

✓ SUGAR-FREE TREATS

NEW

✓ QUICK & EASY RECIPES

# Easy Keto Desserts..

LOW-CARB, HIGH-FAT  
RECIPES  
40



• Nutritious puddings



• Impress your guests



• Delicious sweet treats



• Simple step-by-step recipes inside



Foreword  
written by  
**Andrew Justice**  
Professional  
Keto Chef



Digital  
Edition

FUTURE

THIRD  
EDITION

CAKES • PIES • MERINGUES • COBBLERS • TARTS • TRAYBAKES • AND MORE

# Easy Keto Desserts

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# Welcome to *Easy* Keto *..Desserts..*



**J**ust because you're embarking on a new keto lifestyle, doesn't mean you can't have treats every now and then. This book features more than 40 low-carb recipes to satisfy your sweet tooth without kicking you out of ketosis. You'll be able to whip up mouthwatering desserts in minutes with our easy-to-follow, step-by-step guides, including cakes, pies, cobblers, traybakes and much more.

Also inside, you'll find helpful guides on how to get started in keto baking. Discover which sugar and flour substitutes will help you get the best results, and learn how to incorporate sweet treats into your diet responsibly.







# Foreword

## Andrew Justice

### MY STORY



I began my culinary career back in 1996 – straight out of high school. I was fortunate to land my first role as a chef in a hotel in the heart of Lancashire. From there, my passion for food and cookery grew stronger. Over the next decade, having worked in several chef roles in Dorset and Lancashire, I got the opportunity to head my own kitchen at the historic Samlesbury Hall, Lancashire. Here I was able to showcase my own style and flair in a fine-dining environment, as well as at high-end events.

Then, in 2008, I was approached to head up a new restaurant based in Lytham, Lancashire. I worked under the head chef, Warrick Dodds, who himself is a former Roux scholar. During my time here, I gained prestigious Michelin recognition, as well as many positive reviews from critics.

Two years later, I applied for *Masterchef: The Professionals*. Much to my surprise, I got through! I competed against other talented professional chefs, and somehow made it all the way to the second stage of the quarter-finals. This was an amazing opportunity for me, and it also gave me the motivation to progress my career.

With London in my sights, I quickly secured the head chef role at the *Guardian* newspaper's head office, where I oversaw VIP and event catering. After that, I went to

work for a prestigious events company based in the heart of London. Challenges included running large-scale events of up to 3,000 people, my highlights being the Queen's Diamond Jubilee and the Olympic Parade in 2012. For the next few years, I spent my time working alongside budding restaurateurs, project managing several restaurants and eateries in and around London.

But then, in 2014, I decided to move back to my glorious home county of Lancashire. There, I headed up a global events company, catering for clients such as golfers Sir Nick Faldo and the legendary Gary Player, as well as several luxury brands.

I had all this experience under my belt, but my small family was starting to grow. I felt it was the right time to set up a company of my own, showcasing my knowledge and talents within the event and private dining sector.

My company, AJ Culinary Artist, specialises in low-carbohydrate, ketogenic and nose-to-tail carnivore cooking. I've already had the privilege to cook for some of the great doctors and professors studying within these areas. Perhaps most importantly, I've implemented a ketogenic lifestyle in my own home.

Are you missing the occasional dessert to finish off your Saturday night keto meal? Then look no further! Packed inside this book are over 40 indulgent desserts that you can easily prepare and enjoy, knowing that they fit into your new way of eating.

I still try to keep these as a real treat and avoid adding any sweeteners personally, so

I'm not tempted to over indulge and fall off the keto wagon! I especially love the crumble recipe and use my own allotment grown rhubarb, blueberries and blackberries when in season.

**Happy baking!**

Andrew



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The keto diet is easy to follow once you get your head around the basics

Image source: Thinkstock

# Introducing the keto diet

Whether you're new to keto or need a refresher, here's our simple guide to the basics and benefits of this low-carb lifestyle

**T**he keto diet has been growing in popularity over the last two decades, lauded by many influential public figures. But it is much more than the latest celebrity trend. The keto diet has its roots in the medical world, having been used to help treat or manage certain conditions under controlled circumstances. It has made its way into the mainstream, and those who follow the lifestyle are happy to extol its many virtues.

Maybe you're already on the keto diet and looking for fresh inspiration, or maybe you're starting out for the first time. Over these pages we'll break down exactly what the keto diet is, what you can and can't eat, and what it means to be in 'ketosis'. Then you'll be ready to flick through the pages of this cookbook and start dishing up some of our delicious recipes.

## What does keto mean?

First things first, what actually *is* a keto diet? Well, it's a type of low-carbohydrate, high-fat (LCHF) diet. Keto itself is short for ketogenic – we'll come back to that in a minute. The diet involves monitoring your food intake and trying to eat a certain amount of fat, protein and carbohydrate. These are the three key macronutrients (or macros) in our food, and are the building blocks for our bodies. A typical Western diet is made up of roughly 50% carbs (or higher in a lot of cases). The keto diet cuts out carbs as a primary

source of energy so that your body resorts to using fat instead.

On an ideal keto diet, your daily intake of carbs should be around 5-10%. You should also eat adequate amounts of protein, somewhere in the region of 15-25% of your daily intake. Fat makes up the rest of your food. The ratios may vary depending on the specific plan, but fat will generally account for around 70-80% of everything you eat.

While the thought of so much fat in your diet can cause concern, especially with regular scare stories in the news about the dangers of too much fat, it's important to note that the keto diet is definitely not about eating endless tubs of butter or greasy burgers. Its main focus is on good-quality, wholesome foods. On the keto diet, you will be eating a lot of lean meat, non-starchy vegetables, high-fat dairy products, low-carb fruits, healthy fats, and nuts and seeds.

The whole point of this LCHF way of eating is to reach a state of ketosis. Your body will naturally hunt for glucose as its preferred source of energy, as it's the easiest to access and release. Energy from fat is stored if there is glucose available. As you begin to limit your carbs, your glucose stores are depleted and the body is forced to break down its fat stores and use that for energy instead. This process produces compounds called ketones in your blood, and when these build up to the right level, you enter a state





known as ketosis and start to burn ketones as the primary energy source for your body.

Why would you go to so much effort to change your body's energy source? The benefits of the diet reach far beyond weight loss, although that is many people's primary motivation for looking at the diet in the first place. Weight loss does happen for a lot of people, as long as the diet is maintained. Other potential benefits include an increase in good cholesterol levels, better insulin control, improved brain health, more energy, better focus and a reduction in cravings.

### What can you eat?

If you're raring to get going, it's time to look at what you can eat on a typical keto diet. You will probably spend a lot of time staring at packets in the early days, as you get used to how many carbs are in what products. As a rule of thumb, if there are fewer than 5% carbs, it's probably okay to pop it in your basket.

You will still be eating protein, but not a huge amount. You need to control your intake, as excess protein can be converted to glucose, and your body will use that for energy, kicking you out of ketosis. Still, lean meats and fish are a key component of most main meals. Oily fish in particular is a great option, as it gives you plenty of good fats as well as protein. You'll also find that a love of eggs helps – they are virtually carb-free and highly versatile.

The main part of your diet comes from fat – good, high-quality, natural fats wherever possible. Your eggs, meat or fish will already have a fat content to factor in, then you start to add fat in other ways. Many cooking fats, such as olive oil, coconut oil and butter, are still on the menu. Oils can also be used as a base for sauces or drizzled cold over salads.



### All about electrolytes

**It's important to manage your body's electrolytes when undertaking a keto diet**

Electrolytes are minerals that naturally exist in the body. They are incredibly important to key body functions, and include sodium, potassium, magnesium, calcium and chloride. When you first start on a keto diet, your body will excrete more water and retain less than it did before. This also depletes your essential electrolytes and can contribute to some of the potential side effects of the keto diet. However, by ensuring you actively replace electrolytes and drink more water, you can help to rebalance the body. It is important to get enough sodium, so don't be afraid to add a little salt to your meals or use stock cubes that are packed with salt. Potassium can be obtained through more natural means by eating nuts, spinach, mushrooms, salmon, avocados and other foods high in potassium. You may also consider supplements to help boost your electrolyte levels if needed.







Image source: Pexels

### What to drink

#### Monitoring what you drink is just as important as what you eat

You don't want to undo all your hard work by upping your carbs through your drinks. You need to drink a lot of water, so that should be your main source of fluid. You can also drink coffee and tea, with a dash of milk if you like. Herbal teas can be good for adding variety and flavour. Alcohol is generally high-carb and should be avoided, but the odd drink can be okay. Look out for low-carb wines and beers, and stick to the one glass.

You should also include plenty of high-fat dairy products, such as yogurt, cream and cheese. Try to choose full-fat versions of everything, and always check the packaging to make sure nothing extra has been added. You can also eat nuts and seeds, but do be careful with some nut variants as they can contain more carbs than you might expect.

Finally, you should have plenty of vegetables and some fruit. Many fruits are high in carbs and not suitable for the keto diet. Your best options are berries, such as strawberries, raspberries and blackberries. Blueberries are fine too, but they have more carbs than the others, so you should limit your portion sizes.

However, when it comes to vegetables, you have plenty of options. Ideally you want to stick to vegetables that grow above ground. Below-ground veg – like potatoes, sweet potatoes and squash – are far higher in carbohydrates. Any leafy greens are a good choice, like spinach, kale and lettuce, as are avocados and tomatoes. You can also eat things like broccoli, cauliflower, courgettes, green beans, cucumbers, aubergines... the list goes on!

So as you can see, there is plenty that you are still able to enjoy. However, there are also plenty of things you shouldn't eat on the keto diet. Most of it is common sense though. Foods high in carbs are off limits, so steer clear of junk food like cakes, biscuits, crisps and chocolate bars. You also need to avoid starchy carbs, like rice and pasta; soft drinks, fruit juices and squash; all grains, including oats, quinoa, millet and wheat; and most beans, such as kidney beans, lentils, butter beans and chickpeas. Check

There are so many tasty options available to those on the keto diet



Image source: Pixabay





the labels for other variants of sugar too, such as high-fructose corn syrup and natural sweeteners like honey, agave, or maple syrup.

You should also be mindful of 'low-carb' packaged products. This can simply mean that they are lower in carbs than a standard product, but not actually low enough for the keto diet.

### Monitoring your macros

Now you know what to eat, it's a question of how much. This comes back to the macros that we mentioned earlier. As we've mentioned, the macro balance can vary, but let's use the 'classic' keto ratios of 75% fat, 20% protein and 5% carbs for now. You need to translate this into grams to figure out how much of each food type you should be eating. This is down to a lot of factors, such as your gender, age, height and weight.

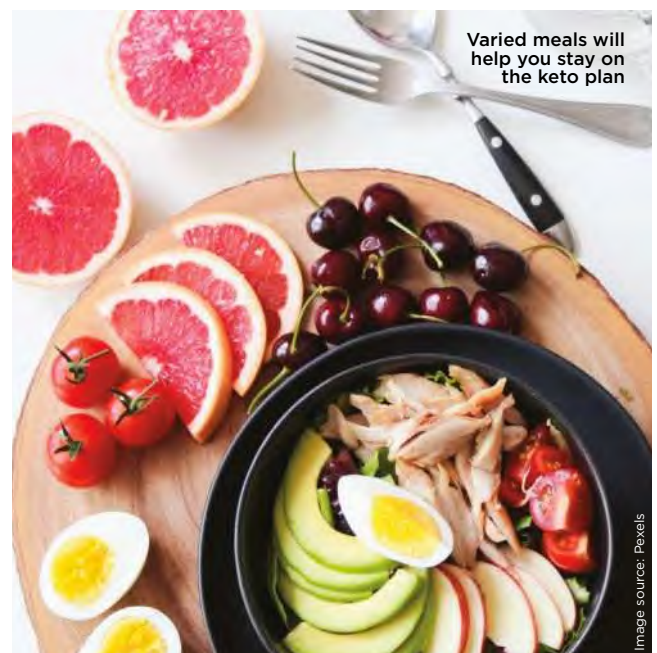
Using these figures you can work out your Basal Metabolic Rate (BMR), which calculates the number of calories you need every day at rest for your body to function properly. From here, you have to factor in your personal activity levels and whether you are looking at losing, gaining or maintaining your weight. All of this information gives you the right amount of calories to aim for each day. From that, you can work out how many calories should come from fat, protein and carbs, which can be expressed as how many grams of each you need to eat. This sounds very complicated, but there are plenty of online keto calculators that do all of this for you.

When you have your individual macros, you need to start tracking everything you eat to try to match your target macros. There are plenty of apps available that do all this for you. Just enter whatever you eat into the app and it will work out the grams of each food type for you, as well as helping you stay on track for

the day. Some people prefer to use pen and paper, and keep a notebook in their bag to add to as they go through their day.

Admittedly, it is a bit of work to begin with. But as you get used to the diet, you'll find it easier to automatically eat within your own limits and fall into the right ratios. Also, if you meal plan in advance, you can work out all your macros for each day, buy in the right food, and have very few decisions to make about food day-to-day.

Hopefully this brief guide will help you get started with your new keto lifestyle. Work your way through this book to find more advice about keto baking, along with delicious recipes you can enjoy as treats and on special occasions.





Lots of foods contain carbohydrates;  
even fruits and vegetables

Image source: iStock / marilyna

# Understanding net carbs

Not all carbohydrates are the same, and this affects how we calculate our intake on the keto diet

**W**hen it comes to counting carbohydrates on the keto diet, it's not quite as simple as it may at first seem. However, it is straightforward once you understand what the different types of carbs are and how they impact your body. You will see us refer to 'net carbs' throughout this book, which is the value that you need to consider when it comes to staying in a ketogenic state. There are three main types of carbohydrates: sugar, starch and fibre. Many foods will contain more than one type of carbohydrate, and very often all three.

The most simple carbs are made up of basic sugars, and these are very easily digested in the body. Simple sugars are those that are often added to processed foods, in chocolate, sweets and cake, in flavoured yogurts, in soft drinks, and so on. There are other simple carbohydrates too, such as the sugars found naturally occurring in fruit or milk, for example.

This is the most important one to keep a tab on, as there are a number of different names that added sugar can come under, so you have to get vigilant at reading ingredients labels. Anything that ends in '-ose' should trigger warnings: glucose, fructose,

maltose and sucrose, for example. Things like honey or syrup are also basic sugars that are often added to products. These foods have a high glycemic load (GL), which means they cause a sharp rise in blood sugar levels as they are digested so quickly.

## Complex carbs

Starches are more complex carbs, with a lower GL, as they take longer to release their energy and be digested. These are the kinds of carbs that you find in things like potatoes and pasta, legumes and wholegrains. Starchy carbohydrates are made up of longer chains of sugar, so they take longer to get broken down in the body. These kinds of carbs aren't sweet like simple sugars, so it's easy to forget that they are still chains of sugar. Once these are broken down in the body, they still raise blood sugar levels.

At the end of the day, sugar is sugar and your body will still need to raise blood sugar levels and trigger the production of insulin to process these carbohydrates. Both of these types of carbohydrate are counted within your carb ratio for a day on the keto diet, which is why they are mostly avoided.





### Fibre

The third type of carbohydrate to consider is fibre, and this is where things get a little more complicated. Fibre is a component in the cell walls of plants, and is found in many natural foods such as fruit and vegetables, wholegrains and pulses. Fibre isn't digested in the same way as sugar carbohydrates; in fact, it's not digested at all, and passes straight into our intestine. Here it can absorb water and bulk out our foods as they pass through the digestive system. Fibre is essential for a productive digestive system, and therefore is still required on a keto diet. As it doesn't get digested, it doesn't raise the blood sugar levels and trigger the production of insulin. Therefore, it isn't counted towards our overall carbohydrate value that we are monitoring on the keto diet.

### Net carbs

This brings us back to net carbs. Net carbs are calculated by taking the total number of carbohydrates and deducting the amount of fibre. This is the value we need to add up to give us our carb intake for the day. Everything you eat might contain both sugar/starchy carbs, as well as fibre.

So even something as simple as fruits and vegetables will need to be tracked and calculated. Something like cauliflower or broccoli, for example, will have an amount of total carbs, of which a lot come from fibre, making the overall net carbs quite low. Most good tracking apps will work out your net carbs, or at least break a food down into total carbs and fibre so you can simply track the right values.

Make sure you know whether your food label shows total or net carbs

### Nutrition Facts

Serving Size 1 cup (300g)  
Serving per container 4

Amount per serving

Calories 328      Calories from fat 50

% Daily Value\*

Total Fat 10%      30%

Saturated Fat 2.1%      13%

Trans Fat

Cholesterol 70mg      24%

Sodium 210mg      13%

Total Carbohydrate 15g      5%

Dietary Fiber 3g      7%

Sugars 2g

Protein 12%

Vitamin A 1%

Vitamin C 3%

Calcium 2%

Iron 4%

Image source: iStock / Ksenia Omalchenko

### Food labelling around the world

The term 'net carbs' mainly comes from the USA, where food package labelling includes all types of carbohydrates, including dietary fibre, under Total Carbohydrates. To get the net carbs, you do need to deduct the fibre value. However, if you're in the UK, it's actually a little simpler. Fibre is listed on the food packaging as a separate value, and the carbohydrate amount already has this deducted, so you are given the net carb value as standard. This form of food labelling is also used throughout Europe, and in Commonwealth countries, such as Australia and New Zealand. It's worth knowing, or you might find that when you are trying to deduct fibre from the carbohydrate value in these countries, you actually end up with a negative amount!

### Sugar alcohols

Finally, just a quick note on sugar alcohols, which despite the name don't fall into the same category as basic white sugars. In fact, sugar alcohols are often used in keto desserts as sugar substitutes (such as xylitol and erythritol), and naturally occur in fruits and vegetables. These sugar alcohols are not absorbed in the same way as other sugars, and don't raise the blood sugar levels as much (although they can a little) – they have a much lower glycemic load.



# Essential utensils

When starting with baking there are a few tools you'll need



## 1 Weighing scales

Similar to regular baking, keto baking is more of a science than an art. Accuracy is key, so invest in some accurate weighing scales. This will keep your macro tracking accurate and your baking results consistent.



## 6 Wooden spoon

This is a basic implement that you will need in your kitchen. For mixing and spreading, wood doesn't transfer as much heat as metal spoons, and handily they will also not scratch non-stick surfaces.



## 2 Measuring cups

When measuring out wet ingredients like milk or coconut oil, measuring cups can help with accuracy. Cups are less consistent for dry or chopped ingredients, as we all compress ingredients differently.



## 7 Cookie scoop

Cookie scoops can be used for sweet and savoury bakes in order to ensure uniform size in servings, whether it's keto cookies or a savoury fat bomb. It's this kind of versatility that makes it indispensable.



## 3 Hand mixer

In order to add lightness to many keto bakes, you will need to include some beaten egg whites. To ensure that these are suitably stiff, you will need strong arm muscles or a reliable hand mixer.



## 8 Rolling pin

Rolling pins have a multitude of uses; rolling out dough for pies or cutting out cookies to a uniform thicknesses. Rolling pins are also very useful when used for crushing nuts or tenderising meat.



## 4 Stand mixer

Stand mixers generally have a lot more power than a standard hand mixer, and they also allow you to multitask - adding extra ingredients easily or allowing you to start another element of your bake while the mixer works.



## 9 Baking tray

A heat-conducting tray/sheet is needed for making consistent cookies. Look for a non-stick coating to ensure your bakes slide off. It's best to reserve a tray for baking, as oven trays can have residue from everyday cooking.



## 5 Spatula

For scraping out mixing bowls and making sure batter is uniformly spread, you can't get a better tool than a spatula. Solid silicone is the most hygienic; it will not fall apart or retain washing-up water.



## 10 Springform cake pan

This cake pan is made of two parts; a base and a removable ring for the side of the pan. When baking fragile cakes, there is no need for a stressful transfer out of a pan - the ring just pops off!



# Top 10 keto baking tips

Ensure your bakes come out perfectly with our advice



## 1 Prep your pans

Keto batters are a little thicker and stickier than standard batters, so properly grease your pans to ensure the bakes come out clean. Brownies and even stickier bakes may benefit from greasing, and parchment paper liner too.



Stevia can have a bit of an acquired taste

## 2 Double boiler

When melting chocolate you need to be careful not to apply too much heat, as chocolate can seize (thicken in texture and becomes unworkable). Make sure your bowl and mixing utensil are both dry and that no steam gets into the chocolate.

## 5 Stevia balancing

Many people feel that stevia leaves bitter aftertaste in both bakes and when used for sweetening drinks. This can be balanced by adding a pinch of salt and citric acid to the stevia to create a blend. This replaces the acid sugar has in it naturally.

