.
4. Add 3 cups of cream to lemon syrup and cook for 10 minutes over low fire. Add lemon juice and salt. Stir and cool.
5. Pour pudding into ice-cream bowls and refrigerate for 4 hours. Decorate a pudding with whipped cream.

Nutrients per one serving:

Calories: 228 | Fats: 11 g | Carbs: 3.5 g | Proteins: 23 g

CHAPTER 7: CANDIES



MARZIPAN AND PISTACHIOS CANDIES



SERVINGS: 10-12

Cooking time: 15 minutes + 2 hours for freezing

Ingredients:

- 8.8 oz marzipan
- 5.5 oz black chocolate
- 12 pistachios
- Silicone forms
- Toothpicks

Cooking process:

1. Cut the marzipan into 10-12 pieces and lay out into forms. Cool in the refrigerator for 5 minutes.
2. Chop and heat chocolate on a water bath or in a microwave.
3. Pierce marzipan with a toothpick and dip into hot chocolate. Lay out on parchment. Repeat steps with other candies. Decorate with crushed or whole pistachios.
4. Leave in the fridge for freezing for 2-3 hours.

Nutrients per one serving:

Calories: 90 | Fats: 4 g | Carbs: 0.5 g | Proteins: 10 g

ALMOND CANDIES WITH COCONUT SHAVINGS



SERVINGS: 8-10

Cooking time: 10 minutes

Ingredients:

- ⅓ cup + 1 tbsp almond flour
- 1 tsp vanilla
- 4 tbsp water
- 2 tbsp liquid stevia
- 2 tbsp coconut shavings
- 10 nuts (optional)

Cooking process:

1. In a bowl, combine all the ingredients and knead a homogeneous dough. Divide into equal parts.
2. Make the round candies by wet hands. Put the whole nuts inside each candy.
3. Roll the finished candy in coconut shavings and cool them.

Nutrients per one serving:

Calories: 102 | Fats: 8 g | Carbs: 0.7 g | Proteins: 11 g

CANDIES WITH DATES AND MACADAMIA NUTS



SERVINGS: 10

Cooking time: 10 minutes + 15 minutes for cooling

Ingredients:

- 10 dried pitted dates
- ¼ cup dried apricots
- ¼ cup + 1 tbsp coconut shavings
- ⅔ cup + 1 tbsp chopped macadamia nuts
- ½ cup coconut oil
- 1 tbsp cocoa powder
- 1 tsp vanilla
- 1 tbsp honey

Cooking process:

1. In the blender, add all the ingredients, grind to uniformity for 1 minute.
2. In a bowl, mix 1 tablespoon of nuts and coconut shavings.
3. Make the round candies from the received mass and roll in the nut-coconut powder.
4. Lay out on a plate covered with parchment and leave in the fridge for 15

minutes.

Nutrients per one serving:

Calories: 115 | Fats: 9 g | Carbs: 1.3 g | Proteins: 15 g

LEMON COCONUT CANDIES



SERVINGS: 10

Cooking time: 15 minutes + 15 minutes for cooling

Ingredients:

- 1 cup oat flakes
- 1 cup + 1 tbsp coconut shavings
- 1 tbsp chia seeds
- ½ tsp poppy seeds
- ¼ tsp turmeric
- ⅓ cup liquid stevia
- 4 tbsp lemon juice
- 1 tbsp coconut oil
- ½ tsp almond extract
- 1 tbsp grated lemon peel
- A pinch of salt

Cooking process:

1. In the blender to lay out oat flakes, seeds, coconut shavings, turmeric, and salt. Grind until uniformity.
2. Add stevia, lemon juice, coconut oil, almond extract and lemon peel to the mass. Shake up for 1 minute. Knead the sticky dough. Leave in the fridge

for 15 minutes.

3. Make 10 round candies by wet hands. Roll in coconut shavings.

Nutrients per one serving:

Calories: 125 | Fats: 12 g | Carbs: 2.3 g | Proteins: 16 g

COCONUT CANDIES WITH MATCHA



SERVINGS: 10

Cooking time: 15 minutes + 6 hours for cooling

Ingredients:

- ⅓ cup + 2 tsp cocoa butter
- ⅓ cup coconut cream
- 1 tbsp coconut oil
- 3 tbsp liquid stevia
- 1 tbsp coconut shavings
- 1 tbsp coconut flour
- 1 tsp matcha powder

Cooking process:

1. Lay out the coconut oil and coconut cream in a saucepan. Bring to a boil over medium fire. Add cocoa butter, mix until uniformity.
2. Add a stevia, coconut flour, shavings, and matcha powder. Cool the mass in the fridge for 5 hours.
3. Form the round candies and leave in the fridge for another 60 minutes.
4. Melt cocoa butter on a water bath or in a microwave. Pour candies with glaze.