## 8 Room temperature

It is important to allow your ingredients to come to room temperature. If 'creaming' butter and sweetener, you will find it much easier if the butter has had time to fully soften – the results will be much smoother.



## 3 Eggy taste

Some people complain that keto bakes taste 'eggy'; this can be remedied in a number of ways: by using free-range eggs that do not have an aftertaste, and letting the eggs come to room temperature. Spices can mask this too, like nutmeg and fennel.

## 6 Let it cool

It is so tempting to check, bother and cut a bake before it's ready. If a recipe says to leave to cool, do it! Quite often, keto recipes need to firm or crisp up while cooling. Leave the bake alone, and you'll have a much neater result.



## 9 Gelatin

Gelatin is the cooked form of collagen, supporting hair and nail growth; it contains amino acids not in a standard Western diet. Gelatin dissolves in warm water and forms a gel. Add 1 tsp of gelatin to your cookie dough to ensure they're chewy.



## 4 If it all fails

Baking can feel like a science sometimes, and like many science experiments it can fail completely. If your bake doesn't cook all the way through, slice it up and toast it, or extend the baking time and crumble it up to make crumbs for sprinkling.

## 7 Measure everything!

When baking, you need to measure everything. Many recipes from the US measure in 'cups', which is not a particularly accurate method of measuring ingredients. If following a US recipe, a 'stick' of butter is 115 g | 4 oz.

## 10 Whey protein

Adding whey protein to your bakes can help you get closer to your daily protein macro. Generally  $\frac{1}{3}$  of a flour in a recipe can be replaced with protein powder. It may take some practice before your bakes come out the way you'd prefer.





# Keto sweeteners explained

Desserts need a bit of sweetness, even on the keto diet! Luckily there are plenty of sugar substitutes available

**A**s low-carb diets have become more popular, so too have replacements to traditional sugar. There are lots of different products out there claiming to offer a healthier alternative to sugar that enable you to enjoy sweet drinks and baked goods without the blood sugar spike or the calories. Not all sweeteners are made equal, however. In terms of what works for a keto diet, there are broadly two main types: sugar alcohol and plant-based. Most of these are very low in calories and net carbs, but they vary quite a lot in terms of sweetness.

There are a couple of newer products that are blends of sweeteners that have been designed to replace sugar like-for-like, but most of them in their pure forms need to be adapted for different recipes. It's not very often a simple 1:1 swap with regular sugar, but luckily there are some great resources online that let you input your sweetener and the amount your recipe calls for in terms of regular sugar, then it will calculate the correct conversion for you.

You also need to consider that different sweeteners might behave differently to sugar – some absorb moisture, so you need to add liquid, while others don't dissolve well and can lend bakes a grittier texture. They also don't all react with our bodies in the same way – some might cause

gastrointestinal discomfort or are not suitable for diabetics, so be sure to do your research if you have any health concerns.

You may need to experiment a little to find the sweeteners that work for you in the kinds of recipes that you want to create.



A low-carb sweetener can be derived from the monk fruit

Image source: iStock / carl99



## Erythritol

About 70-80% as sweet as sugar

Erythritol is one of the most commonly used sugar substitutes in keto baking, as it can be used as a direct replacement in many recipes – it doesn't dissolve quite as well and can't be used for caramelising, but it is great for baking. It's not as sweet as sugar, so you could add a little more than you would regular sugar (about a 1:3 ratio), but as your tastebuds adapt to less sugar, you can probably get away with 1:1. It is a sugar alcohol with a slight cooling effect, like you get from mint, and is usually made from fermenting corn or birch as a byproduct of the process.

## Stevia (Stevia rebaudiana)

250-300 times sweeter than sugar

This natural sweetener is often the one that most people have heard of. It is derived from a plant and has been shown to actually lower blood sugar levels, rather than raise them. It has no nutritional value, which means it doesn't add calories or net carbs. It is possible to get it in both powdered and liquid form, but you don't need to use a lot. You can replace 200g sugar with just 1 teaspoon of powdered stevia. It's good for sweetening drinks, but recipes have to be adapted for baking, as you use so little of it.

## Xylitol

About the same sweetness as sugar

This sugar alcohol is quite commonly used in sugar-free products, so you have probably consumed it without realising. It has about 3 calories per gram and 4g of carbs per teaspoon, but it has 0 net carbs as it doesn't cause a spike in blood sugar levels. It's often used by keto dieters to sweeten drinks or smoothies, but it can also be used in baking. You just need to bear in mind that it can absorb moisture, so you may need a little extra liquid in your recipes.

## Monk fruit sweetener (Siraitia grosvenorii)

100-250 times sweeter than sugar

You'll be forgiven for having never heard of this one before keto. It's a natural sweetener that is derived from the monk fruit plant, which is native to parts of China. In its pure form, it has no calories and no carbs, but it is often found as part of a sweetener blend, so you will need to read the ingredients first. The brand and blend you buy will change how much you use in replacement for sugar, and the sweetness can also vary a lot.

## Swerve

About the same sweetness as sugar

Swerve has been branded as 'the ultimate sugar replacement', which is a big title to live up to! It's easy to see why it's attractive: it can be used cup-for-cup just like regular sugar, but has no calories and doesn't raise the blood sugar levels. It can even caramelise like sugar and is perfect for baking with. It's actually a blend of three ingredients: erythritol, oligosaccharides (prebiotic fibres) and natural flavours from citrus.





Image source: iStock / Tolimir

# Baking with keto-friendly flours

If you're going to bake on the keto diet, you need to get used to using a substitute for flour. Luckily there are some great alternatives easily available

## Coconut flour

**Net carbs per 100g: 17g**

This flour is made from the flesh of a coconut that has been dehydrated and ground, after the fat of the coconut oil has been extracted. It loves moisture, so when you start baking with coconut flour it does take some getting used to. It will soak up all the liquid in your recipe, so you generally use less of it than you would all-purpose flour, and add extra eggs or liquid. It bakes really well though and makes for lovely cakes and pies. It's a great option if you need to go nut-free in your baking.

## Almond flour

**Net carbs per 100g: 10g**



Made from blanched ground almonds, almond flour is white in colour and very fine (as opposed to ground almonds, which are ground without being blanched, coarser and a light

brown colour, but equally a useful flour substitute where a really fine texture isn't needed). It's perfect for cakes, cookies, pastry and bread in keto baking, adding a slightly sweet flavour. It can be used in similar quantities to all-purpose flour, but it does depend on the brand used (which can also alter the number of net carbs slightly). As almonds are naturally full of fats, you will need to use less liquid than stated, and you may need extra raising agent if you need a lift.

## Nut meals

**Net carbs per 100g:** Varies by nut, but similar to almond



While almond flour gets all of the love, there are many other nut meals out there that you can also use – pretty much any nut can be ground into a fine flour. They all add a different flavour to your bakes, so if you like experimenting you can

Image source: iStock / FotografiaBasica, iStock / PeterHermesFurian





really have some fun here. The best ones to try to start off with are walnut, macadamia or hazelnut. They can be hard to find and buy ready-made, but you can easily buy your own nuts and grind them to a smooth powder for use in your recipes.

### Ground flaxseed

**Net carbs per 100g: 7g**

Sometimes you'll find this as linseed or flax meal, but it's all the same thing. Flaxseed is very nutritious, with lots of vitamins and healthy fats. It can give a really earthy taste to your bakes, and is sometimes added to things like keto bread mixes for that reason. It's great for a health boost while also adding a lovely flavour. But flaxseed has another use in baking too – it can be used to replace eggs, as it swells in water to give a similar glutinous texture. Handy to know if you don't eat eggs.

### Soya flour

**Net carbs per 100g: 20g**

This flour substitute is made from grinding up roasted yellow soya beans, and can be found in health food shops quite easily these days. It is a good source of dietary protein. It is similar to coconut flour in the way that it behaves in recipes, namely that it can absorb a lot of moisture, so you will need to adapt your liquid measures. It is also a good source of fibre if you need more in your diet.



Xanthan gum is popular in gluten-free – as well as keto – baking

Image source: iStock / BWFoldum

## Using keto thickeners

**Replace flour or cornstarch in your favourite sauces and custards**

Flour or cornstarch (or other starches like arrowroot flour, tapioca starch and rice flour) are often used to help a liquid thicken. They can be used in moderation, but they are all quite carb-dense, so it's best to get used to using an alternative in your cooking.

One of the most commonly used thickeners is xanthan gum, which is popular in gluten-free baking and fairly easy to source. It's often used in things like bread or cakes, as it gives a good rise and you only need to use a little for a good result.

Psyllium husk is another popular thickener. It's a plant-based fibre that has almost no calories or net carbs, and can be used in most baked goods, mimicking the effects of gluten while retaining a nice, light texture.

You can also use some of the flours we have already mentioned as a thickener, such as almond flour or coconut flour, but this is best for sauces rather than bakes, so they don't give a gluten effect.



Image source: iStock / Amarita





Berries with cream makes the most of the natural sweetness in fruit

Image source: iStock / grandriver

# Enjoying sweet treats on keto

Find out how you can still have your cake and eat it while following a ketogenic lifestyle

**O**ne of the hardest things about choosing to start the keto lifestyle is feeling like you have to give up all of your favourite foods. In truth, it's likely that many of the foods you love are not doing your health any good. But that feeling of sacrifice can really impact on your motivation to continue with any new diet. It's often because we miss our old foods that we fall back into bad habits and end up eating foods that are not keto-friendly.

It's important, therefore, to always try to focus on what you're gaining and not what you're losing. The whole point of the keto diet is not to deprive you of food; it's about shifting your mindset to wanting to choose foods that nurture your body and improve your health. As you get used to eating the keto way, you'll probably find that your tastes and cravings begin to change (more on this in the box on page 24), which makes it easier to have willpower.

The types of foods that people end up missing the most or craving in the early days of the keto diet are usually sweet. It's the cakes, chocolate and sweets that hold power over our appetites. Savoury cravings, for example for crisps or pasta, can be quite easily replaced on keto – for example, baking thin slivers of various vegetables until crisp or using courgetti with a pasta sauce. But it can seem impossible to consider including sweet treats in your new diet without going hugely over your carb intake for the day.

Well, we're here to tell you that you don't need to give up the sweet stuff for good. You can actually include treats in your plan without busting right out of ketosis. You might have to reframe your thoughts a little on what a sweet treat means to you, but we promise the keto substitutes are just as moreish and delicious as that chocolate cake you've been thinking about all day!



### Why we crave the sweet stuff

Before we look at what you can and can't eat, it helps to understand why we want sweet things so much. It's quite common to crave something sweet, either as a treat, a pick-me-up, or after a meal. The keto diet focuses on the types of foods that are good for us and help us feel good, long term. Sweet, sugary, high-carb products also make us feel good, but the feeling is short lived. We feel good immediately after eating the food, which is due to the blood sugar spike that rushes energy through our bodies. It's a temporary fix, however, and our blood sugar crashes just as quickly, leaving us feeling sluggish and in need of another hit.

But if we know it's bad for us, why do we want it? For a start, it's probably down to deep-set habitual behaviour. If you always have an afternoon biscuit, you'll start to crave one at the same time every day. Bad habits are so hardwired that we often do them without thinking about it. It's hard, but not impossible, to start to break these habits. It takes consistency and effort, which can be difficult and often causes us to give up and give in to temptation.

Sugar cravings can also reflect on our diet and lifestyle; we might be lacking in certain nutrients and crave sugar as a quick energy boost. This can be linked to not eating enough protein or fat, or both. As you adapt to getting your energy in a slow, steady way from your high-fat diet, you might find these cravings start to dissipate over time. The same goes for not getting enough sleep, quality rest time or exercise – if you're always rushing around, eating on the go and chronically tired, your body will look for the quickest and easiest way to get quick fuel.

Many of these problems will be addressed by following the keto lifestyle anyway – you'll be eating better, have more energy and likely have improved sleep. However, even if you get on top of the cravings, there will still be times when you want to have something sweet to eat, because you enjoy it and get pleasure from it. The point of keto is to enjoy your food and not feel deprived, so having some standby sweet treat recipes is certainly worth the effort.



Image source: iStock / LauriPatterson

Eat your keto treats in the right portion sizes to maintain ketosis

### Keep an eye on your portion sizes

As we've said, the keto diet is about moderation. There is no need to deprive yourself of the sweet things you crave, but even the keto-friendly options need to be consumed in the right portions. For example, eat a whole punnet of strawberries in one sitting and you will be surprised how many carbs you rack up! It's the same with homemade keto sweet treats and desserts too. Even though they are designed to be low-carb, if you eat a large portion, you can easily eat too many net carbs for the day. You still want the majority of your diet to be made up of healthy wholefoods. A small treat now and then can complement the keto diet, but it shouldn't make up the bulk of it. For a start, sweet treats, keto or not, can be high in calories, and if one of your aims on the diet is to maintain a healthy weight, this could affect your results.



Image source: iStock / Alina Rosanova

There are several different keto sweeteners to choose from that will help satisfy any sweet tooth

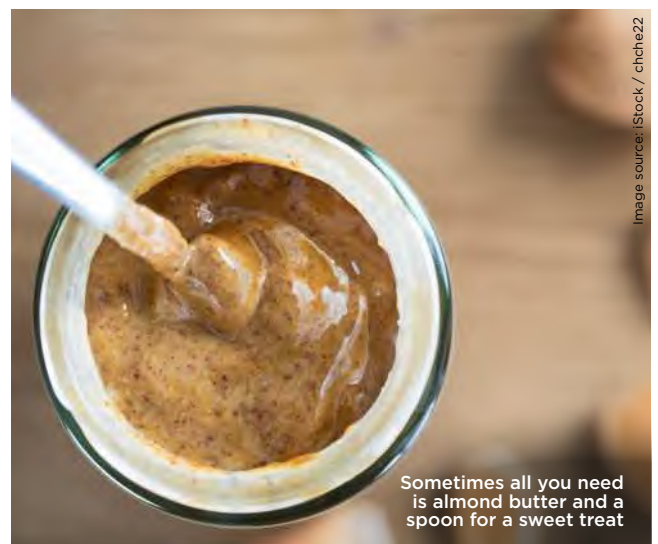


Image source: iStock / chche22

Sometimes all you need is almond butter and a spoon for a sweet treat



You might find that your tastebuds begin to change on keto

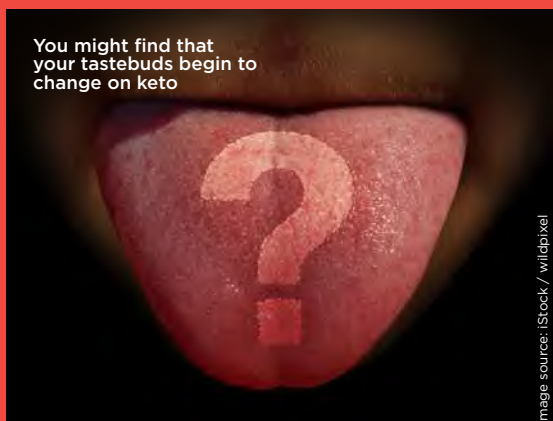


Image source: iStock / wildpixel

### Changing tastes

As you get further into the keto diet, your tastebuds begin to change. At first, you'll probably still crave sweet tastes and textures, as this is what you're used to. Your body likes the quick and easy energy release you get from sugary treats, as it doesn't have to work as hard to access it. So when you eat a sugary treat, your tastebuds recognise this as something that will give your body the hit that it's craving and that lights up all the pleasure centres in your brain, making you want more. However, if you stick to the keto diet for a while, you'll be getting a steady release of energy all the time, meaning your body will stop craving a quick hit. As such, your tastebuds respond differently to sweet tastes – you don't need them for energy anymore. You might find your tolerance for sweet tastes changes and what you might have once enjoyed is now overly sweet. This means you can satisfy any sweet treat cravings with less sweet products – but you'll likely find that your cravings lessen too.

### Rethinking sweet treats

The keto diet doesn't actually outright ban eating sweet treats! There is no doctrine that says, 'Thou shalt not eat anything sweet'. It's just that the main ingredients in most traditional go-to sweet treats are high in carbs and therefore not included as part of the ketogenic diet – sugar, flour, chocolate and so on. But there are still plenty of foods that are sweet and can be used to create incredible desserts and treats that aren't high in carbs, but still satisfy cravings. It just means rethinking what we mean by 'sweets' and finding new ways to give our brains what they want.

Luckily, there are plenty of foods that are naturally sweet, without having to rely on sugar. There isn't much fruit on a traditional keto diet, but you can still enjoy berries in moderation. They will give you a real sweet burst and are great for your body too. Strawberries, raspberries and blackberries can be enjoyed in small portions (blueberries too, but they are the highest in carbs, so will need to be carefully consumed) and with no preparation. You can also have them with cream, which is high in fat and incredibly sweet.

Many people find that nut butters are great for satisfying a sweet craving too, thanks to their creamy texture and moreish taste. Dip a few strawberries into almond butter, and you won't miss chocolate at all! You can also use coconut products, which give you a good amount of healthy fats, but are also sweet, such as coconut flakes, coconut oil or creamed coconut. There are of course natural sweeteners, derived from plants, which we explore elsewhere in this book that can be used to add sweetness to all kinds of recipes.

By combining these keto-friendly ingredients, you can come up with a lot of different types of desserts and snacks that will more than replace traditional cakes and puddings you're used to, without having to go heavy on the carbs. Nothing is off limits if you learn how to re-create them in a keto way. Throughout this book, you will find recipes to cater for all tastes and cravings.

Many supermarkets now stock 100% cocoa varieties of chocolate that are sugar-free



Image source: iStock / YelenaYemchuk





Image source: iStock / LaurPatterson

Would you believe that this cheesecake was keto-friendly? Well, it is!

## Building in sweet treats sensibly

It is important, however, to make sure that you incorporate these sweet treats into your keto diet in a sensible and sustainable way. If you rely heavily on having sweet keto snacks throughout the day, and always have a dessert after your main evening meal, you will be creating new habits that might not be good for your health.

Sweet treats are supposed to be enjoyed in moderation, not all the time. This way we don't become reliant on them. Being on the keto diet can help you to form a healthier relationship with food, by understanding that food fuels our body and gives us energy. This means making sure that the majority of our diet is based around wholefoods, healthy fats, lean protein and vegetables.

You might like to enjoy a sweet dessert at a dinner party or celebration, for example. Or maybe you treat yourself after a long week at work with a cup of tea and a keto-friendly biscuit, as part of your relaxation and downtime. By not having sweet treats all the time, they really do become a treat and something to be savoured and enjoyed.

Just because something is keto-friendly, it doesn't give you a free pass to eat to excess!



Image source: Getty Images / Peter Dazilex



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70



120



98



56

## Recipe tips

- Unless otherwise stated, all recipes use:
  - Erythritol sweeteners
  - Unsalted, grass-fed butter
  - Large, free-range eggs
- For recipes that ask for dark chocolate, use the highest percentage cocoa variety you can find – some supermarkets and online stores sell 100% cocoa bars, but most will have 80-90%. Alternatively, look for a sugar-free option that's made with stevia or another keto-friendly sweetener.
- You can use cacao powder in place of cocoa powder. It has a more intense flavour so you may need to reduce quantities to taste.
- If you can't find almond flour, ground almonds (which are often more coarsely ground) will work, but the resulting texture of the dessert may vary.
- Use pure vanilla extract and make sure there are no added sugars. You can alternatively use vanilla pods (the seeds from 1 pod can replace 1 tsp extract) or vanilla bean paste.
- All ingredients (such as cocoa powder, almond milk, shredded coconut etc) should be unsweetened, and use full-fat varieties where applicable.
- For US readers, a few UK-US equivalents used throughout the book are: double cream (heavy cream), bicarbonate soda (baking soda) and cornflour (cornstarch).
- Some recipes contain small amounts of ingredients that may be seen as 'not keto', but it is a matter of quantity. A sprinkling of cornflour used to thicken a sauce, or a small amount of carrot in a cake aren't going to kick you out of ketosis – provided you stay on top of your macros and stick to the suggested portion sizes!



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# Chocolate cake

Always a crowd-pleaser – a simple chocolate sponge covered with delicious buttercream is perfect for any celebration

## Ingredients

### For the sponge

**150 g | 5 oz | 1½ cup** almond flour

**70 g | 2½ oz | ⅔ cup** cocoa powder

**85 g | 3 oz | ¾ cup** coconut flour

**4 tbsp** flaxseed meal

**2 tsp** baking powder

**115 g | 3⅓ oz | 1 stick** butter, softened

**150 g | 5¼ oz | ¾ cup** granulated sweetener

**4** eggs

**1 tsp** vanilla extract

**240 ml | 8 fl oz | 1 cup** almond milk

**80 ml | 2¾ fl oz | ⅓ cup** strong coffee

### For the frosting

**225 g | 8 oz** cream cheese, softened

**115 g | 3⅓ oz | 1 stick** butter, softened

**90 g | 3 oz | ¾ cup** powdered sweetener

**60 g | 2 oz | ½ cup** cocoa powder

**60 g | 2 oz | ½ cup** coconut flour

**¼ tsp** instant coffee granules

**180 ml | 6 fl oz | ¾ cup** double cream

### To decorate (optional)

**1-2 squares** dark chocolate, grated

**1 small handful** nuts, chopped

## Method

**For the sponge:** Preheat the oven to 180°C (160°C fan) | 350°F | gas 4. Grease and line two 20cm | 8" round cake tins with baking parchment.

In a large bowl, whisk together the almond flour, cocoa powder, coconut flour, flaxseed meal and baking powder.

In another large bowl, using an electric whisk or wooden spoon, beat the butter and sweetener together until light and fluffy.

Add the eggs one at a time, then the vanilla. Now add in the dry ingredients and mix until fully combined. Finally stir in the milk and coffee.

Divide the batter between the cake tins and bake for 25-30 minutes. Once cooked remove the cakes from the oven and leave them to cool.

**For the frosting:** Beat the cream cheese and butter together with a hand mixer in a large bowl until smooth and super creamy. Add the sweetener cocoa powder, coconut flour and instant coffee, and beat until there are no lumps. Add the cream, and beat until fully mixed in.

**To assemble:** Place one of the cakes on a cake stand or plate and then spread a thick layer of buttercream on top. Repeat with the remaining layers, and spread the around the edges. Use a palette knife to smooth everything over neatly.

Grate some sugar free chocolate on the top to decorate or sprinkle with a handful of your favourite crushed nuts.



## Chocolate cake



### Information

**Prep time**

15 minutes

**Baking time**

25-30 minutes

**Servings**

16

**Net carbs per serving**

6 g



# Coffee and walnut cake

This is an absolute showstopper and will be the star of any dinner party or afternoon tea

## Ingredients

### For the sponge

**200 g | 7 oz | 2 cups** almond flour

**1 tsp** baking powder

**4 tbsp** almond milk

**1 tbsp** instant coffee granules

**225 g | 8 oz | 1 cup** butter, softened

**3** eggs

**200 g | 7 oz | 1 cup** granulated sweetener

### For the frosting

**2 tbsp** almond milk

**2 tsp** instant coffee granules

**170 g | 6 oz | ¾ cup** butter, softened

**90 g | 3 oz | ⅔ cup** powdered sweetener

### To serve

**70 g | 2½ oz | ½ cup** walnuts

Instant coffee powder or ground coffee, to dust

## Method

**For the sponge:** Preheat the oven to 180°C (160°C) | 350°F | gas 4. Grease and line three 23cm | 9" round cake tins.

Mix together the almond flour and baking powder in a large bowl until the baking powder is evenly distributed.

On a low heat, gently warm the almond milk in a saucepan and stir in the instant coffee, then set aside to cool completely.

In another large bowl beat the butter and sweetener with an electric whisk until it is smooth and creamy. Keep going until it lightens in colour.

Now, beat the eggs into the butter, one at a time. Then add in the cooled almond coffee to the mixture and gently stir through. With a large metal spoon fold in the dry ingredients a little at a time. Fold gently to encourage as much air into the mix as possible.

Divide the cake mixture evenly between the three cake tins, then bake in the oven for around 20 minutes. The cakes should have browned slightly and be springy to the touch.

Once baked, remove the cakes from the oven to cool in their tins for 15 minutes before removing from the tins to cool completely.

**For the frosting:** Whilst the cakes are cooling, make the buttercream. Carefully warm 2 tbsp of almond milk and stir in 2 tsp of coffee. Leave to cool completely.

In a large bowl, beat together the butter and powdered sweetener with an electric whisk until light and fluffy. Add the cooled coffee and beat again.

**To assemble:** Place one of the cakes on the plate or cake case and spread a third of the icing over it. Add the next cake and repeat. Lay the last cake on the top and spread the remaining icing.

Decorate with walnut halves and sprinkle with a little extra powdered or ground coffee.

## Information

**Prep time**  
15 minutes

**Baking time**  
20 minutes

**Servings**  
12

**Net carbs per serving**  
2 g



*Coffee and walnut cake*





# Lemon and coconut cake

You can whip this up in next to no time. It makes a lovely zesty treat after a meal or with a cup of tea

## Ingredients

### For the sponge

**60 g | 2 oz | ½ cup** coconut flour

**5** eggs

**4 tbsp** sweetener

**115 g | 4 oz | 1 stick** butter, melted

**½** lemon, juiced

**½ tsp** lemon zest

**½ tsp** xanthan gum

**½ tsp** salt

### For the frosting

**225 g | 8 oz** cream cheese, softened

**3 tbsp** powdered sweetener

**1 tbsp** lemon zest

### To decorate

Slices of lemon peel (optional)

## Method

**For the sponge:** Preheat the oven to 180°C (160°C fan) | 350°F | gas 4. Grease and line a 23x13cm | 9x5" loaf tin.

Separate the egg whites and yolks, and then beat the egg whites until they form stiff peaks. Make sure you use a metal or glass bowl and it is clean and dry when you begin.

Place the rest of the cake ingredients into the bowl of whipped egg whites along with the egg yolks. Mix carefully until well combined. Be careful not to beat too much air out of the mix

Pour the batter into your loaf tin and bake for 30 minutes. Keep an eye on it as cooking times may vary.

Take the cake out of the oven and leave to cool for 20 minutes before transferring it to a wire rack to cool completely. If you haven't used baking parchment be very careful as coconut flour can cause cakes to stick.

**For the frosting:** Beat all the ingredients together in a large bowl until they are well combined and no lumps of sweetener remain.

**To serve:** Once the cake has cooled spread the frosting on top. Decorate with the lemon peel (if using).

## Information

### Prep time

10 minutes

### Baking time

30 minutes

### Servings

8

### Net carbs per serving

3 g



*Lemon and coconut cake*





# Carrot cake

Creamy, moist and delicately spiced, this keto-friendly carrot cake is perfect with a cup of coffee

## Ingredients

### For the sponge

**170 g | 6 oz | ¾ cup** butter, softened

**150 g | 5⅓ oz | ¾ cup** granulated sweetener

**1 tsp** vanilla extract

**4** eggs

**250 g | 9 oz | 2½ cups** almond flour

**2 tsp** baking powder

**2 tsp** cinnamon

**½ tsp** ground cardamom (optional)

**¼ tsp** salt

**225 g | 8 oz** carrots, peeled and grated

**115 g | 4 oz** pecans or walnuts, roughly chopped

### For the frosting

**225 g | 8 oz** cream cheese, softened

**60 g | 2 oz | 4 tbsp** butter, softened

**140 g | 5 oz | 1 cup** powdered sweetener

**2 tsp** vanilla extract

**1-2 tbsp** double cream (optional)

### To decorate

**60 g | 2 oz** pecans or walnuts, 8 whole nuts and the rest chopped

## Method

**For the sponge:** Preheat the oven to 180°C (160°C fan) | 350°F | gas 4. Grease and line two 23cm | 9" round cake tins – springform tins are ideal for this.

In a large bowl, cream the softened butter and sweetener together until fluffy. Then beat in the vanilla, followed by the eggs – one at a time – until everything is fully incorporated, then set aside.

In a separate bowl, mix together the almond flour, baking powder, cinnamon, cardamom (if using) and salt.

Fold the dry ingredients into the butter and egg mixture. Add the grated carrots and the pecans, and keep folding until everything is evenly distributed throughout the mixture.

Pour half the batter into each of the prepared cake tins and bake in the oven for 30-35 minutes, or until the top springs back when pressed and an inserted skewer comes out clean.

Leave the cakes to cool in the tins for about 10 minutes, before turning out onto a wire rack to cool completely.

**For the frosting:** Add the softened cream cheese and butter to a large bowl, and whip with an electric hand mixer at a medium speed until fluffy. You could alternatively use a stand mixer.

Turn the mixer down to low and add the sweetener a spoonful at a time, followed by the vanilla. Adjust the consistency (if desired) by adding the cream and mixing again.

**To assemble:** Once the sponges have cooled, top one of the cakes with half the frosting. Place the second cake on top, smooth over the remaining frosting and decorate the top with the pecans or walnuts. The finished cake will keep for a week in an airtight container in the fridge.





### **Information**

**Prep time**

25 minutes

**Baking time**

30-35 minutes

**Servings**

16

**Net carbs per serving**

5.5 g

If you're using cups, measure the grated carrots loosely – packing a cup too tightly can squeeze out too much moisture



# Almond cake

Inspired by the classic French recipe, enjoy this elegant cake with a cup of tea

## Ingredients

### For the sponge

**75 g | 2⅔ oz | ⅓ cup** butter, softened

**90 g | 3 oz | ½ cup** monk fruit and erythritol blend sweetener

**350 g | 12½ oz | 3½ cups** almond flour

**½ tbsp** baking powder

**¼ tsp** salt

**4** eggs

**180 ml | 6 fl oz** sour cream

**½ tsp** vanilla extract

**½ tsp** almond extract

### For the glaze

**3 tbsp** butter, melted

**2 tbsp** powdered sweetener

**¼ tsp** vanilla extract

**¼ tsp** almond extract

### To decorate

**1 large handful** flaked almonds

Powdered sweetener, to dust (optional)

## Method

**For the sponge:** Preheat the oven to 180°C (160°C fan) | 350°F | gas 4. Grease a 23cm | 9" round springform tin and line the base with a circle of baking parchment.

In a large bowl, beat together the softened butter with the sweetener until smooth and creamy. Add in the almond flour, baking powder and salt and beat again, making sure there are no lumps.

Next add the eggs, sour cream, and the vanilla and almond extracts and mix thoroughly until everything is combined.

Pour the cake batter into the prepared tin and bake for about 28-32 minutes, or until the top is golden and a toothpick/skewer inserted into the middle comes out clean.

**For the toasted almonds:** While the cake bakes, you can also use the oven to toast the flaked almonds for the topping. Arrange them in a single layer on a lined baking sheet, and place on the top shelf of the oven for about 3-4 minutes until lightly browned. Alternatively, you can toast them in a dry pan over a low-medium heat.

Once the cake is cooked, remove from the oven and leave to cool in the tin for about 10 minutes.

**For the glaze:** While the cake cools, prepare the glaze by melting the butter and whisking it together with the powdered sweetener, vanilla and almond extracts.

**To assemble:** Run a knife around the edges of the tin, then transfer the cake to a wire rack. Use a pastry brush to coat the top and sides of the cake with glaze, reserving about 1 tbsp of glaze for the next step.

Sprinkle the toasted almonds over the cake and gently press them into the glaze. Drizzle the remaining glaze on top and leave to cool completely.

When ready to serve, dust with some powdered sweetener (if using).

## Information

**Prep time**  
10-15 minutes

**Baking time**  
28-32 minutes

**Servings**  
12

**Net carbs per serving**  
4 g



*Almond cake*





# Cinnamon and nutmeg cake

The irresistible aroma of sweet spices will draw everyone in for a slice

## Ingredients

### For the sponge

**140 g | 5 oz |  $\frac{2}{3}$  cup** butter, softened

**140 g | 5 oz** cream cheese, softened

**155 g | 5½ oz |  $\frac{3}{4}$  cup** granulated xylitol

**1 tsp** vanilla extract

**1 tsp** ground cinnamon

**½ tsp** ground ginger

**½ tsp** ground nutmeg

**¼ tsp** ground cloves

**¼ tsp** salt

**1 tsp** baking powder

**2 tbsp** coconut flour

**150 g | 5¼ oz | 1½ cups** almond flour

**3** eggs

### For the frosting

**115 g | 4 oz** cream cheese, softened

**115 g | 4 oz | 1 stick** butter, softened

**90-105 g | 3-3¾ oz**  
**|  $\frac{2}{3}$ -¾ cup** powdered sweetener

**1 tsp** ground cinnamon, plus extra to sprinkle

**2 tbsp** double cream

## Method

**For the sponge:** Preheat the oven to 175°C (155°C fan) | 350°F | gas 4. Grease and line a 25cm | 10" round cake tin (a springform tin is ideal) and set aside.

Mix the softened butter and cream cheese together in a stand mixer at a medium speed until smooth and even. Alternatively you can mix by hand in a large bowl.

Reduce the mixer speed to low and add the sweetener, vanilla, spices, salt and baking powder.

Add the coconut flour, almond flour and eggs and continue to mix at a low speed for a couple of minutes until everything is fully combined. You may have to stop the mixer and scrape down the sides of the bowl with a spatula a couple of times to ensure everything gets mixed in.

Pour the cake batter into the prepared tin and bake in the middle shelf of the oven for about 30 minutes. After this time, cover with foil and return to the oven for a further 15-20 minutes. When it's done, a skewer inserted into the middle should come out clean, and the surface should spring back if pressed.

Remove the cake from the oven and leave it to cool in the tin for about 10 minutes, before turning out onto a rack to cool completely.

**For the frosting:** Using a stand mixer (or an electric hand mixer) with a clean bowl, mix together the cream cheese and butter until they are well combined and smooth.

Reduce the mixer speed to low and add the powdered sweetener a spoonful at a time – you may not need the whole amount. Stop the mixer and taste to see if you want to adjust the sweetness.

Add the cinnamon and cream and mix again for another 1-2 minutes.

**To assemble:** Once the cake has cooled completely, spread the frosting over the top in a thick layer, and sprinkle with some extra cinnamon before slicing to serve.



## Cinnamon and nutmeg cake



### Information

**Prep time**  
15-20 minutes

**Baking time**  
45-50 minutes

**Servings**  
14 slices

**Net carbs per serving**  
3 g

Instead of the individual spices, you could also use 1-2 tsp mixed spice (to taste) to save time



# Red velvet cake

This distinctive cake is rich and dense, topped with delicious light and fluffy cream cheese frosting

## Ingredients

### For the sponges

**115 g | 4 oz | 1 stick** butter, softened

**105 g | 3¾ oz | ¾ cup** powdered sweetener

**2** eggs

**240 ml | 8 fl oz** sour cream

**1 tsp** vanilla extract

**1 tbsp** apple cider vinegar

**150 g | 5½ oz | 1½ cups** almond flour

**4 level tbsp** coconut flour

**2 tbsp** cocoa powder

**1½ tsp** bicarbonate soda

**1 tsp** cream of tartar

Red food colouring (see the tip opposite)

### For the frosting

**225 g | 8 oz** cream cheese, softened

**60 g | 2 oz | 4 tbsp** butter, softened

**4 tbsp** double cream

**2-3 tbsp** powdered sweetener

**1 small handful** freeze-dried cherries, strawberries or raspberries (optional)

## Method

**For the sponges:** Preheat the oven to 180°C (160°C fan) | 350°F | gas 4. Grease and line two 20cm | 8" round cake tins (springform ideally) and set aside.

In a stand mixer, or with a hand mixer, cream together the softened butter and powdered sweetener at a medium-high speed until pale and smooth.

Add the eggs, sour cream, vanilla and apple cider vinegar and mix again at a medium speed until everything is incorporated.

In another bowl, mix together the almond flour, coconut flour, cocoa powder, bicarbonate of soda and cream of tartar.

Fold the dry ingredients into the wet ingredients until blended. Add enough food colouring to achieve a deep, rich shade of red and keep mixing until the batter's colour is even.

Pour half the cake batter into each of the prepared tins, then bake in the preheated oven for about 20-30 minutes, or until a skewer or toothpick inserted into the middle comes out clean. Remove from the oven and leave to cool in the tins.

**For the frosting:** Using a clean stand mixer or hand mixer, cream together the softened cream cheese and butter.

In a separate bowl, whisk the double cream until it forms stiff peaks.

Add the cream to the cream cheese mixture, along with the powdered sweetener, and beat together at a medium-high speed until it is smooth and spreadable.

**To assemble:** Once the sponges are completely cooled, remove them from the tins. Add about ¼-⅓ of the frosting to the top of one sponge and smooth it over into an even layer, then place the second sponge on top. Smooth the remaining frosting over the top and sides of the cake.

If using the freeze-dried fruit, crush or finely chop them until they are powder-like, then sprinkle over the top and/or sides of the cake, however you want to decorate it.

Store the frosted cake in the fridge until it's time to serve.



## Red velvet cake



### Information

**Prep time**

20-30 minutes

**Rest time**

2-3 hours

**Baking time**

20-30 minutes

**Servings**

10

**Net carbs per serving**

5 g

Paste or gel colourings are ideal as they provide the most intense colour, so you don't need to use as much compared to liquid colouring



# Chocolate and peanut butter cake

Nobody will believe you when you tell them that this decadent cake is keto

## Ingredients

### For the sponge

**200 g | 7 oz | 2 cups** almond flour

**80 g | 3 oz | ⅔ cup** cocoa powder

**3 heaped tbsp** coconut flour

**1 tbsp** baking powder

**½ tsp** salt

**115 g | 4 oz | 1 stick** butter, softened

**150 g | 5⅓ oz | ⅔ cup** granulated sweetener

**4** eggs

**1 tsp** vanilla extract

**180 ml | 6 fl oz | ¾ cup** almond milk

### For the frosting

**225 g | 8 oz** cream cheese, softened

**60 g | 2 oz | 4 tbsp** butter, softened

**250 g | 9 oz** peanut butter

**140 g | 5 oz | 1 cup** powdered sweetener

**240 ml | 8 fl oz | 1 cup** double cream

**1-2 squares** dark chocolate

## Method

**For the sponge:** Preheat the oven to 160°C (140°C fan) | 325°F | gas 3, then grease and line two 23cm | 9" round cake tins.

In a large bowl, mix the almond flour, cocoa powder, coconut flour, baking powder and salt together to ensure that everything is evenly distributed.

In a different bowl, use an electric whisk or wooden spoon to beat the butter and sweetener until it becomes pale and creamy. Next, beat in the eggs until the batter is smooth.

Beat in half of the dry ingredients and add the almond milk. Once fully combined add in the rest of the flour mix.

Carefully divide the cake mix evenly between the cake tins and bake for around 25 minutes.

Remove the cakes from the oven and leave to cool in the tins for about 20 minutes, or until a skewer or cocktail stick inserted into the centre comes out clean. Remove them from the tins and turn out onto a wire rack to cool completely.

**For the frosting:** In a large bowl, beat the cream cheese, butter and peanut butter until well combined using an electric whisk. Next, beat in the sweetener and cream until mixture is smooth.

Place one layer of cake on a serving platter and spread a third of the icing over the top and place the other cake on top. Now spread the rest of the icing over the top and coat the sides.

Scatter some peanuts over the top and finish with a little grated dark chocolate to garnish before serving.



## *Chocolate and peanut butter cake*



### **Information**

**Prep time**

5 minutes

**Baking time**

25 minutes

**Servings**

14

**Net carbs per serving**

8 g



# Raspberry Swiss roll

A lighter-than-air sponge filled with sumptuous cream and berries

## Ingredients

### For the sponge

6 eggs

120 g | 4¼ oz | ¾ cup  
powdered sweetener

4 tbsps psyllium husk powder

150 g | 5¼ oz | 1½ cups  
almond flour

### For the filling

240 ml | 8 fl oz | 1 cup  
double cream

4 tbsps mascarpone

4 tbsps powdered sweetener

125 g | 4½ oz fresh  
raspberries

### To serve

Powdered sweetener, to dust

Fresh raspberries

Fresh mint leaves (optional)

## Method

Preheat the oven to 170°C (150°C fan) | 325°F | gas 3, then grease and line a 23x33cm | 9x13" Swiss roll tin.

**For the sponge:** Beat the eggs with the sweetener with an electric whisk until the mixture has doubled in size. This will take around 5 minutes.

Mix the psyllium husk powder and the almond flour together then gently fold them into the eggs with a spatula.

Pour the batter gently into the prepared tin and bake for 12-15 minutes. Keep checking from about 10 minutes onwards. You want the centre to be just baked, but not wet. Remove the cake from the oven and let it stand for about 3 minutes.

Turn the cake out onto baking paper and very gently roll up along the long side. Wrap the roll in a clean tea towel and leave to cool down for 2-3 minutes while you prepare the filling. The tea towel will stop the cake from drying out as it cools.

**For the filling:** In a large bowl, whip the cream, mascarpone and sweetener together with a whisk until thick. Lightly crush the raspberries and set aside.

**To assemble:** Gently unroll the cake and spread the filling evenly across the surface, but avoid going too close to the edges. Top the cream filling with the crushed raspberries.

Roll the cake by pulling the paper towards you, shaping it with your other hand. Place in the fridge for 30 minutes before serving. Dust with powdered sweetener and top with some more fresh raspberries and a few fresh mint leaves (if using).