Nutrients per one serving:

Calories: 118 | Fats: 10 g | Carbs: 1.6 g | Proteins: 12 g

MARZIPAN AND WHITE CHOCOLATE CANDIES



SERVINGS: 10

Cooking time: 15 minutes + 1.5 hours for cooling

Ingredients:

- 10.5 oz marzipan
- 5.5 oz white chocolate
- 1 lemon
- 1 vanilla pod
- 1 tbsp liquid stevia

Cooking process:

1. Remove the vanilla beans from the pod. Grate the lemon peel. Lay out the marzipan in a bowl; add lemon peel and vanilla. Mix well.
2. Divide marzipan into equal pieces and form the round candies. Leave in the refrigerator for 1.5 hours.
3. Melt white chocolate on a water bath or in a microwave, add stevia, mix.
4. Dip cooled candies in chocolate and lay out on a baking paper. Leave until full cool.

Nutrients per one serving:

Calories: 130 | Fats: 13 g | Carbs: 2.6 g | Proteins: 14 g

CANDIES WITH OAT FLAKES AND STRAWBERRY



SERVINGS: 10

Cooking time: 15 minutes + 2 hours for cooling

Ingredients:

- $\frac{3}{4}$ cup oat flakes
- 1 cup strawberry (fresh or frozen)
- 1 cup + 2 tbsp coconut shavings
- 2 tbsp chia seeds
- 2 tbsp coconut oil

Cooking process:

1. Lay out the strawberry in the blender and beat until uniformity. Add other ingredients and to shake up for 1 minute.
2. Make the small balls; roll them in coconut shavings. Cool them for 2 hours.

Nutrients per one serving:

Calories: 80 | Fats: 7 g | Carbs: 3 g | Proteins: 16 g

CANDIES WITH PISTACHIOS AND LIQUEUR



SERVINGS: 12-14

Cooking time: 20 minutes + 5 hours for cooling

Ingredients:

- 28 oz white chocolate
- 6 tbsp cream liqueur
- 1/3 cup peeled pistachios
- 2 1/3 cups cream
- 1/2 tbsp butter
- 1 tbsp liquid stevia

Cooking process:

1. Grease a baking sheet with butter. Grind pistachios to a crumb.
2. Lay out chocolate, cream, and liquor in the saucepan. Heat mass over low fire until uniformity. Remove from fire; add pistachios and stevia. Mix carefully.
3. Pour the mass into the baking sheet, cool and leave in the refrigerator full hardening. Cut into portions.

Nutrients per one serving:

Calories: 130 | Fats: 15 g | Carbs: 4 g | Proteins: 18 g

CANDIES WITH DATES AND CHIA



SERVINGS: 10

Cooking time: 15 minutes

Ingredients:

- 10 dried pitted dates
- 1 tbsp chia seeds
- 4 tbsp pistachios
- 2 tbsp cocoa powder
- 1 tbsp liquid stevia

Cooking process:

1. In a blender, lay out 2 tablespoons of pistachios, grind until uniformity. Lay out mass on a plate.
2. Add in the blender the remaining pistachios, dates, chia, cocoa. Grind until uniformity. If necessary, add a couple tablespoons of water.
3. Make 10 candies with wet hands. Dip in sweetener and roll in shredded pistachios.

Nutrients per one serving:

Calories: 135 | Fats: 12 g | Carbs: 3.8 g | Proteins: 15 g

MEASUREMENT TABLES

••••

<i>US Customary Quantity</i>	<i>Metric</i>
1 teaspoon	5 ml
1 tablespoon	15 ml
2 tablespoons	30 ml
$\frac{1}{4}$ cup <i>or</i> 2 fluid ounces	60 ml
$\frac{1}{3}$ cup	80 ml
$\frac{1}{2}$ cup <i>or</i> 4 fluid ounces	125 ml
$\frac{2}{3}$ cup	160 ml
$\frac{3}{4}$ cup <i>or</i> 6 fluid ounces	180 ml
1 cup <i>or</i> 8 fluid ounces <i>or</i> $\frac{1}{2}$ pint	250 ml
1 $\frac{1}{2}$ cup <i>or</i> 12 fluid ounces	375 ml
2 cups <i>or</i> 1 pint <i>or</i> 16 fluid ounces	500 ml
3 cups <i>or</i> 1 $\frac{1}{2}$ pints	700 mL
4 cups <i>or</i> 2 pints <i>or</i> 1 quart	950 ml
$^{\circ}\text{C}$ (<i>Celsius</i>)	F° (<i>Fahrenheit</i>)
140	275
150	300
165	325
175	350
190	375
200	400
220	425
230	450
240	475

CONCLUSION

With our recipe book “**Keto Desserts**”, you can cook delicious and healthy low-carb desserts and sweets for your family every day.

Many simple recipes for low-carb keto chocolates, cookies, puddings, muffins, tarts, pies, cakes and pastries from the available products will diversify your daily diet.



No need to give up your favorite sweets, just start cooking delicious homemade desserts low in carbohydrates, which will help you to stay in good physical shape and to please itself and the guests with new recipes.

This collection of recipes will become a faithful assistant in your kitchen. Be inspired by the dishes presented and create your own culinary masterpieces!