## Information

### Prep time

20 minutes

### Baking time

12-15 minutes

### Chill time

30 minutes

### Servings

14

### Net carbs per serving

3 g



## *Raspberry Swiss roll*



If you'd prefer  
a raspberry cream,  
simply beat the berries  
into the cream filling  
before spreading over  
the sponge



# Black Forest mug cake

You don't have to be entertaining guests to serve up a tasty dessert, here's a quick and easy single-serve recipe for when you're craving something sweet

## Ingredients

### For the cake

Butter or coconut oil, for greasing

**4-6** cherries (either fresh or thawed from frozen will do)

**1 tbsp** almond flour

**1½ tbsp** coconut flour

**1 tbsp** cocoa powder

**1 tbsp** granulated sweetener

**½ tsp** baking powder

**1** egg

**¼-½ tsp** vanilla extract (to taste)

**4 tbsp** almond milk (or your choice of keto-friendly nut milk)

**1 tbsp** dark chocolate chips

**1 tbsp** freeze-dried sour cherries, crushed to a fine powder (optional)

### To serve

Double cream or whipped cream (optional)

## Method

This dessert can be made in a microwave or in the oven. Grease either a microwave-safe mug or a small oven-safe bowl (about 15cm | 6" wide) and set aside. If baking, preheat the oven to 180°C (160°C fan) | 350°F | gas 4.

If using fresh cherries, remove the stalks and pips. If using frozen, thaw them fully and drain off any excess moisture.

In a small bowl, combine almond flour, coconut flour, cocoa powder, sweetener, baking powder, egg, vanilla and milk and mix well with a spoon or fork. If the batter is still a bit dry, add a little more milk (2 tsp at a time) until you have a thick, even mixture.

Fold in half the cherries and half the chocolate chips.

Pour the batter into your mug or ramekin and top with the remaining cherries, chocolate chips, and dried cherries (if using) pressing them into the batter slightly.

**To microwave:** Microwave in two 30-second bursts until fully cooked – a skewer or toothpick inserted into the middle should not have any raw batter on it (but if you pierce a chocolate chip it may come out messy!) If it is not cooked after 1 minute, keep microwaving in 10-second bursts.

**To oven bake:** Place the ramekin in the preheated oven for 12-15 minutes until cooked through.

Leave to cool for 1 minute before serving with a few spoons of double or whipped cream, if desired.

## Information

**Prep time**  
5 minutes

### Cooking time

- **Microwave:** 1-2 minutes (depending on the strength of your microwave)
- **Oven:** 12-15 minutes

**Servings**  
1

**Net carbs per serving**  
2 g

## FLAVOUR VARIATIONS

Follow the same method with different ingredients to create other delicious mug cake combos

### Warming cinnamon

**2 tbsp** tahini (or smooth nut butter)  
**1 tbsp** granulated sweetener  
**1 tsp** cinnamon, plus extra to sprinkle  
**¼ tsp** baking powder  
**1** egg  
**¼-½ tsp** vanilla extract (to taste)

**Top with:** 1 tbsp cream cheese, whipped with 1-2 tsp powdered sweetener

**4 g net carbs**

### Chocolate brownie

**1 tbsp** coconut flour  
**1 tbsp** granulated sweetener  
**2 tbsp** cocoa powder  
**¼ tsp** baking powder  
**1 tbsp** sunflower seed butter  
**3 tbsp** pumpkin puree  
**1-2 tbsp** nut milk

**Top with:** 1-2 tbsp sugar-free mini marshmallows (optional)

**6 g net carbs**



## *Black Forest mug cake*



Instead of a mug, you can make this cake in a microwave-safe or oven-safe cereal bowl. You may have to reduce cooking times as they will cook faster this way



# Fudge brownies

Get irresistible gooey-in-the-middle brownies with just six ingredients!

## Ingredients

### For the brownies

**130 g | 4½ oz |**  
**1 stick + 1 tbsp** butter

**140-160 g | 5-5⅔ oz | ⅔-¾**  
**cup** xylitol (to taste)

**80 g | 2¾ oz | scant ⅔ cup**  
cocoa powder

**½ tsp** salt

**2** eggs, at room temperature

**70 g | 2½ oz | scant ¾ cup**  
almond flour

### To serve

Flaked salt, to sprinkle  
(optional)

Double cream, whipped (to  
serve, optional)

## Method

**For the brownies:** Place a shelf in the lower third of the oven and preheat it to 180°C (160°C fan) | 350°F | gas 4. Line a 20x20cm | 8x8" baking tin with baking parchment and set aside.

Add the butter, xylitol, cocoa powder and salt to a large heatproof bowl and set it over a pan of simmering water. Stir constantly until the butter has melted and the xylitol has mostly dissolved. You could alternatively do this step in a microwave, heating in short intervals and stirring after each one. Remove from the heat and leave to cool slightly.

Add the eggs, one at a time, and mix well. The batter should be smooth and all the xylitol dissolved.

Stir in the almond flour and stir vigorously for about 1 minute, until everything is blended.

Pour the batter into the prepared tin and place on the shelf for about 23 minutes, but check regularly after 15 minutes as cooking times can vary from oven to oven. A toothpick inserted into the middle should come out slightly moist.

Remove from the oven and allow to cool in the tin for 10 minutes. Garnish with a sprinkling of sea salt flakes, if using.

**To serve warm:** These brownies will be delicate while still warm, so to enjoy right away you will have to sacrifice neatness! To serve warm: slice in the tray and gently scoop portions out with a spatula. Serve with a scoop of keto-friendly ice cream or a big dollop of freshly whipped double cream.

**To serve cool:** For neat slices, leave the brownies to cool completely. Lift them out of the tray using the baking parchment, and slice into 8 equal portions. For really clean slices, put in the freezer for about 10 minutes before slicing.

## Information

**Prep time**  
15 minutes

**Baking time**  
23 minutes

**Servings**  
8

**Net carbs per serving**  
2 g



## *Fudge brownies*



Xylitol gets the best results in this recipe. You can use powdered erythritol instead, but this may result in more cake-like brownies

# Rocky road

The perfect combination of rich chocolate,  
crunchy biscuits and soft marshmallows

## Ingredients

### For the cookies

**250 g | 9 oz** smooth almond butter (or any nut/seed butter you prefer)

**135 g | 4¾ oz | ¾ cup** granulated sweetener (ideally a monk fruit stevia blend)

**1** egg

### For the rocky road

**12** sugar-free cookies (as above)

**50 g | 1¾ oz** sugar-free mini marshmallows

**300 g | 10½ oz** dark chocolate chips (or chocolate bars, roughly chopped)

**250 g | 9 oz** sunflower seed butter (or any nut/seed butter you prefer)

**120 ml | 4 fl oz | ½ cup** keto maple syrup (such as IMO syrup, or make your own – see page 56)

**4 tbsp** coconut oil

## Method

**For the cookies:** Preheat the oven to 180°C (160°C fan) | 350°F | gas 4 and line a baking tray with parchment.

In a large bowl, combine all the cookie ingredients and mix well until you have a dough. Take a piece of dough and roll it into a small ball, place it on the baking sheet and press down to form a cookie. Repeat with the remaining dough, leaving space between each cookie. You should be able to make about 12 cookies.

Bake in the oven for about 8-12 minutes, or until they are golden brown. Remove from the oven and leave the cookies to cool completely before using them in the rocky road.

If the cookies are still a bit too soft to crush, chill them in the fridge for an hour or two.

**For the rocky road:** Crush the cookies into small pieces and add them to a large mixing bowl, along with the marshmallows, and stir together.

In a saucepan over a low-medium heat (or in the microwave), melt the chocolate chips, sunflower seed butter, syrup and coconut oil. Stir together until you have a thick, smooth mixture. Set aside to cool slightly, but make sure it stays pourable (gently reheat if it starts to set).

Pour the chocolate mixture over the cookies and marshmallows, and stir everything together until they are evenly distributed.

Line a brownie tin or rectangular cake tin with baking parchment. Scoop the mixture into the tin and spread it into an even layer, smoothing over with a spatula or the back of a spoon.

Refrigerate the rocky road until it's firm (about 3-4 hours) before slicing into 20 bars. Refrigerate overnight to set completely before serving.

## Information

**Prep time**  
10-15 minutes

**Chill time**  
3-4 hours

**Baking time**  
8-12 minutes

**Servings**  
20

**Net carbs per serving**  
2 g



## *Rocky road*



You can substitute the cookies for the equivalent amount of your favourite chopped nuts and/or seeds

# Pistachio and walnut baklava

A slice of this deliciously sticky Middle Eastern classic will satisfy any sweet tooth

## Ingredients

### For the pastry

**6** egg whites  
**5 tbsp** powdered sweetener  
**70 g | 2½ oz | ½ cup** chia seeds  
**1 tbsp** psyllium husks

### For the filling

**70 g | 2½ oz** pistachios, finely chopped (plus extra to decorate)  
**70 g | 2½ oz** walnuts, finely chopped (plus extra to decorate)  
**½ tsp** cinnamon  
**6** egg yolks  
**4 tbsp** full-fat coconut milk  
**115 g | 4 oz | 1 stick** butter, melted  
**2 tbsp** powdered sweetener

### For the syrup

**6 tbsp** water  
**4 tbsp** low-carb syrup (such as IMO\*)  
**1 tbsp** lemon or orange zest  
**6 tbsp** granulated sweetener

## Method

Preheat the oven to 200°C (180°C fan) | 400°F | gas 6, and line a large baking tray (or 2-3 of medium ones) with baking parchment.

**For the pastry:** With an electric mixer, or in a stand mixer, beat the egg whites until light and fluffy. Add the sweetener a spoonful at a time, and keep mixing until stiff, glossy peaks form. Add the chia seeds and psyllium husks, then whisk gently by hand to mix them through evenly.

Pour the mixture into the prepared baking tray(s) and spread it with a spatula into one even layer, as thin as you can get it. Bake in the oven for about 10 minutes, until lightly browned, then remove and set aside to cool. Keep the oven on as you will need it again later.

**For the filling:** While the pastry cools, mix together the chopped pistachios, walnuts and cinnamon in a small bowl and set aside.

In a medium bowl, whisk together the egg yolks, coconut milk, melted butter and sweetener until everything is evenly combined.

**To assemble:** Find a rectangular baking tin that's about  $\frac{1}{3}$  the size of the tray you made the pastry on. Grease and line it with baking parchment.

Once the pastry has cooled, remove it from the baking tray, turn over, and carefully peel the baking parchment off. Slice it into three equal rectangles to fit into the new tin.

Place one of the pastry sheets at the bottom of the prepared tin. Spoon over about  $\frac{1}{3}$  of the egg yolk mixture and spread it evenly with a pastry brush. Sprinkle on  $\frac{1}{2}$  of the nut mixture so it's evenly covered.

Place another layer of pastry on top, and repeat with another  $\frac{1}{3}$  of egg yolk and the remaining nut mixture. Top with the final pastry layer and brush with the last of the egg yolk.

Carefully slice the unbaked baklava with a sharp knife, cutting first lengthways, then diagonally to create about 20 parallelograms. Return to the oven and bake for 40 minutes, or until deep golden and crisp on top.

**For the syrup:** While the baklava bakes, combine all the ingredients for the syrup in a small saucepan and bring to the boil, whisking constantly. Reduce the heat to low-medium, and cook for about 4-5 minutes until the sweetener dissolves. Remove from the heat but cover to keep warm, stirring occasionally.

Once the baklava is baked, remove from the oven. Pour the syrup all over while the baklava is still hot, and sprinkle with the extra chopped nuts to garnish. Leave to cool slightly before serving warm, or leave to cool completely in the tin until required.



## *Pistachio and walnut baklava*



### **Information**

**Prep time**  
30 minutes

**Baking time**  
50 minutes

**Servings**  
10

**Net carbs per serving**  
3.4 g (2 pieces per serving)

\*You can find several low-carb syrup alternatives online, such as IMO used here, or you could try making your own (see page 56)



# Skillet cookie

What's better than chocolate chip cookies?  
One giant freshly baked cookie, of course!

## Ingredients

### For the cookie

**115 g | 4 oz | 1 stick** butter,  
plus extra for greasing

**130 g | 4½ oz | ⅔ cups**  
granulated sweetener

**1 tsp** vanilla extract

**1** egg

**200 g | 7 oz | 2 cups** almond  
flour

**½ tsp** baking powder

**¼ tsp** salt

**½ tsp** xanthan gum  
(optional)

**90 g | 3 oz** dark chocolate  
chips (or roughly chopped  
dark chocolate)

### For the ganache (optional, to serve)

**40 g | 1½ oz** dark chocolate

**4 tbsp** double cream

## Method

**For the cookie:** Preheat the oven to 180°C (160°C fan) | 350°F | gas 4.  
Grease a skillet or a round cake tin (about 20cm | 8" wide) with a little  
butter and set aside.

Heat the butter in the microwave for about 30 seconds, or until it is  
melted but not hot.

Add the sweetener to a large mixing bowl, pour in the melted butter and  
beat well until combined.

Add the vanilla and egg and mix briefly until they are incorporated. Next  
add the almond flour, xanthan gum (if using), baking powder and salt, and  
mix again until combined.

Add the chocolate chips to the bowl and knead the dough lightly with  
your hands until the chips are evenly distributed.

Press the dough into the prepared skillet with your hands, and smooth it  
over with a silicone spatula. Try to keep it as level as possible.

Place the skillet in the middle shelf of the oven for about 30 minutes, or  
until nicely golden brown. Remove from the oven and set aside to cool  
slightly while you prepare the ganache (if using).

**For the ganache:** Finely chop or grate the chocolate and place it in a  
small bowl.

Heat the cream to a gentle simmer in a small saucepan, then pour it over  
the chocolate. Leave for a minute or two to melt, then stir until you have a  
smooth, even ganache.

Take spoonfuls of the ganache and drizzle from a height over the cookie,  
before serving straight from the skillet.

## Information

**Prep time**  
10-15 minutes

**Baking time**  
30 minutes

**Servings**  
12

**Net carbs per serving**  
5 g



## Skillet cookie



For an extra treat, top with a dollop of keto-friendly ice cream (see page 122) or freshly whipped double cream



# Waffles

Who says waffles are just for breakfast or brunch?  
They make a quick and easy dessert too!

## Ingredients

### For the waffles

**5 medium** eggs, separated  
**4 tbsp** coconut flour  
**4 tbsp** granulated sweetener  
**1 tsp** baking powder  
**125g | 4½ oz | 1 stick + 1 tbsp** butter, melted  
**2 tsp** vanilla extract  
**3 tbsp** double cream

### To serve

**240 ml | 8 fl oz | 1 cup** double cream, whipped  
**2 handfuls** of berries  
Low-carb syrup (optional, see below)

## Method

Add the egg whites to a mixing bowl and whisk until stiff peaks form, then set aside.

In a separate mixing bowl, combine the egg yolks with the coconut flour, sweetener and baking powder.

While constantly stirring, pour the melted butter into the yolk mixture. Add the vanilla and the cream and keep mixing until you have a smooth batter. Set aside to thicken a little.

Preheat a waffle iron to your preferred browning setting, depending on how dark you like them to be.

Take a few spoonfuls of the whipped egg whites and gently fold them into the batter, trying to keep as much air in the mixture as possible. Repeat until all the egg white is incorporated.

Once the iron has reached its target temperature, pour in enough of the batter to prepare one waffle, then cook according to the iron's instructions. This will typically take about 3-5 minutes, depending on your waffle maker's settings.

Once cooked, transfer the waffle to a plate and keep warm while you prepare the rest. Repeat the previous step until you have used up all of the batter.

Serve the waffles warm, with a dollop of cream, some berries, and a drizzle of syrup (if using).

## Information

**Prep time**  
10 minutes

**Cook time**  
20 minutes (about 4 minutes each)

**Servings**  
4 (depending on the size of your waffle iron)

**Net carbs per serving**  
2.5 g

## LOW-CARB MAPLE SYRUP

**240 ml | 8 fl oz | 1 cup** water  
**140 g | 5 oz | 1 cup** powdered sweetener  
**1½ tbsp** pure maple extract\* (available to buy online)  
**½ tsp** xanthan gum

In a small saucepan, mix together the water, sweetener and maple extract. Bring to a simmer over a medium heat and cook for about 5 minutes, stirring regularly, until the sweetener has dissolved. Remove from

the heat and leave to cool slightly, before pouring the mixture into a blender. Lightly sprinkle half the xanthan gum over the top, then blend until you have no lumps. Repeat with the remaining xanthan gum and blend for a few seconds more. Leave for a few minutes to thicken. If you want a thicker syrup, add a tiny pinch more xanthan gum at a time and blend again until you reach the desired consistency. A 2 tbsp serving has 0g net carbs.





If you don't have a waffle iron, you can use this same batter recipe to make a stack of fluffy, American-style pancakes

# Pecan pie

This American classic is the ultimate home comfort, perfect for a Thanksgiving or Christmas feast

## Ingredients

### For the crust

**250 g | 9 oz | 2½ cup**  
almond flour

**140 g | 5 oz | scant ¾ cup**  
granulated sweetener

**¼ tsp** salt

**60 g | 2 oz | 4 tbsp** butter,  
melted

**1** egg

### For the filling

**170 g | 6 oz | ¾ cup** butter

**150 g | 5½ oz | 1 cup + 1 tbsp**  
powdered sweetener

**360 ml | 12 fl oz | 1½ cup**  
double cream

**½-1 tsp** salt (to taste)

**½ tbsp** vanilla extract

**¾ tsp** caramel stevia

**1** egg

**250 g | 9 oz | 2 cups** pecans,  
roughly chopped

**1-2 handfuls** pecan halves

## Method

Preheat the oven to 180°C | 350°F | gas 4. Grease a 28-30cm | 11-12" pie tin and line the base with some baking parchment. A loose-bottomed tin would be ideal.

**For the crust:** In a large bowl, mix together the almond flour, sweetener and salt.

Stir in the melted butter and egg until well combined. The dough will be quite dry and crumbly.

Press the dough into the bottom of the prepared pan, making it as smooth as possible. Using a fork, prick the base of the crust all over.

Bake for 10-12 minutes, until lightly golden.

**For the filling:** While the crust cooks, prepare the filling. In a large frying pan over a medium heat, melt the butter with the sweetener for about 5 minutes, stirring often until it turns a dark golden brown.

When golden, add the cream and salt. Bring to a gentle simmer for 15-20 minutes until darker in colour, bubbly and thick.

Remove the sauce from heat. Stir in the vanilla and caramel stevia.

Let the pie crust and caramel sauce cool for 15-20 minutes. Once the caramel sauce has cooled, whisk in the egg.

Place chopped pecans evenly into the crust, then pour over the caramel/egg mixture. Arrange the the remaining pecan halves on top of the filling.

Cover the edges of the pie crust with some foil, and bake for about 40-50 minutes until the top is dark brown and the filling is set.

Once baked, set aside to cool completely, then chill for at least 1 hour before slicing.

## Information

### Prep time

15 minutes

### Baking time

60 minutes

### Chill time

1 hour

### Servings

12

### Net carbs per serving

4 g



*Pecan pie*





# Lemon meringue pie

It's easy to make a keto-friendly version of this sweet and tangy family favourite

## Ingredients

### For the crust

**120 g | 4¼ oz | 1¼ cup**  
almond flour

**2 tbsp** coconut flour

**1 tbsp** granulated sweetener

**1 tsp** xanthan gum

**¼ tsp** salt

**70 g | 2½ oz | 5 tbsp** butter,  
fridge cold, cubed

**2-4 tbsp** water (optional)

### For the filling

**4** egg yolks

**250 ml | 8 fl oz | 1 cup**  
water, plus an extra **2 tbsp**

**200 g | 7 oz | 1 cup**  
granulated sweetener

**1 tbsp** lemon zest  
(about 1-2 lemons)

**¼ tsp** salt

**125 ml | 4 fl oz | ½ cup**  
lemon juice (about 3 lemons)

**3 tbsp** butter, softened

**¼ tsp** xanthan gum

**1 tbsp** gelatin powder

### For the meringue

**4** egg whites

**¼ tsp** cream of tartar

**4 tbsp** powdered sweetener

**4 tbsp** granulated sweetener

**¼ tsp** salt

## Method

Preheat the oven to 180°C (160°C fan) | 350°F | gas 4. Grease and line a 23cm | 9" pie tin.

**For the crust:** Add the dry ingredients to a food processor and pulse until they are combined. Scatter the cubes of butter into the processor and pulse again until the mixture resembles breadcrumbs. Reduce the processor's speed to low.

The mixture may start to form a dough at this stage, but if it doesn't, slowly add the 2-4 tbsp water until it comes together. Either roll out the dough between two sheets of baking parchment, or simply press the dough into the pie tin by hand to create an even layer.

Prick the base all over with a fork. You can also press the fork around the rim to create a simple pattern (as pictured). Bake the crust in the oven for 12 minutes. Remove from the oven and leave to cool. Reduce the oven temperature to 150°C (140°C fan) | 300°F | gas 2.

**For the filling:** In a small bowl, whisk the egg yolks until they're smooth and set aside. Heat the cup of water, sweetener, lemon zest and salt and bring to the boil in a large saucepan, stirring until all of the sweetener has dissolved.

Take about ½ cup of the heated mixture and gradually pour it into the bowl with the egg yolks, whisking thoroughly. Pour this egg yolk mixture back into the saucepan, reduce the heat to low and cook for a few more minutes, stirring constantly. Add the lemon juice and butter to the saucepan and stir everything together. Sprinkle over the xanthan gum and whisk well.

In a small bowl, stir the 2 tbsp water with the gelatin powder, and leave for 1-2 minutes until it reaches a gel-like consistency. Add the gelatin to the saucepan and whisk until fully combined. Remove the filling from the heat, pour into a clean bowl and set aside to cool and thicken.

Once both the pastry and filling have cooled a little, pour the filling into the crust. Depending on the conditions (weather and humidity can affect it), you may need to pop the filled pie in the fridge to set before adding the meringue.

**For the meringue:** In a large bowl, or using a stand mixer, whisk the egg whites with the cream of tartar and salt until soft peaks form. Add the sweeteners a spoonful at a time while whisking, and whip to stiff peaks. You can spoon the meringue over the filling, or pipe it for a neater finish.

Bake the pie in the oven for 20 minutes, or until the meringue turns golden and is firm to the touch. Remove from the oven and leave to cool, before refrigerating for at least 3 hours to set before serving.



## *Lemon meringue pie*

### **Information**

**Prep time**

30 minutes

**Baking time**

30-35 minutes

**Chill time**

3+ hours

**Servings**

10

**Net carbs per serving**

2 g





# Key lime pie

Add a citrus zing to your dessert game with this deliciously creamy pie

## Ingredients

### For the crust

**100 g | 3½ oz | ¾ cup**  
ground pecans

**100 g | 3½ oz | ¾ cup**  
ground flaxseed

**¼ tsp** salt

**1 tbsp** granulated sweetener

**115 g | 4 oz | 1 stick** butter,  
melted

### For the filling

**240 ml | 8 fl oz | 1 cup**  
double cream

**3 tbsp** sweetener

**6** eggs

**100 ml | 3 fl oz | ½ cup** lime  
juice (about 4-6 limes)

**4 tbsp** lime zest, plus extra,  
to garnish

### To serve

**480 ml | 16 fl oz | 2 cups**  
double cream

## Method

Preheat the oven to 120°C (100°C fan) | 225°F | gas 1. Grease a 23cm | 9" pie tin and line the base with parchment – a loose-bottom tin is ideal.

**For the crust:** Mix the ground pecans, flaxseed, sweetener, vanilla and melted butter together, and press the mixture into the bottom and up the sides of the prepared tin. Use the back of a spoon to make it as compact as possible.

Bake the crust in the oven for 10 minutes, until it begins to turn golden. Remove it from the oven and then leave it to cool completely.

Reduce the oven temperature to 150°C (130°C fan) | 300°F | gas 2.

**For the filling:** Pour the cream into a saucepan and warm over a medium heat, then add the sweetener and stir.

Next, beat the eggs using an electric whisk until they are fluffy and start pouring the lime juice in slowly. The chemical reaction from the lime juice will make the mixture thicken.

Once the cream starts boiling, remove it from the heat and – while whisking constantly – slowly pour in the egg mixture.

Return the pan to the heat for a few minutes to heat through, but don't let it boil. Add the lime zest and mix well.

Pour the filling into the pie crust, then return the pie to the oven and bake for 15 minutes. One done, set aside in the tin to cool completely.

**To serve:** Whip the cream until it's thick and holds stiff peaks. Dollop this on top of the cooled pie and smooth over with a spatula or spoon.

Decorate with a little more freshly grated lime zest. Either serve immediately or cover and chill until required.

## Information

**Prep time**  
20 minutes

**Baking time**  
25 minutes

**Servings**  
10

**Net carbs per serving**  
2 g



*Key lime pie*





# Coconut cream pie

The best thing about the keto diet is that you get to enjoy decadent and creamy treats

## Ingredients

### For the crust

**60 g | 2 oz | 4 tbsp** butter, melted

**50 g | 1¾ oz | ½ cup** almond flour

**2** eggs

**4 tbsp** granulated sweetener

**¼ teaspoon** salt

**65 g | 2⅓ oz | ½ cup** coconut flour

**60 g | 2 oz | ⅓ cup** shredded coconut

### For the filling

**390 ml | 13 fl oz | 1⅓ cup** coconut milk

**3** egg yolks

**100 g | 3½ oz | ½ cup** granulated sweetener

**1 tsp** xanthan gum

**50 g | 1¼ oz | ½ cup** desiccated coconut

**1 tsp** gelatin

**2 tbsp** water

**480 ml | 16 fl oz | 2 cups** double cream

**1 tsp** vanilla extract

**3 tbsp** granulated sweetener

**340 g | 12 oz** cream cheese, softened

## Method

Preheat the oven to 200°C (180°C fan) | 400°F | gas 6. Grease a 20-23cm | 8-9" pie dish and line the base with baking parchment.

**For the crust:** Melt the butter in large bowl, add the almond flour, eggs, sweetener and salt, and mix well. Then stir in the coconut flour and shredded coconut until a dough forms.

Roll out the dough between two pieces of parchment paper. Remove the top sheet of parchment, then use the lower sheet to help you place the dough into the prepared pie dish.

Poke small holes all over the base with a fork, then bake at for 10 minutes. Set aside to cool completely in the dish.

Reduce the oven temperature to 190°C (170°C fan) | 375°F | gas 5.

**For the filling:** Heat the coconut milk until it is hot, but not boiling. Meanwhile, beat the egg yolks in a small bowl.

When the coconut milk is hot, slowly add about 4 tbsp of it to the egg yolks, stirring quickly with a fork after each small addition. Then pour the yolk mixture back into the hot coconut milk.

Reduce the heat to low, then sprinkle over the sweetener and xanthan gum and whisk well.

Cook for 3-4 minutes or until thickened, then remove from heat. Spoon into a medium bowl and cover with cling film so skin won't form. Now place in the fridge to chill for at least 4 hours.

Spread the desiccated coconut on a baking sheet and toast in the oven for a few minutes until golden. Set aside to cool.

Pour 1 tbsp of water in a bowl and sprinkle the gelatin powder on top. Once the gelatin softens, stir in one tablespoon of hot water until all the gelatin has dissolved.

With an electric whisk, beat the heavy cream with the vanilla and sweetener until soft peaks form. Slowly pour in the dissolved gelatin mixture and beat until stiff.

In a large bowl, beat the cream cheese until light and fluffy. Slowly beat in the chilled coconut pudding, adding small amounts at a time until smooth.

Fold in half the whipped cream into the cream cheese pudding mixture.

**To assemble:** Spread the coconut pudding cream mixture into the cooled crust. Top with the remaining whipped cream and sprinkle the toasted coconut on top. Chill for at least 4 hours before serving.



## Coconut cream pie



### Information

**Prep time**  
5 minutes

**Baking time**  
10 minutes

**Chill time**  
8 hours

**Servings**  
12

**Net carbs per serving**  
8 g



# No-bake pumpkin pie

Pumpkin can be enjoyed in moderation on keto – this dessert recreates the warming spices of a holiday classic with a low-carb twist

## Ingredients

### For the crust

**300 g | 10½ oz | 3 cups**

desiccated coconut

**2 tbsp** coconut cream

**1 tbsp** butter or coconut oil

**½-1 tbsp** xylitol

### For the filling

**2 tsp** gelatin powder

**4 tbsp** water

**3 tbsp** butter or coconut oil

**120 ml | 4 fl oz | ½ cup**  
coconut cream

**425 g | 15 oz** tinned pumpkin  
purée

**2-3 tbsp** powdered  
sweetener, to taste

**3-4 tsp** cinnamon

**¼-½ tsp** ground cloves  
(optional)

**¼-½ tsp** ground nutmeg  
(optional)

**¼ tsp** ground cardamom  
(optional)

**2 tsp** vanilla extract

**¼ tsp** salt

### For the cinnamon cream (optional, to serve)

**480 ml | 16 fl oz | 2 cups**  
double cream

**2 tsp** cinnamon

**½-1 tsp** vanilla extract

**2-4 tbsp** powdered  
sweetener, to taste

### To decorate

**1 handful** pecans or walnuts,  
roughly chopped

Cinnamon, to dust

## Method

**For the crust:** Line a 23cm | 9" cake tin or pie tin with baking parchment and set aside.

Using a food processor or a high-powered blender, blitz the desiccated coconut until it is very fine. Add the remaining crust ingredients and blend again until an even mixture forms.

Press the crust mix into the base of the prepared tin, using your hands or the back of a spoon to compress it as much as possible. Put the tin in the fridge or freezer to set while you prepare the filling.

**For the filling:** In a small bowl, mix the gelatin powder with the water and set aside until it thickens, stirring regularly.

Add the coconut cream and the gelatin mixture to a small saucepan, and warm gently over a low heat. Stir until the mixture is smooth and the gelatin has dissolved.

Add the remaining filling ingredients to a clean blender, pour in the coconut mixture and then blend until smooth.

Remove the crust from the fridge/freezer and pour in the filling. Return to the refrigerator for a few hours to set, or return to the freezer if you're short on time.

**For the cinnamon cream (if using):** With a stand mixer or a hand-held mixer, whip the cream to soft peaks, then add the cinnamon, vanilla and sweetener and whip again to stiff peaks.

**To serve:** Serve cold, with a dollop of cinnamon cream (if using), scattered with some chopped nuts and an extra dusting of cinnamon.



# Berry cobbler

Cobblers are a tasty way to use up any leftover berries, and an ideal dessert for a chilly winter's evening

## Ingredients

### For the filling

**4-6 large handfuls** of fresh strawberries and blueberries

**1 tbsp** granulated sweetener

**¼ tsp** salt

### For the topping

**1 egg**

**1 tsp** vanilla extract

**1 tbsp** granulated sweetener

**170g | 6 oz | ¾ cup** butter, softened

**110g | 4 oz | 1 cup** coconut flour

**75g | 2½ oz | ¾ cup** almond flour

### To serve

Double cream, to pour (optional)

Ice cream (optional, see page 122)

## Method

**For the filling:** To begin, preheat the oven to 190°C (170°C fan) | 375°F | gas 5. Grease the sides of a 23cm | 9" skillet or pie tin.

Roughly chop the strawberries and blueberries, put them straight into the skillet or tin with the sweetener and salt. Mix everything together well and set aside.

**For the topping:** In a large bowl, combine the egg, butter, vanilla and the rest of the sweetener and then mix in the flour. Mix everything together until you have a soft dough.

Use your hands to distribute the dough over your berry mixture as evenly as possible. Then press it down lightly. You may find it easier to tear off small lumps of dough, spread them over the top, then press them to join them up so there were no gaps.

Bake in the preheated oven for 20-25 minutes until the topping is golden and the berry juices are bubbling. Enjoy warm with a splash of cream, or a scoop of keto ice cream.

## Information

### Prep time

10 minutes

### Baking time

20-25 minutes

### Servings

8

### Net carbs per serving

8 g



*Berry cobbler*





# Rhubarb and ginger crumble

This ideal winter dessert strikes the perfect balance between tart rhubarb and warming ginger

## Ingredients

### For the filling

**A thumb-sized** piece of fresh ginger

**200 g | 7 oz** fresh rhubarb stalks

**30 g | 1 oz | 2 tbsp** low-carb brown sugar alternative (such as Sukrin Gold)

**1-3 tsp** water

**¼ tsp** Stevia powder (optional)

### For the crumble topping

**40 g | 1½ oz | 3 tbsp** butter, fridge cold

**100 g | 3½ oz | 1 cup** almond flour

**100 g | 3½ oz | 1 cup** desiccated coconut

**3 tbsp** low-carb brown sugar alternative

**½ tsp** ground ginger (optional)

## Method

**For the filling:** Peel the skin off the ginger with a teaspoon and finely grate it. A thumb-sized chunk should yield enough for 1 tsp grated ginger.

Wash the rhubarb stalks, top and tail them, then chop into chunks (about 3-4cm | 1-2" each). Add them to a saucepan with the grated ginger, brown sugar alternative and the water.

Pop the lid on and bring the mixture to a simmer over a gentle heat. Let it bubble away for about 3 minutes.

Taste the rhubarb and add some Stevia if you'd prefer a sweeter crumble. If the stems are quite thick, you may need to cook the rhubarb with the lid off for another 1-2 minutes.

Pour the rhubarb into an oven dish (about 20x10x6cm | 8x4x3" in size) and arrange it to cover the base of the dish. Set aside while you prepare the topping.

**For the crumble topping:** Preheat the oven to 180°C (160°C fan) | 350°F | gas 4.

Cut the butter into small cubes and make sure it is very cold – put it back in the fridge if it starts to soften.

Add all the ingredients for the crumble topping into a large bowl and rub them together between your fingertips and thumbs until the mixture resembles breadcrumbs.

Arrange the crumble mixture on top of the rhubarb, then bake in the preheated oven for about 18-20 minutes, by which time the rhubarb should be softened.

Serve warm with a generous splash of cream, or some keto-friendly custard or ice cream.

## Information

**Prep time**  
15-20 minutes

**Cook time**  
5 minutes

**Baking time**  
18-20 minutes

**Servings**  
4

**Net carbs per serving**  
4.7 g



## *Rhubarb and ginger crumble*



You can swap the rhubarb for your favourite keto-friendly berries, depending on which fruits are in season at the moment



# Mini berry gallettes

These cute individual pies are the perfect way to use up any leftover fruit

## Ingredients

### For the dough

**125 g | 4½ oz** mozzarella cheese, shredded

**2 tbsp** cream cheese, softened

**3** egg whites

**1 tbsp** granulated Swerve sweetener

**1 tsp** cinnamon

**1 tsp** vanilla extract

**125 g | 4½ oz | ¾ cup** almond flour

**1+ tsp** coconut flour (optional, if needed)

### For the filling

**75 g | 2½ oz** raspberries

**85 g | 3 oz** blackberries

**85 g | 3 oz** blueberries

**4 tbsp** granulated sweetener

**1 tsp** lemon zest

**1 tsp** fresh basil, finely chopped (optional)

**1 tsp** xanthan gum

### To assemble

**1** egg

**2-3 tbsp** granulated sweetener

### To serve

Powdered sweetener, to dust

Whipped cream (optional)

Fresh berries (optional)

## Method

**For the dough:** Mix together the shredded mozzarella and cream cheese in a microwave-safe bowl. Heat in the microwave for 1 minute, or until the cheeses have just melted. Stir well until they have formed a smooth, dough-like mixture.

In another large bowl, whisk the egg whites until stiff peaks form, then mix in the sweetener, cinnamon and vanilla. Fold in the almond flour.

Add the cheese mixture to the almond flour mixture and stir them together – you may find it easier to do this by using your hands to mix and then gently knead. If the dough is still too sticky, add a teaspoon of coconut flour, mix again, and repeat if required. Once you have an even dough, wrap in cling film and refrigerate for 1-2 hours.

**For the filling:** While the dough chills, stir together all the ingredients for the filling, then set aside.

Once the dough has nearly finished chilling, preheat the oven to 180°C (160°C fan) | 350°F | gas 4 and line a baking tray with parchment.

**To assemble:** You will need to work quickly with the dough otherwise it will warm up too much. Place a large piece of baking parchment or cling film on a worktop and place the dough in the middle. Put another piece of parchment or cling film on top and roll it out into an even layer about ½ cm | 1½" thick. Using a 12cm | 5" cookie cutter (or by hand with a knife), cut as many circles from the dough as you can. Reshape and reroll any leftover pieces to cut out more discs, until the dough runs out. You should be able to get 6 discs from the mixture.

Place about 1-2 tbsp of the berry mixture into the middle of each dough disc, leaving about 2-3cm | 1" border around the edge. Carefully fold the edges of the dough in so that they cover part of the filling, then fold the overlapping sections over to create a pleated effect (as pictured).

Gently place each gallette onto the prepared baking sheet. Make an egg wash by briefly whisking the egg with a fork, then brush the liquid over the pastry edges of the gallettes (or use the yolks, see tip). Sprinkle each one with the extra sweetener, then bake in the preheated oven for 15-25 minutes, or until the pastry is golden and the filling is bubbling.

Leave to cool on the tray for 5-10 minutes, before transferring to a wire rack and dusting with powdered sweetener.

**To serve:** Serve warm or at room temperature with a dollop of cream and extra fresh berries, if desired.



## Mini berry galettes

### Information

**Prep time**  
30 minutes

**Chill time**  
1-2 hours

**Baking time**  
15 minutes

**Servings**  
6

**Net carbs per serving**  
5.6 g

You can use the leftover egg yolks for an egg wash instead of a whole egg; the yolks will give your pastry a darker glaze when baked



# Vanilla latte tart

If you like your coffee milky and your desserts creamy  
then this is the perfect pudding for you

## Ingredients

### For the crust

**250 g | 9 oz | 2½ cups**  
almond flour

**65 g | 2¼ oz | ⅓ cup**  
granulated sweetener

**¼ tsp** salt

**60 g | 2 oz | 4 tbsp**  
butter, melted

**1** egg

### For the filling

**600 ml | 20 fl oz | 2½ cups**  
freshly brewed coffee

**6** gelatin leaves, soaked

**200 ml | 7 fl oz | ¾ cup**  
almond milk

**1 tsp** vanilla extract

### To serve

Cocoa powder

Whole roasted coffee beans  
(optional)

## Method

Preheat the oven to 180°C (160°C fan) | 350°F | gas 4. Grease a 23cm | 9" tart tin and line the base with a circle of baking parchment.

**For the crust:** In a large bowl, mix together the almond flour, sweetener and salt. Stir in the melted butter and egg until well combined.

The dough will be quite dry and crumbly. Press it into the bottom and sides of the prepared pan, creating as even a layer as possible. Alternatively you can roll the dough out into a large circle between two sheets of baking parchment, then carefully lay this into the prepared tin.

Prick the base all over with a fork, then bake for 20 minutes until golden. Leave to cool completely in the tin.

**For the filling:** Dissolve the gelatin completely in the hot coffee, then add in the almond milk and vanilla extract and stir everything together. Leave to cool and thicken slightly, stirring occasionally.

Place the cooled tart crust – still in its tin – on a large plate and pour the filling into the crust. Use the plate to transfer the tart to the fridge, then leave to set for at least 4 hours, but ideally overnight.

**To serve:** Decorate the tart with a dusting of cocoa powder and some whole coffee beans (if using).

## Information

### Prep time

20 minutes

### Baking time

20 minutes

### Chill time

4 hours – overnight

### Servings

10

### Net carbs per serving

2 g



*Vanilla latte tart*





# Raspberry tart

A smooth and fruity dessert, the perfect way to round off a meal on a summer's evening

## Ingredients

### For the crust

**250 g | 8½ oz | 2½ cups**  
almond flour

**65 g | 2¼ oz | ⅓ cup**  
granulated sweetener

**¼ tsp** salt

**60 g | 2 oz | 4 tbsp** butter,  
melted

**1** egg

### For the filling

**1 packet** of sugar-free  
raspberry jelly

**600 ml | 20 fl oz | 2½ cups**  
boiling water

**4** gelatin leaves, soaked

**180 ml | 6 fl oz | ¾ cup**  
double cream

### To serve

**1-2 handfuls** berries

**1-2 sprigs** fresh mint, leaves  
only (optional)

## Method

Preheat the oven to 180°C (160°C fan) | 350°F | gas 4. Grease a 23cm | 9" tart tin and line the base with a circle of baking parchment.

**For the crust:** In a large bowl, mix together the almond flour, sweetener and salt. Stir in the melted butter and egg until well combined.

The dough will be quite dry and crumbly. Press the dough into the bottom of the prepared pan, making it as smooth as possible.

Prick the base all over with a fork, then bake for 20 minutes until golden. Leave to cool completely in the tin.

**For the filling:** Dissolve the jelly powder and gelatin completely in the boiling water then add in the double cream.

Place the tart case on an empty shelf in your fridge then carefully pour the filling into the tart. Leave in the fridge for a few hours, or overnight.

**To serve:** Decorate the tart with berries and mint leaves before serving.

## Information

### Prep time

20 minutes

### Baking time

20 minutes

### Chill time

4 hours – overnight

### Servings

10

### Net carbs per serving

3 g



## Raspberry tart







# Bounty tart

Combining chocolate and coconut, could this be the taste of paradise?

## Ingredients

### For the crust

240 g | 8½ oz | 2½ cups  
almond flour

65 g | 2¼ oz | ⅓ cup  
granulated sweetener

¼ tsp salt

60 g | 2 oz | 4 tbsp  
butter, melted

4 tbsp cocoa powder

1 egg

### For the filling

400 g | 14 oz | 5 cups  
shredded coconut, plus  
extra to serve

225 g | 8 oz | 1 cup butter,  
melted

200 g | 7 oz | 1 cup  
granulated sweetener

240 ml | 8 fl oz | 1 cup  
double cream

## Method

Preheat the oven to 180°C (160°C fan) | 350°F | gas 4. Grease and line a 23cm | 9" pie tin.

**For the crust:** In a large bowl, mix together the almond flour, sweetener, cocoa powder and salt. Stir in the melted butter and the egg until everything is combined. The mixture will be fairly dry and crumbly.

Press the dough into the prepared tin to create an even layer. Prick the base of the crust all over with a fork, then bake for 20 minutes.

Leave the tart case to cool completely before prepping the filling.

**For the filling:** In a large bowl, combine all the ingredients for the filling and mix well. Pour this mixture into the cooled tart case and press the filling until it is evenly spread and smooth on top.

Place the tart in the fridge to chill for a few hours before serving, but ideally overnight.

**To serve:** Sprinkle the top of the tart with extra coconut before serving.



## Bounty tart

### Information

**Prep time**  
20 minutes

**Baking time**  
20 minutes

**Chill time**  
4 hours - overnight

**Servings**  
12

**Net carbs per serving**  
5 g

To make the tart extra chocolatey, grate some dark chocolate in with the shredded coconut for the garnish at the last step



# Lime curd tart

These cute individual pies are the perfect way to use up any leftover fruit

## Ingredients

### For the lime curd

**3** eggs  
**3** egg yolks  
**4 tbsp** sweetener  
**4 tbsp** fresh lime juice (about 2-3 limes)  
**1 tbsp** lime zest  
**90 g | 3 oz | 6 tbsp** butter

### For the crust

**200 g | 7 oz | 2 cups** almond flour  
**1 tsp** baking powder  
**¼ tsp** salt  
**2** egg whites  
**30 g | 1 oz | 2 tbsp** butter, melted  
**3 tbsp** sweetener

### To serve

**2-3 large handfuls** fresh raspberries

## Method

**For the lime curd:** Whisk the eggs, egg yolks and sweetener in a glass bowl until combined. Stir in the lime juice and lime zest, then place the bowl over a saucepan of barely simmering water.

Keep whisking until the mixture thickens. Remove the bowl from heat and add the butter, but don't stir it in yet. Let the mixture stand for a minute as the butter starts to melt, then whisk until smooth.

Press some cling film directly onto the surface of curd, covering it completely. Chill in the fridge for at least 4 hours.

**For the crust:** Preheat the oven to 140°C (120°C fan) | 250°F | gas 1. Grease a 23cm | 9" loose-bottom tart tin, and line the base with a circle of baking parchment.

Mix the dry ingredients in a medium bowl and then add the egg whites and butter. If the dough is sticky, simply add in some extra almond flour.

Press the dough into the tart tin, ensuring it covers the sides too. Compress it well so you have an even crust all the way around.

Bake in the preheated oven for 45 minutes, or until light brown around edges. Leave to cool completely.

**To assemble:** Pour the lime curd into the cooled crust and spread it evenly, smoothing over with a spatula or the back of a spoon. Top with the fresh raspberries.

## Information

**Prep time**  
20 minutes

**Chill time**  
4-6 hours

**Baking time**  
45 minutes

**Servings**  
10

**Net carbs per serving**  
4 g







# Bakewell tart

The quintessential British classic gets a keto makeover

## Ingredients

### For the crust

**A sprinkling** of coconut flour, for dusting

**40 g | 1½ oz | 3 tbsp** butter, softened, plus extra for greasing

**100 g | 3½ oz | 1 cup** almond flour

**30 g | 1 oz | ⅓ cup** lupin flour (or extra almond flour)

**1 medium** egg

**2½ tbsp** granulated sweetener

**¼ tsp** stevia powder

**¼ tsp** salt

**Zest of ½** lemon

### For the strawberry jam

**100 g | 3½ oz** fresh strawberries

**1-2 tbsp** granulated sweetener, to taste

**¼ tsp** stevia powder

**½ tsp** lemon juice

**1 tbsp** chia seeds (optional)

### For the frangipane

**100 g | 3½ oz | 7 tbsp** butter, softened

**50 g | 1¾ oz | 4 tbsp** granulated sweetener

**½ tsp** stevia powder

**100 g | 3½ oz | 1 cup** ground almonds (or almond flour)

**1** egg

**2 tsp** almond extract

### For the topping

**1 handful** flaked almonds

## Method

**For the crust:** Preheat the oven to 160°C (140°C fan) | 320°F | gas 3. Grease a 20-23cm | 8-9" fluted tart dish (or a pie tin), and dust it with a light coating of coconut flour

First prepare the tart base. Cut the softened butter into small cubes and add it to a large mixing bowl with the almond flour, lupin flour (if using), egg, granulated sweetener, stevia, salt and lemon zest.

Give the bowl a quick stir to start combining the wet and dry ingredients, then use your hands to continue mixing, squeezing the mixture through your hands until a dough forms. Shape it into a ball, flatten it slightly with your palms, then wrap in cling film, and place in the freezer for 10-15 minutes to chill.

Sprinkle a little more coconut flour on a clean worktop. Once the dough is cold (but not frozen solid), remove it from the freezer and roll it out into a large disc about 25-30cm | 10-12" across. Transfer the dough into the prepared dish and gently press it into the edges – the pastry should reach at least 2-3cm | 1" up the sides of the dish.

Prick the base of the pastry all over with a fork. You can also use the fork crimp around the edges of the dough, if you like. Bake in the preheated oven for about 12 minutes.

**For the jam:** While the base cooks, prepare the jam. Hull and roughly chop the strawberries, then place them in a small saucepan with a splash of water and the granulated sweetener, stevia and lemon juice. Bring to a simmer for a few minutes until the fruit has softened.

Remove from the heat and squash the mixture with a potato masher or a fork. Stir through the chia seeds (if using) and set the mixture aside to thicken and cool.

After it's had 12 minutes in the oven, remove the tart base from the oven and leave to cool in the dish.

**For the frangipane:** In a clean mixing bowl, beat together the softened butter, sweetener and stevia until they form a smooth paste. Stir in the ground almonds, egg, and almond extract until everything is well mixed.

Once the tart base has cooled enough to touch, loosen it before the second bake by removing and replacing it in the tin.

Pour the jam into the pastry base and spread it into an even layer. Top this with the frangipane, using the back of a wet spoon to gently smooth it over the jam (try to avoid mixing the layers).

Sprinkle the flaked almonds over the frangipane, then bake the filled tart for 25-30 minutes. Enjoy warm or at room temperature.



A close-up photograph of a slice of Bakewell tart resting on a vibrant red ceramic plate. The tart has a golden-brown, fluted crust and is topped with a thick layer of pale yellow almond frangipane, which is further garnished with thin, translucent slices of almonds. A silver fork is positioned horizontally across the front of the tart slice, with its tines partially submerged in the filling. In the background, a silver serving utensil is visible, and the entire scene is set against a deep red background. In the bottom right corner, there is a pile of loose almond slices and a few crumbs of the tart.

## ***Bakewell tart***

### ***Information***

**Prep time**

30 minutes

**Chill time**

10-15 minutes

**Baking time**

35-45 minutes

**Servings**

8

**Net carbs per serving**

3 g



# Strawberry tarts

Celebrate the summer with a delicious strawberry tart – these are incredibly close to the non-keto version

## Ingredients

### For the crust

**200 g | 7 oz | 2 cups** almond flour

**4 tbsp** granulated sweetener

**1** egg

**2 tbsp** coconut oil, melted

### For the filling

**1 packet** sugar-free strawberry jelly

**2 handfuls** strawberries

**240 ml | 8 fl oz | 1 cup** double cream

## Method

Preheat the oven to 175°C | 350°F | gas 4. Mix the sweetener and almond flour together and then add the egg and coconut oil. Mix everything until well combined.

Place the dough into mini tart tins (around 10cm | 4" wide) and press up the sides to create a tart case. You should be able to make four tarts.

Place baking parchment on top of your tarts and use ceramic baking beans to weight the dough down and stop the crust bubbling. Place in the oven and bake for 12-15 minutes.

Follow the instructions on the jelly packaging, omitting one-third of the required liquid, and let it cool slightly.

Once the pie crusts have cooled, whip the double cream until stiff peaks form, but make sure that you don't over whip.

Place a spoonful or two of the cream to half fill each tart.

Wash and hull the strawberries, then slice them neatly. Arrange the slices in a pattern on each tart, then carefully pour some of the jelly over the top, like a glaze. Transfer the tarts to the fridge to cool for at least 2 hours before serving.

## Information

### Prep time

10 minutes

### Baking time

12-15 minutes

### Chill time

2 hours

### Servings

4

### Net carbs per serving

9 g



## *Strawberry tarts*





# Custard tarts

A rich, creamy custard and light, crumbly pastry crust are a match made in heaven

## Ingredients

### For the crust

**40 g | 1½ oz | 3 tbsp** butter, softened, plus extra for greasing

**100 g | 3½ oz | 1 cup** almond flour

**30g | 1 oz | ⅓ cup** lupin flour (or extra almond flour)

**1 medium** egg

**30 g | 1 oz | scant 4 tbsp** granulated sweetener

**¼ tsp** stevia powder

**¼ tsp** of salt

**Zest of ½** lemon

### For the custard

**1 medium** egg

**½ tbsp** granulated sweetener

**¼ tsp** stevia powder

**150 ml | 5 fl oz | scant ⅔ cup** double cream

**½ tsp** vanilla extract

**¼ - ½ tsp** grated nutmeg, plus extra to dust

## Method

**For the crust:** Cut the butter into small cubes, then add to a large mixing bowl with all the other pastry ingredients.

Mix the ingredients by hand, squeezing them through your fingers and lightly kneading until a dough forms. Shape the dough into a long sausage, wrap it in cling film, and place it in the freezer to chill.

Preheat the oven to 160°C (140°C fan) | 320°F | gas 3. Grease four 10cm | 4" tart moulds (ideally with removable bases) and set aside.

Remove the dough from the freezer, slice it into halves, then quarters, so you have 4 equal pieces. Roll one of the dough quarter into a ball, flatten it with the palms of your hand, then press it into one of the tart moulds and shape it evenly around the base and sides. Repeat with the other pieces of dough, working quickly so they don't warm up too much.

Bake in the oven for 12 minutes, then set aside to cool. You can turn off the oven at this stage.

**For the custard:** In a clean mixing bowl, whisk the egg, granulated sweetener and stevia until frothy.

Pour the cream, vanilla and nutmeg into a small saucepan, and heat until small bubbles start to appear at the edges of the pan (don't let the mixture boil), then remove from the heat and leave to cool slightly for a minute or two.

While whisking the egg whites constantly, add 1 spoonful of the hot cream at a time. Add the cream gradually, and keep whisking to prevent the egg getting scrambled.

**To assemble:** Reheat the oven to 160°C (140°C fan) | 320°F | gas 3. Take the cooled tart cases and fill each one with the custard – being careful not to overfill. Sprinkle the tops of each tart with a little more grated nutmeg and bake for about 18 minutes.

Leave the tarts to cool in their tins, then refrigerate for 3-4 hours to set. Serve chilled or at room temperature.

## Information

### Prep time

20 minutes

### Chill time

3-4 hours

### Baking time

30 minutes

### Servings

4

### Net carbs per serving

3.4 g



*Custard tarts*





# Lime tartlets

These zesty mini tarts are simple to prepare and make a refreshing after-dinner treat

## Ingredients

### For the filling

**2** ripe avocados, peeled and stones removed  
**4 tbsp** lime juice (about 2-3 limes)  
**3 tbsp** lime zest (about 5-6 limes), plus extra to garnish  
**1 tbsp** coconut oil  
**¼-½ tsp** salt  
**½-2 tsp** stevia powder, to taste

### For the crust

**85 g | 3 oz** almond butter (or other nut butter)  
**1 tbsp** coconut oil, melted  
**1** egg  
**½ tsp** salt  
**1-2 tsp** powdered sweetener  
**1 tbsp** lime zest (about 1-2 limes)  
**100 g | 3½ oz | 1 cup** flax meal

### To serve

**6 slices** lime (optional)

## Method

**For the filling:** Add all the ingredients for the filling to a food processor (starting with just ½ tsp stevia and ¼ tsp salt), and pulse until you have a smooth mixture with no chunks of avocado. Adjust the flavour to taste by adding more stevia or salt, if required. Cover the filling with cling film and place it in the fridge to chill for 1 hour.

Preheat the oven to 180°C (160°C) | 350°F | gas 4, and generously grease six mini tart tins – approximately 7-10cm | 3-4" wide – with butter.

**For the crust:** In a large bowl, mix together the almond butter, coconut oil, and egg. Add the salt, sweetener) and lime zest and stir until everything is evenly incorporated.

Add half the flax meal and stir together, then add the other half and start to knead the mixture in the bowl with your hand until a stiff dough forms.

Divide the dough into six portions (roughly 45-50 g | 1½-1¾ oz each). Press each portion into a tart tin, using your fingertips and thumb to shape the dough into an even layer. Prick the base of each tart several times with a fork.

Place all the tart cases on a baking tray and bake in the oven for 20 minutes. Remove from the oven and blot any oil that has oozed out with some kitchen paper, then leave to cool.

Once the pastry cases have cooled, spoon the lime filling into each case and smooth over with a knife. Decorate the tarts with a sprinkling of lime zest, or top each one with a thin slice of lime.

## Information

**Prep time**  
25-30 minutes

**Baking time**  
20 minutes

**Chill time**  
1-2 hours

**Servings**  
6

**Net carbs per serving**  
3 g



## *Lime tartlets*



For a chocolate and lime combination, replace 4 tbsp of the flax meal with 4 tbsp of cocoa powder in the pastry mixture to add another layer of flavour. You could also grate some dark chocolate over the top of each tart before serving



# Pumpkin pudding cups

Turning that festive favourite – the pumpkin pie – into a devilishly delicious cheesecake-style pudding

## Ingredients

### For the crumble

**100 g | 3½ oz | 1 cup** almond flour

**115 g | 4 oz | ¾ cup** flax meal

**60 g | 2 oz | 4 tbsp** butter, softened

**1 tsp** ground cinnamon

**1 tsp** ground nutmeg

**10-25 drops** liquid stevia (to taste)

### For the pumpkin topping

**115 g | 4 oz** cream cheese, softened

**75 g | 2½ oz** pumpkin purée

**2 tbsp** sour cream

**4 tbsp** double cream

**½ tsp** ground nutmeg

**½ tsp** ground cinnamon

**10-25 drops** liquid stevia (to taste)

### To serve

Freshly whipped double cream

Cinnamon, to dust

## Method

Preheat the oven to 180°C (160°C fan) | 350°F | gas 4. Line a large, flat baking tray with parchment paper.

**For the crumble:** In a large bowl, mix all of the crumble ingredients together until well combined. Adjust the sweetener to taste.

Spread the mix roughly over the tray and bake in the oven for around 15 minutes or until it is golden brown. Leave the crumble to cool completely as you prepare the filling.

**For the pumpkin topping:** Place all of the filling ingredients in a large bowl and beat them thoroughly together. Adjust the sweetener to taste. Once fully combined, chill the mixture in the fridge for about 1 hour.

**To assemble:** When ready to assemble, crumble the base and divide it between your serving glasses. Carefully spoon the pumpkin mix over the top, being careful not to mix the layers.

Finish the dessert with a spoonful of whipped cream and then sprinkle with some extra cinnamon.



## Pumpkin pudding cups

### Information

**Prep time**  
15 minutes

**Chill time**  
1 hour

**Baking time**  
15 minutes

**Servings**  
3

**Net carbs per serving**  
7 g

Turn things upside down – add your favourite crushed nuts to the crumble and spoon it on top of the pumpkin mix at the bottom of the glass



# Peanut butter cheesecake

A chocolate-topped and bottomed cheesecake that packs a punch of peanut

## Ingredients

### For the base

**150 g | 5¼ oz | 1½ cups**  
almond flour

**40 g | 1½ oz | ⅓ cup**  
cocoa powder

**4 tbsp** powdered sweetener

**75 g | 2⅔ oz | 5 tbsp** butter,  
melted

### For the cream

**1 tsp** gelatin powder

**4 tsp** cold water

**240 ml | 8 fl oz | 1 cup**  
double cream

**4 tbsp** powdered sweetener

### For the filling

**680 g | 1½ lb** cream cheese

**60 g | 2¼ oz | ½ cup**  
powdered sweetener

**415 g | 14 oz** peanut butter

### For the topping

**3 tbsp** butter

**2-4 squares** dark chocolate

**2 tbsp** powdered sweetener

## Method

Line the bottom and sides of a 23cm | 9" loose-bottomed or springform round cake tin.

**For the base:** In a large bowl, stir all of the ingredients for the base together then pour the mixture into the bottom of the prepared tin. Compress it with the back of a spoon to form an even layer.

**For the cream:** Mix the gelatin and cold water together in a small, saucepan and let it stand until it starts to thicken.

Place the pan over a low heat, stirring constantly, until the gelatin dissolves. Remove from the heat and set aside to cool slightly.

In another large bowl, whisk the cream with the powdered sweetener stiff peaks form. Beat in the gelatin and keep whisking until firm.

**For the filling:** In another bowl, mix the cream cheese, sweetener and peanut butter together until well combined.

Use a silicone spatula to fold the whipped cream mixture into the filling mixture. Pour this on top of the crust and smooth over with the spatula.

Chill the cheesecake in the fridge for at least 4 hours, but ideally overnight. Once it's set, remove the cheesecake from the tin and return it to the fridge while you make the topping.

**For the topping:** Gently melt the butter and chocolate together in a small pan or in the microwave, then stir in the sweetener until it has dissolved.

Smooth the chocolate over the top of the cheesecake and return it to the fridge for another 30 minutes or so to set completely.

## Information

### Prep time

1 hour

### Chill time

4 hours - overnight

### Servings

16

### Net carbs per serving

7 g



## *Peanut butter cheesecake*



If you want even more of a peanut hit in this cheesecake, try replacing 50 g | 1 ¾ oz | ½ cup of almond flour with the same amount of peanut flour when making the base



# Baked cheesecake

A classic New York-style vanilla cheesecake makes for a dense, rich and indulgent dessert

## Ingredients

### For the base

150 g | 5¼ oz | 1½ cups  
almond flour

3 tbsp granulated sweetener

75 g | 2⅔ oz | 5 tbsp butter,  
melted

### For the filling

900 g | 2 lb cream cheese

3 eggs

200 g | 7 oz | 1 cup  
granulated sweetener

1 tbsp fresh lemon juice

450 g | 1 lb sour cream

### To serve

Berry coulis (optional, see  
below)

Fresh berries (optional)

## Method

Preheat the oven to 180°C (160°C fan) | 350°F | gas 4. Grease a 20-23cm | 8-9" loose-bottom round cake tin, and line the base and sides with baking parchment.

**For the base:** Put all of the ingredients for the base in a large bowl and mix them together. Now press the mixture into the bottom of the prepared cake tin and set aside.

**For the filling:** Using a whisk (or an electric whisk or stand mixer), beat the cream cheese in a large bowl until it is light and fluffy. Add in the sweetener and beat again to combine.

Add the eggs one at a time, mixing after each addition, then add the lemon juice and sour cream. Stirring until everything is incorporated.

Pour the filling over the crust and smooth over the top with a knife or spatula. Bake for 1 hour and 15 minutes.

Once cooked, leave the cheesecake in the oven with the door ajar for another hour.

Remove the cheesecake from the oven and let it cool completely before transferring to the fridge. Leave to chill for at least 8 hours, or overnight, before serving.

## Information

### Prep time

20 minutes

### Baking time

1 hour 15 mins

### Rest time

1 hour

### Chill time

8 hours – overnight

### Servings

14

### Net carbs per serving

5 g

Make a simple raspberry or strawberry coulis to drizzle over the cheesecake by pressing the ripe fruit through a mesh sieve and into a bowl, then add a squeeze of lime or lemon juice followed by powdered sweetener to taste, stirring well







# Cheesecake brownie

Upgrade your cheesecake with a decadent fudgy brownie base

## Ingredients

### For the brownie base

**115 g | 4 oz | 1 stick** butter

**60 g | 2 oz** dark chocolate,  
roughly chopped

**2** eggs

**165 g | 6 oz |  $\frac{3}{4}$  cup** Swerve  
sweetener

**$\frac{1}{4}$  tsp** vanilla extract

**50 g |  $1\frac{3}{4}$  oz |  $\frac{1}{2}$  cup** almond  
flour

**4 tbsp** cocoa powder

**A pinch** of salt

**1 generous handful** walnuts  
or pecans, finely chopped

### For the cheesecake

**455 g | 1 lb** cream cheese,  
softened

**2** eggs

**110 g | 4 oz |  $\frac{1}{2}$  cup** Swerve  
sweetener

**4 tbsp** double cream

**$\frac{1}{2}$  tsp** vanilla extract

### To serve

Dark chocolate, melted  
(optional)

Fresh berries

Powdered sweetener, to dust

## Method

Preheat the oven to 165°C (145°C fan) | 325°F | gas 3, and grease and line the base and sides of a 23cm | 9" springform tin.

**For the brownie base:** Melt the butter and chocolate together in the microwave, heating in 30-second bursts and stirring until you have a smooth mixture. Alternatively you can do this in a saucepan on the stove over a low heat. Set aside to cool slightly.

In a large bowl, beat the eggs, sweetener and vanilla together until smooth. Next fold in the almond flour, cocoa powder and salt, and mix everything together well.

Slowly pour in the melted butter and chocolate, stirring as you pour. Then fold in the chopped nuts until they are evenly incorporated.

Pour the batter into the prepared tin and use a spatula or the back of a spoon to smooth it over into an even layer. Bake in the oven for 15-18 minutes, or until it's firm around the edges but still a bit soft in the centre.

Remove from the oven and leave to cool slightly. Turn the oven down to 150°C (130°C fan) | 300°F | gas 2. Place a large baking/roasting tray at the bottom of the oven.

**For the cheesecake:** In another large bowl, beat the cream cheese until it's smooth. Add the eggs, sweetener, cream and vanilla extract and whisk until they are all combined.

Pour the cheesecake over the brownie layer and return the tin to the oven for about 35-45 minutes, or until the edges are set but the centre has a slight wobble.

Remove from the oven and leave to cool completely in the tin. Once it's cool, carefully run a knife around the edge of the tin to loosen it. Remove the sides of the tin and then refrigerate for at least 3 hours. Serve drizzled with melted chocolate (if using), accompanied by a few fresh berries and dusted with a little more powdered sweetener.

## Information

### Prep time

15-20 minutes

### Chill time

3+ hours

### Baking time

50 minutes - 1 hour

### Servings

10

### Net carbs per serving

4.2 g







# Berry trifle

This impressive layered dessert is a sure-fire way to please a crowd at a special occasion

## Ingredients

### For the sponge

**250 g | 9 oz** ricotta

**70 g | 2½ oz | ⅓ cup**  
nativa or xylitol

**3** eggs

**105 g | 3¾ oz | 7 tbsp**  
butter, melted

**75 g | 2½ oz | ¾ cup**  
almond flour

**1 tsp** baking soda

**½ tsp** salt

### For the custard

**3** egg yolks

**300 ml | 10 fl oz | 1¼ cups**  
double cream

**1 tbsp** monk fruit sweetener  
blend

**2-3 tbsp** arrowroot powder

**1 tsp** vanilla extract

### For the trifle

**6 packets** sugar-free  
strawberry jelly

**900 ml | 30 fl oz | 3¾ cups**  
freshly boiled water

**3 handfuls** fresh raspberries

**8 large or 16 small**  
fresh strawberries  
(you may need more/fewer  
depending on the variety)

**300 ml | 10 fl oz | 1¼ cups**  
double cream

**1-2 tbsp** powdered  
sweetener

## Method

**For the sponge:** Preheat the oven to 160°C (140°C fan) | 320°F | gas 3, and grease and line a 22x22cm | 9x9" cake tin.

In a large bowl, beat the ricotta and sweetener together with an electric mixer (or use a stand mixer). Keep mixing as you add the eggs.

Next add the melted butter, almond flour, bicarbonate soda and salt and mix at a low speed until everything is well incorporated.

Pour the mixture into the prepared tin and bake for 30 minutes, until the top is golden and a skewer inserted into the middle comes out clean. Set aside to cool completely.

**For the custard:** While the cake cools, whisk the egg yolks together in a large mixing bowl.

In a small saucepan, bring the cream to a simmer, but don't let it boil. Take a few spoonfuls of the cream and add it to the egg yolks, whisking them constantly. Then, while still whisking the yolks, slowly pour in the rest of the cream and whisk until the mixture is even.

Wipe the saucepan clean, then return the cream and yolk mixture to the saucepan over a low heat. Add the sweetener, arrowroot powder and vanilla extract, then whisk the custard constantly until it thickens. Remove from the heat and set aside to cool, stirring occasionally.

**To assemble:** Once the cake has cooled, slice it into small cubes. Arrange the slices in a large trifle bowl, placing them across the bottom and in one layer up the sides.

Pour the jelly crystals into a heatproof jug and add the freshly boiled water. Stir well until the crystals have fully dissolved, then pour in 600 ml | 20 fl oz | 2½ cups of cold water and mix well. Spoon over just enough jelly to cover the cake slices. Refrigerate the trifle bowl to set the first layer of jelly, and leave the remaining jelly at room temperature.

Hull the strawberries. Halve 2-3 of them, and set these aside. Slice the rest of the strawberries lengthways into thin triangles. Once the first layer of jelly is set, arrange alternating strawberry slices and raspberries around the edge of the bowl. Scatter the remaining raspberries and sliced strawberries on top of the jelly to fill up the middle of the trifle.

Pour the cooled custard over the top of the jelly and fruit. Spoon a thin layer of the leftover jelly on top then return the trifle to the fridge to set. Once this thin layer has set, gently pour over the remaining jelly and refrigerate overnight.

**To serve:** Whisk the double cream with the sweetener in a large bowl until thick and smooth. Smooth it over the top of the trifle with a spatula, and arrange the remaining strawberry halves on top. Serve immediately.



## Berry trifle

You can add brandy for a festive treat. When assembling the sponge layer, drizzle a few tablespoons of brandy over them and leave them to soak it up



### Information

**Prep time**  
30-40 minutes

**Chill time**  
Overnight

**Baking time**  
30 minutes

**Servings**  
12

**Net carbs per serving**  
5.4 g



# Tiramisu

A rich and creamy Italian classic: this coffee-infused pudding is not only keto, it's grain- and gluten-free too

## Ingredients

### For the sponge

**100 g | 3½ oz | 7 tbsp** butter, melted

**250 g | 9 oz** ricotta

**100 g | 3½ oz | ½ cup** granulated sweetener

**1 tsp** stevia powder

**3** eggs

**70 g | 2½ oz | ½ cup** almond flour

**2 tsp** baking powder

**¼ tsp** salt

### For the filling

**220 ml | 7½ fl oz | a scant 1 cup** strong black coffee

**A pinch + ½ tsp** stevia powder

**1-2 tbsp** dark rum (optional)

**1 medium** egg

**5 tbsp** powdered sweetener

**250 g | 9 oz** mascarpone

**200 ml | 7 fl oz | ¾ cups + 1 tbsp** double cream

Cocoa powder, to dust

## Method

**For the sponge:** Preheat the oven to 175°C (155°C fan) | 340°F | gas 3. Grease and line two 18cm | 7" square baking tins.

Gently melt the butter in a microwave, and set aside to cool slightly. Using a handheld or a stand mixer with a whisk attachment, combine the ricotta, sweetener and stevia.

Add the eggs, one at a time, then slowly pour in the melted butter while still whisking. Next add the almond flour, baking powder and salt, and fold in with a silicone spatula until everything is incorporated.

Bake for about 20-25 minutes until golden brown, and a skewer/toothpick inserted into the middle comes out clean. Leave to cool completely. Once cool, slice into finger-length strips, about 1½-2cm | 1" wide.

In a large, deep glass/pyrex dish – approximately 20x25cm | 8x10" in size – arrange all the sponge fingers to see how many layers you will get in the finished tiramisu. This recipe should make 2-3 layers, depending on the dimensions of the tins/dishes you use.

Leave the first layer of sponge fingers in the dish, but remove the rest and set them aside for later.

Brew a strong cup of coffee, add a pinch of stevia and the rum (if using) and stir well. Pour into a wide bowl (such as a cereal bowl) and set aside.

**For the filling:** Separate the egg, and add the yolk to a large bowl with the sweetener and ½ tsp stevia. Beat the yolk and sweeteners to a smooth paste with a wooden spoon. Add the mascarpone to the yolk mixture and beat again.

In a medium bowl, whisk the double cream until it's firm, then add it to the yolk mixture and stir thoroughly.

In a separate bowl (or in a stand mixer) whisk the egg white until stiff peaks form, then fold this into the yolk mixture as well.

**To assemble:** Spoon some of the cooled coffee over the first layer of sponge fingers and let it absorb. Repeat until the sponges are saturated, but not visibly soggy.

You should either have enough sponge fingers leftover to make either 2 or 3 layers. Take either ⅓ (for 3 layers) or ½ (for 2 layers) of the filling and spread it over the coffee-soaked sponges, smoothing it into an even layer. Dust generously with cocoa powder.

Take the remaining sponge fingers and very quickly dip them in the coffee, enough to absorb a little but not become soggy, then arrange them to form a second sponge layer on top of the mascarpone. Follow with another layer of filling. If necessary, repeat until you have used all the sponge and filling. Dust the final mascarpone layer with cocoa powder.

Refrigerate for at least 4 hours before serving, ideally overnight.

## Information

**Prep time**  
35-40 minutes

**Chill time**  
4 hours – overnight

**Baking time**  
20-25 minutes

**Servings**  
9

**Net carbs per serving**  
3.2 g







# Peanut butter layer pudding

Delightfully sweet, salty, creamy and crunchy, this impressive layered dessert can be prepared in advance

## Ingredients

### For the crust

**115 g | 4 oz | 1 stick** butter, melted

**200 g | 7 oz | 2 cups** almond flour

**40 g | 1½ oz | ½ cup** peanut flour

**30 g | 1 oz | ⅓ cup** whey protein powder (unflavoured)

**45 g | 1½ oz | ⅓ cup** powdered sweetener

### Peanut butter layer

**180 ml | 6 fl oz | ¾ cup** almond milk

**120 ml | 4 fl oz | ½ cup** double cream

**70 g | 2½ oz | ½ cup** powdered sweetener

**1 tbsp** cornflour

**¼ tsp** xanthan gum

**4 eggs**

**2 tsp** vanilla extract

**¼ tsp** salt (optional)

**170 g | 6 oz** smooth peanut butter

### Sweetened cream layer

**480 ml | 16 fl oz | 2 cups** double cream

**2 tbsp** powdered sweetener

**⅛ tsp** stevia glycerite

**1 tsp** vanilla extract

**¼ tsp** xanthan gum (optional)

## Method

**For the crust:** Preheat the oven to 180°C (160°C fan) | 350°F | gas 4. Combine the dry ingredients in a medium bowl, add in the melted butter and mix well. Pour the crust mix into a deep oven-safe dish, roughly 23x33cm | 9x13". Compact it with a spatula to create an even layer.

Bake for about 15 minutes until the crust starts to brown. Remove from the oven and leave to cool completely. You can turn the oven off as it won't be required again in the recipe.

**For the peanut butter layer:** Bring the almond milk and double cream to a gentle simmer in a medium saucepan. Turn off the heat and set aside.

In a separate large bowl, stir together the sweetener, cornflour and xanthan gum, then add the eggs and mix well. While constantly whisking, slowly pour the heated milk into the egg mixture. Return the mixture to the saucepan, then place a sieve over the empty bowl.

Turn the heat to medium and whisk the mixture while the sweetener melts, which can take about 5 minutes. Once the mixture loosens and begins to re-thicken (it can start to look grainy), turn the heat down to low and keep whisking for another minute. Remove the pan from the heat, then keep whisking for a further minute. Pour the mixture through the sieve back into the bowl, working it through with a spatula.

Add the vanilla and peanut butter to the mixture and stir well. Taste the pudding and add a little more powdered sweetener or stevia, and/or a little salt, to taste. Place a piece of cling film over the top of the mixture and place in the fridge to cool completely.

**For the sweetened cream:** Using a stand mixer, or in a large bowl with a hand mixture, whip the double cream, powdered sweetener, stevia and vanilla together until soft peaks form. You can add the optional xanthan gum at this stage to help stabilise the cream. Keep whipping until stiff peaks form, and the cream starts to stick to the edges of the bowl and the beaters. Take about 1½ cups of this mixture, place it in a small bowl and set aside. Cover the remaining cream and set it aside for the assembly.

**For the cream cheese layer:** In a stand mixer or using a hand mixer, whip the softened cream cheese with the double cream until light and fluffy. Using a silicone spatula, fold in the 1½ cups of reserved sweetened whipped cream – ½ cup at a time – until it's all incorporated.

**To assemble:** Spread the cream cheese layer over the cooled peanut butter crust, forming a nice even layer. Follow this with the peanut butter pudding layer (you may want to re-whip it briefly if it's deflated, until it's light and fluffy again). Top this with the sweetened cream, smoothing it into an even layer. Chop up the roasted peanuts and sprinkle them over the top. Cover and refrigerate until you're ready to serve.



### ***Ingredients (continued)***

#### ***Cream cheese layer***

**225 g | 8 oz** cream cheese, softened

**2 tbsp** double cream

**2 tbsp** powdered sweetener

**1/8 tsp** liquid stevia

**360 ml | 12 fl oz | 1 1/2 cups** sweetened cream (as left)

#### ***To serve***

The remaining sweetened cream (as left)

**40 g | 1 1/2 oz** roasted unsalted peanuts

### ***Information***

#### **Prep time**

30 minutes

#### **Chill time**

8+ hours or overnight

#### **Baking time**

15 minutes

#### **Servings**

16

#### **Net carbs per serving**

6 g

For best results, prepare this pudding the day before you plan to serve it so the layers have plenty of time to cool and set



# Chocolate and cream pudding

For a special occasion or to wow a crowd, look no further than a slice of creamy chocolate heaven

## Ingredients

### For the pecan crust

**150 g | 5¼ oz | 1½ cup**  
almond flour

**45 g | 1½ oz | ½ cup**  
pecan meal

**2 tbsp** granulated sweetener

**75 g | 2⅔ oz | 5 tbsp** butter,  
melted

### For the cream cheese layer

**4 tbsp** double cream

**4 tbsp** powdered sweetener

**½ tsp** vanilla extract

**225 g | 8 oz** cream cheese,  
softened

### For the chocolate layer

**360 ml | 12 fl oz | 1½ cup**  
double cream

**45 g | 1½ oz | ⅓ cup**  
powdered sweetener

**¼ tsp** of salt

**½ tsp** vanilla extract

**40 g | 1½ oz | ⅓ cup**  
cocoa powder

### For the whipped cream layer

**360 ml | 12 fl oz | 1½ cup**  
double cream

**2 tbsp** powdered sweetener

**½ tsp** vanilla extract

**30 g | 1 oz** dark chocolate

## Method

**For the crust:** Preheat the oven to 180°C (160°C fan) | 350°F | gas 4. Line the bottom of a deep, 23x23cm | 9x9" oven dish with baking parchment and set aside.

In a large bowl, mix together the almond flour, pecan meal and sweetener. Pour in the melted butter and mix well with a silicone spatula until you have a crumbly dough. Press this into the base of the prepared dish, flattening into an even layer with the back of a spoon, or a rubber spatula.

Bake the crust in the oven for about 12-15 minutes, or until it becomes firm and golden brown. Remove from the oven and set aside to cool.

**For the cream cheese layer:** Beat together the double cream, powdered sweetener and vanilla with a hand mixer or stand mixer set to a medium speed until stiff peaks form. Add the softened cream cheese, a little at a time, and keep mixing until everything is combined. Set aside.

**For the chocolate layer:** With a clean hand mixer or stand mixer, beat together the cream, powdered sweetener, salt and vanilla until stiff peaks form. Reduce the mixer speed to low and add the cocoa a spoonful at a time. Keep mixing until it's fully incorporated.

Once the base has cooled, spread the cream cheese over the top, smoothing into an even layer with a spatula.

Spread the chocolate mixture on top of the cream cheese layer, again smoothing over with a spatula to create an even layer.

**For the whipped cream layer:** For the whipped cream layer, use a clean hand mixer to beat the cream, powdered sugar and vanilla together until stiff peaks form. Gently spread this over the chocolate layer.

**To serve:** Grate the chocolate and sprinkle this over the top of the whipped cream. Cover the dish with cling film and chill for at least 1-2 hours before serving.



## Chocolate and cream pudding

### Information

**Prep time**

20-30 minutes

**Baking time**

12-15 minutes

**Chill time**

1-2+ hours

**Servings**

16

**Net carbs per serving**

2 g





# Berry pavlova

Fresh berries and lighter-than-air meringue make this dessert a simple and delicious treat

## Ingredients

### For the meringue

6 egg whites

½ **tsp** cream of tartar

**70 g | 2½ oz | ⅓ cup**  
granulated sweetener

### For the topping

**240 ml | 8 fl oz | 1 cup**  
double cream

**1 tsp** vanilla extract

**1 large handful** fresh  
raspberries

**1 large handful** fresh  
blueberries

## Method

**For the meringue:** Preheat oven to 150°C | 300°F | gas 2. Line a large, flat baking tray with parchment.

In a clean and dry metal or glass bowl, whisk the six egg whites until thick and frothy, then add in the cream of tartar and keep whisking until you have stiff peaks.

Add the sweetener slowly, and continue to whisk until they become shiny and glossy and hold their form – if you can still feel the grains of sweetener then keep whisking.

Spoon the mixture onto the prepared tray in the shape that you'd like. If you want a neat shape, trace a pencil outline of a 20cm | 8" cake tin on the opposite side of the parchment, flip it over then follow that traced line as you spoon the mixture on.

Bake the meringue for 90 minutes. After this time, turn off the oven and leave the meringue inside for another 60 minutes to dry out.

Once it's dried out, remove the meringue from the oven and leave to cool completely before adding the toppings.

**For the topping:** In a large bowl, whip the cream with the vanilla until stiff peaks form.

In a separate, small bowl, take half of the raspberries and crush them with a fork with a fork.

Spoon the cream onto the top of the cooled meringue, followed by the crushed raspberries, and decorate with the rest of the fruit.

## Information

**Prep time**  
15 minutes

**Baking time**  
90 minutes

**Servings**  
10

**Net carbs per serving**  
2 g



*Berry pavlova*





# Eton mess

A sweet and light dessert that is a summertime favourite

## Ingredients

### For the meringues

**3** egg whites  
**¼ tsp** cream of tartar  
**60 g | 2 oz | ⅓ cup** powdered sweetener  
**½ tsp** vanilla extract

### For the Eton mess

**480 ml | 16 fl oz | 2 cups** double cream  
**½ tsp** vanilla extract  
**2 large handfuls** fresh raspberries  
**2 large handfuls** fresh strawberries  
**2 large handfuls** fresh blueberries

## Method

**For the meringues:** You may want to do this the day before you plan to make the dessert so they have plenty of time to cook and cool. Preheat the oven to 140°C (120°C fan) | 275°F | gas 1. Line a large baking tray with baking parchment and set aside.

In a stand mixer or with a handheld mixer, beat the egg whites on a medium speed for about 2 minutes until they are foamy, then add the cream of tartar.

Keep mixing as you add the powdered sweetener, a little at a time, followed by the vanilla extract. Continue to beat until the mixture forms stiff, glossy peaks.

Spread the meringue over the prepared tray, smoothing it into a rectangle or roughly equal thickness all over. Bake in the middle of the preheated oven for about 15 minutes, then reduce the oven temperature to 100°C (80°C fan) | 210°F | gas ¼ and bake for a further 1 hour.

After 1 hour, turn the oven off, but keep the meringue inside for another 1-2 hours to crisp up.

Remove from the oven and store in an airtight container until you are ready to make the Eton mess.

**For the Eton mess:** Start by whipping the double cream until it's thick. Spoon half of the cream into a separate bowl to use later, then add the vanilla extract to the remaining cream and mix through.

Hull and halve the strawberries. Take half of the berries, place them in a bowl and mash them with a fork. Leave the remaining berries unmashed.

Take the mashed berries and add them to the vanilla cream, gently fold them through with a spatula.

Slice the meringue in half. Take one half and roughly snap or slice it into bite-sized chunks, then set aside. Take the other half and crush it into small pieces. Add the crushed meringue to the berry cream mixture and fold until everything is incorporated.

**To assemble:** Layer up each bowl with a few spoonfuls of the berry cream mixture, the plain cream, fresh berries and uncrushed meringue chunks. You can do this in any order you like, whether you prefer to mix it up, or ignore the dish's name and create neat, distinct layers. Serve immediately.

## Information

**Prep time**  
20 minutes

**Rest time**  
1-2 hours

**Baking time**  
1 hour 15 minutes

**Servings**  
6

**Net carbs per serving**  
0.7 g







# Chocolate mousse

With just three ingredients you can whip up this light and fluffy pudding – perfect for entertaining guests

## Ingredients

### For the mousse

**800 ml | 27 fl oz** coconut cream (2 tins), fridge cold

**2 tbsp** powdered sweetener

**3 tbsp** cocoa powder

**Pinch** salt (optional)

### Optional toppings

**2 squares** dark chocolate, shaved or grated

**A handful** of fresh or freeze-dried berries of your choice

**A handful** of nuts, finely chopped

**4-5 tbsp** coconut flakes or desiccated coconut

## Method

Refrigerate the tins of coconut cream overnight. Carefully remove them from the fridge, without shaking them, then scoop out the thick cream into a large bowl and leave any coconut water in the tin.

Add the sweetener to the coconut cream and beat with a handheld mixer or whisk for about 1-2 minutes until thick and creamy.

Take about 4 tbsp of this whipped mixture and put it in a separate small bowl in the fridge to use as a topping later on.

Add the cocoa powder and salt (if using) to the large coconut cream bowl and whisk again until smooth. A mousse-like mixture should form almost straight away.

Divide the mousse mixture into 8 serving bowls – or cocktail glasses for a more elegant finish. You can serve the mousses immediately (skip to the next step) or put them in the fridge for a few hours to set further.

When you're ready to serve, spoon the reserved whipped coconut cream on top of each mousse and sprinkle with the toppings of your choice.

## Information

**Prep time**  
5-10 minutes

**Chill time**  
Overnight

**Servings**  
8

**Net carbs per serving**  
3 g



## *Chocolate mousse*



Check that  
your coconut cream  
doesn't contain added  
sugars to avoid any  
hidden carbs



# Rosewater & vanilla panna cottas

These luxurious, silky puddings make a simple yet elegant dessert

## Ingredients

**50 ml | 1⅓ fl oz | scant 4 tbsp** water

**2 tsp** gelatin powder

**600 ml | 20 fl oz | 2½ cups** double cream

**½-1 tsp** stevia powder

**½-2½ tsp** 100% natural rosewater (to taste)

Red or pink food colouring

**½ tsp** vanilla extract

Edible rose petals (optional)

## Method

Pour the water into a small bowl, sprinkle the gelatin powder in and stir with a fork. Set this aside for a few minutes to start setting.

In a medium saucepan, warm the cream over a gentle heat, but don't let it boil. Add the gelatin to the cream and whisk continuously as you turn the heat up to medium-high. When it starts to foam, reduce the heat and let it simmer for 30 seconds.

Remove from the heat and add the stevia, to taste. Stir well and leave the cream to cool for about 15 minutes.

Pour about half of the mixture into a heatproof bowl. To one half of the mixture, add the rosewater (½ tsp at a time, tasting after each addition) along with a little red food colouring until the mixture is a nice shade of pink. Set aside to cool further, until the mixture is just slightly warm.

Divide the pink mixture between 6 dessert glasses or tumblers (at least 150 ml | 5 fl oz | ⅔ cup capacity), then place them in the fridge for about 1 hour, or until they are set.

Whisk the vanilla extract into the remaining half of the panna cotta mixture. Once the pink layer has set, divide the vanilla mixture between the glasses so it sits on top of the rosewater. Return the glasses to the fridge for at least 4 hours to set fully.

To serve, scatter each panna cotta with some edible rose petals (if using).

## Information

**Prep time**  
10-15 minutes

**Cook time**  
5 minutes

**Chill time**  
5+ hours

**Servings**  
6

**Net carbs per serving**  
2.5 g



*Rosewater & vanilla panna cottas*



# Coconut puddings

With just five ingredients, these light and fluffy puddings are quick to prepare – a great treat to have on standby

## Ingredients

### For the puddings

**800 ml | 27 fl oz** coconut milk (2 tins)

**3 tsp** powdered gelatin

**¼ tsp** salt

**1 tsp** vanilla extract

**½-1 tsp** coconut-flavoured liquid stevia

### Optional toppings

Whipped cream or coconut cream

Fresh berries

Coconut flakes or desiccated coconut

Grated dark chocolate

Chopped nuts

## Method

Pour the coconut milk into a medium saucepan and bring to the boil over a medium-high heat. Stir or whisk frequently to remove any lumps, and scrape the bottom of the pan to make sure it doesn't catch.

Reduce the heat to a gentle simmer and sprinkle in the gelatin. Let it simmer away for about 10 minutes, stirring frequently as the mixture thickens and reduces.

Remove from the heat and stir in the salt, vanilla and stevia, mixing well. Taste the pudding and adjust with a little more stevia if you like it sweeter.

Divide the mixture into 6 small jars or ramekins, then leave to cool, uncovered, for about 30 minutes. Check on the puddings often and stir to help prevent the mixture from separating.

Once they've cooled to room temperature, refrigerate the jars for at least 3 hours, but ideally overnight.

Serve with your choice of optional toppings.

## Information

### Prep time

15-20 minutes

### Chill time

3 hours – overnight

### Servings

6

### Net carbs per serving

3 g



## Coconut puddings



# Rice puddings

Creamy and comforting, these simple puddings are infused with delicious warming spices

## Ingredients

**280 g | 10 oz** konjac rice  
**480 ml | 16 fl oz | 2 cups** double cream  
**65 g | 2¼ oz | ⅓ cup** granulated sweetener  
**¼ tsp** salt  
**½-1 tsp** vanilla extract  
**1 stick** cinnamon  
**1 piece** star anise  
**3 seeds** cardamom (optional)  
**1** egg  
**85 g | 3 oz** dried sour cherries (optional)  
**15 g | ½ oz | 1 tbsp** butter  
Ground cinnamon or nutmeg, to dust

## Method

Put the konjac rice in a sieve and rinse it under cold water for a couple of minutes until it is well strained.

Bring a saucepan of water to the boil, then cook the rice for 3 minutes.

Drain the rice again and return it to the pan – over a medium heat – along with 360 ml | 12 fl oz | 1½ cups cream, sweetener, salt, vanilla, cinnamon stick, star anise and cardamom seeds (if using). Cook for about 15-20 minutes, stirring regularly. The mixture should thicken as it cooks.

In a small bowl, beat the egg and the remaining cream with a fork and then add this to the pan, mixing well. If using the dried cherries, fold these into the pudding mixture now too.

Keep cooking for another 2-3 minutes, stirring constantly. Take off the heat, remove and discard the cinnamon stick and star anise, then stir through the butter.

Divide the pudding into four serving bowls and chill in the fridge for at least 4 hours, ideally overnight. Dust with a sprinkling of cinnamon or nutmeg before serving.

## Information

### Prep time

5-10 minutes

### Cook time

20-25 minutes

### Chill time

4 hours – overnight

### Servings

4

### Net carbs per serving

4.3 g



## *Rice puddings*



# Crème caramel

Also known as flan, this creamy, custardy treat is easier to make than you might think

## Ingredients

### For the caramel

**65 g | 2¼ oz | ⅓ cup**  
granulated sweetener

**2 tbsp** water

**15 g | ½ oz | 1 tbsp** butter,  
plus extra for greasing

### For the custard

**240 ml | 8 fl oz | 1 cup**  
double cream

**2** eggs, whole

**2** egg yolks

**2 tsp** vanilla extract

**50 g | 1¾ oz | 4 tbsp**  
granulated sweetener

## Method

Preheat the oven to 150°C (130°C fan) | 300°F | gas 2. Thoroughly grease four oven-safe ramekins (approximately 240 ml | 8 fl oz | 1 cup capacity) and set aside.

**For the caramel:** In a small saucepan, heat the ingredients for the caramel over a medium heat, stirring regularly. Cook until the sweetener has dissolved and it starts to turn golden brown.

Divide the caramel between the 4 ramekins and set aside to cool. At this stage, set a kettle full of water to boil.

**For the custard:** Add all the custard ingredients to a large mixing bowl and whisk until you have a smooth, well combined mixture.

Divide the custard between the 4 ramekins. Place them in a large, deep oven dish, then slowly fill the dish with the water you boiled in step 3, until it reaches halfway up the sides of the ramekins.

Carefully transfer the dish to the preheated oven, and bake for about 50 minutes to 1 hour, or until the edges of the flans are set but the centres still have a slight wobble.

Remove the dish from the oven and leave the ramekins for another 10 minutes. Then remove the ramekins from the dish (be careful as the water will still be hot), and leave to cool further.

Once the ramekins are cool enough to touch, transfer them to the fridge to chill for at least 4 hours, ideally overnight.

**To serve:** Gently heat the edges of the ramekins by placing them in a bowl of warm water for a few minutes. This should melt the butter and help ease your flans out. Another trick you could try is to warm the edges and bases of the ramekins with a hairdryer.

Quickly flip the ramekin over, straight onto the serving plate. You may have to tap the ramekin firmly a few times to release the flan.

## Information

### Prep time

20 minutes

### Chill time

4 hours - overnight

### Cook time

50 minutes - 1 hour

### Servings

4

### Net carbs per serving

2 g



*Crème caramel*





# Sticky toffee pudding

Recreate the mouth-watering flavour of this British classic, all for under 4g carbs!

## Ingredients

### For the sponge

**90 g | 3¼ oz | 6 tbsp**

butter, softened

**150 g | 5¼ oz | ¾ cup**

Swerve granulated sweetener

**2 eggs**, at room temperature

**2 tsp** keto syrup (or make your own, see page 56)

**120 ml | 4 fl oz | ½ cup**

hot water

**½ tsp** vanilla extract

**150 g | 5¼ oz | 1½ cups**

almond flour

**½ tbsp** cocoa powder

**½ tsp** bicarbonate soda

**¼ tsp** salt

### For the toffee sauce

**90 g | 3¼ oz | 6 tbsp**

butter

**4 tbsp** Swerve brown sweetener

**4 tbsp** BochaSweet (or allulose or xylitol) sweetener

**½ tsp** vanilla extract

**120 ml | 4 fl oz | ½ cup**

double cream

## Method

**For the sponge:** Preheat the oven to 180°C (160°C fan) | 350°F | gas 4. Grease an 18cm | 7" round cake tin or oven dish, and line the base with a circle of baking parchment. You will also need a large, deep oven dish, wide enough for the cake tin to fit inside.

First, prepare the sponge. Using a hand mixer or a stand mixer, beat together the softened butter and sweetener until light and fluffy. Add the eggs, one at a time, and mix well after each addition.

In a small bowl, whisk together the syrup, hot water and vanilla, then set aside to cool slightly.

Add the almond flour, cocoa powder, bicarbonate soda and salt to the butter and sweetener bowl and mix well until everything is evenly incorporated. Then pour in the syrup solution and beat until you have a smooth batter.

Pour the sponge mix into the prepared round tin and smooth it over. Cover the top tightly with kitchen foil. If you're using a loose-bottom or springform tin, also wrap the base and sides with some more foil to make it watertight.

Boil a kettle full of water. Place the cake tin into the deep oven dish, then pour the boiled water into the edge of the dish until it is about 5cm | 2" deep. Open the oven, then very carefully transfer the entire dish into it – take your time and be careful to avoid sloshing the water about.

Bake for about 40 minutes to 1 hour until the sponge is cooked through. Very carefully remove from the oven, and leave to cool for 10 minutes, then remove the tin from the water and set aside to cool completely.

**For the toffee sauce:** While the cake cools, prepare the sauce. In a large saucepan, melt the butter with the Swerve brown and BochaSweet sweeteners over a medium heat, stirring regularly.

Bring to the boil and then reduce the heat to low. Keep constant watch over the sauce as you cook for another 5 minutes, as it can burn easily.

Once it's amber in colour, add the vanilla to the sauce, and slowly pour in the cream. It will bubble, but keep whisking as it bubbles away for another 1-2 minutes. Then remove from the heat and set aside to cool slightly.

**To serve:** Remove the cake from the tin and slice into 8 portions. Serve with the warm toffee sauce poured over the top.



## Sticky toffee pudding

### Information

**Prep time**

20-25 minutes

**Baking time**

40 minutes –  
1 hour 15 minutes

**Cook time**

5-10 minutes

**Servings**

8

**Net carbs per serving**

3.8 g

You can make the toffee sauce ahead of time, but reheat it very gently – the sweetener may crystallise if it's heated too fast

# Ice cream

On a hot summer day, there's no better dessert than ice cream!

## Ingredients

### For the condensed cream base

**360 ml | 12 fl oz | 1½ cups**  
double cream

**4 tbsp** granulated sweetener  
(ideally Bocha Sweet or Swerve)

**4 tbsp** powdered sweetener  
(ideally Swerve)

**2 tbsp** butter or coconut oil

**¼-½ tsp** xanthan gum

### For the ice cream

**1-2 tbsp** vodka (optional)

**Pinch** salt

**360 ml | 12 fl oz | 1½ cups**  
double cream

**3 tbsp** powdered sweetener  
(ideally Swerve)

**½-1 tsp** vanilla extract

## Method

**For the condensed cream:** In a large saucepan, bring the cream to the boil, then reduce the heat to a simmer and leave to bubble away gently for about 30 minutes.

Remove the pan from the heat and whisk in the sweeteners and butter until they are all dissolved. Sprinkle over the xanthan gum (start with ¼ tsp) and whisk vigorously.

Leave the mixture to cool for about 10 minutes. If the mixture is still not thick enough, add the rest of the xanthan gum and whisk again, then set aside to cool further.

Once the mixture is at room temperature, add the vanilla and salt and whisk through until combined.

**For the ice cream:** In a separate bowl, whip together the cream with the sweetener and vanilla with a whisk until stiff peaks form.

Add the condensed cream mixture to the ice cream mixture, then fold them together until they are evenly combined. Pour the mixture into a large, airtight container and freeze for at least 6 hours, stirring each hour until it sets.

## Information

**Prep time**  
20 minutes

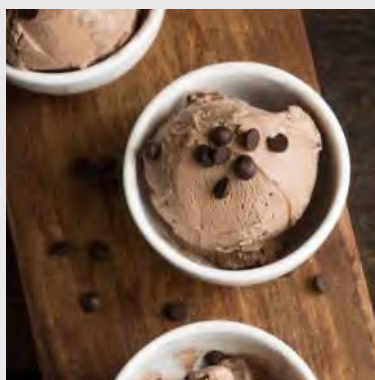
**Chill time**  
6+ hours

**Cook time**  
30 minutes

**Servings**  
8

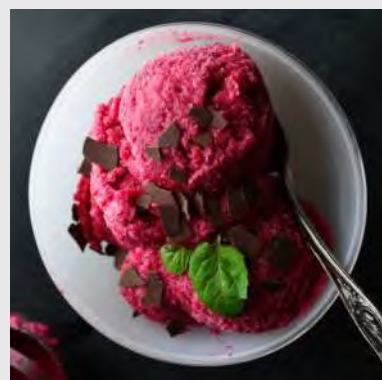
**Net carbs per serving**  
2.4 g (for vanilla)

## FLAVOUR VARIATIONS



### Chocolate & peanut butter

Add around 8 tbsp smooth peanut butter and 4 tbsp cocoa powder to the condensed cream base. You could also fold in dark chocolate chips before freezing. Adjust sweetener to taste.



### Cherry & cream cheese

Add 4-6 tbsp softened cream cheese and ½-1 tsp cherry extract to the condensed cream base, and fold in 1 large handful of roughly chopped cherries before freezing. Adjust sweetener to taste.



## *Ice cream*

The addition of vodka is optional, but the alcohol helps stop big ice crystals forming, keeping the mixture fairly soft and 'scoopable'



# Chocolate fondue

Always a fun addition to a dinner party, get your guests picking, mixing and dipping with a keto-friendly fondue!

## Ingredients

### For the fondue

**170 g | 6 oz** dark chocolate

**80 ml | 2½ fl oz | ⅓ cup**  
double cream

**2-3 tbsp** nut milk (such as almond), or coconut oil

**½ tsp** vanilla extract

**1-2 tbsp** brandy (optional)

### For dipping

#### Your choice from...

Strawberries

Raspberries

Blueberries

Blackberries

Sugar-free marshmallows

Coconut balls (see below)

## Method

Break up the chocolate into pieces or roughly chop it, then add all the fondue ingredients into a saucepan and gently heat, stirring as the chocolate melts. Alternatively, you can melt everything in a slow cooker, set to high, for 30 minutes.

As the chocolate melts, prepare the extras. Wash all the fruit and pat dry thoroughly with a clean tea towel or some kitchen paper. Hull the strawberries if preferred, and arrange everything on a serving platter.

Once all the chocolate has melted, transfer the mixture into a fondue pot and keep it gently heated. Check the temperature after a few minutes and adjust if necessary, you don't want the chocolate to burn!

When your guests are ready to dive in, serve the fruits and other extras with the sauce, with fondue forks or skewers so everyone can get dipping.

## Information

**Prep time**  
5-10 minutes

**Cook time**  
10-30 minutes

**Servings**  
8

**Net carbs per serving**  
3 g (fondue only)

## COCONUT BALLS

Make a batch of these ahead of time, ready to dip for a coconut-cocoa treat



**100 g | 3½ oz | 1 cup** desiccated coconut, plus extra to roll  
**2 tbsp** water  
**1 drop** liquid stevia  
**2 tbsp** coconut oil  
**¼-½ tsp** vanilla extract  
**Pinch** salt

Blitz all the ingredients together in a food processor or blender until well combined. Take spoonfuls of the mixture and roll into balls, place on a plate covered with parchment and refrigerate until set. Roll them in extra coconut if preferred. Makes 8-12 balls.



## Chocolate fondue

It's easy to get carried away when enjoying a fondue with friends, so keep an eye on your portion sizes! See page 126 for the net carb values of berries



# Cheese board

If you prefer a savoury finish to your meals, a keto-friendly cheese platter is the perfect pick-and-mix feast

## Options

The values below are the net carbs per 30 g | 1 oz serving

*Take your pick from...*

### Cheeses

- 0.1 g Brie
- 0.1 g Camembert
- 0.4 g Cheddar
- 0.4 g Edam
- 1.1 g Feta
- 0.6 g Goat (hard)
- 0.2 g Goat (soft)
- 0.6 g Gouda
- 0.1 g Gruyere
- 0.2 g Monterey
- 0.6 g Mozzarella
- 0.6 g Provolone
- <0.1 g Red Leicester
- 0.6 g Roquefort
- 0.1 g Stilton
- 1.5 g Swiss

### Fruits

- 1.7 g Blackberries
- 3.9 g Blueberries
- 3.5 g Cherries
- 1.7 g Raspberries
- 2 g Strawberries

### Nuts

- 2.9 g Almonds
- 1.3 g Brazil nuts
- 2.3 g Hazelnuts
- 1.9 g Macadamias
- 3.8 g Peanuts
- 1.1 g Pecans
- 1.9 g Walnuts

## Method

Create a cheese board from your personal favourites. Check the list on the left for the net carbs per 30 g | 1 oz of different varieties of cheeses, nuts and fruits.

On a large cheese board or wooden chopping board, arrange the cheeses with the fruits and nuts. Keep covered until you're ready to serve.

Serve at room temperature. Mix and match from the different cheeses, with the berries and nuts for sweetness and texture.

## EXAMPLE PLATTER

- 1/2 wheel of blue cheese, such as Roquefort or Stilton
- 1 large wedge of soft cheese, such as Brie or Camembert
- 1 wheel of goat's cheese
- 2 handfuls of fresh blueberries, or berries of your choice
- 2 handfuls of walnuts, or nuts of your choice

## CHEESES TO AVOID

- Low- or reduced-fat cheeses
- Soy-based cheeses, or vegan cheese substitutes
- Pre-sliced cheeses
- Highly processed cheeses, or those with artificial colourants



## Cheese board



### Information

**Prep time**  
5 minutes

**Servings**  
4+

**Net carbs per serving**  
See ingredients list



Enjoy  
**40**

keto recipes  
all under 10g  
net carbs

# *Easy* **Keto** *..Desserts..*

Satisfy your sweet tooth without kicking yourself out of ketosis  
with delicious cakes, pies, traybakes and puddings



## **TASTY TREATS**

Enjoy keto-friendly versions  
of your favourite desserts



## **ENTERTAINING**

Including elegant recipes you  
can serve at dinner parties



## **COMFORT FOOD**

You can still have your cake  
and eat it while on keto

