
BY GLENDA THOMPSON

10 MINUTE SUGAR FREE DESSERTS

INCLUDES RECIPES FOR PUDDINGS, BARS,
MOUSSES, AND MORE...

*Quick to prepare recipes for sugar free desserts
that will satisfy your sweet tooth without adding
inches to your waist*



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Introduction

This is the perfect go-to recipe book for whipping up a quick dessert that won't spike your blood sugar. Every one of these ten mouthwatering sweet treats takes just ten minutes to prepare, and requires only a few simple ingredients.

Savor rich chocolatey Avocado Chocolate Pudding, melt-in-your mouth Keto Peanut Butter Cups, enjoy the fresh fruity flavors of juicy Raspberry Coconut Fool or a layered Apple Crisp kicked up with warming cinnamon spice.

Along with taking only 10 minutes to prepare, these

tempting desserts will give your health a boost. As each nourishing recipe eschews refined sugar and swaps in smart ingredients that keep your blood sugar balanced steady – no spike and crash.

So the next time your craving for something sweet hits but time's running short, don't panic - just open up this cookbook! Whichever recipe you choose, you're mere minutes away from biting into a tasty treat that will help you feel good by satisfying your taste buds while improving your health with every bite.

Index

1. Chocolate avocado pudding
2. Raspberry coconut fool
3. Keto lemon bars
4. Strawberry cheesecake mousse
5. Greek yogurt parfait
6. Keto chocolate chip cookies
7. Apple crisp
8. Keto peanut butter cups
9. Coconut macaroon
10. Peanut butter fudge



Chocolate Avocado Pudding

Serves: 4 people | **Prep time:** 10 minutes

| | | | |
|-----------------------------|----------------------------|----------------------------------|---------------------------|
| Calories 200 kcal | Fats 15 grams | Carbohydrates 19 grams | Protein 3 grams |
|-----------------------------|----------------------------|----------------------------------|---------------------------|

INGREDIENTS

- 2 ripe avocados, peeled and pit removed
- 1/4 cup unsweetened cocoa powder
- 1/4 cup xylitol (adjust to taste)
- 1/2 cup coconut milk
- 1 tsp vanilla extract
- Pinch of salt

INSTRUCTIONS

1. Combine all ingredients in a blender or food processor.
2. Blend until smooth, scraping down the sides as necessary.
3. Adjust sweetener to taste.
4. Serve immediately or chill for a firmer texture.

Notes:

If the pudding is too thick, add a little more coconut milk to reach desired consistency.

You can use carton coconut milk instead of canned coconut milk, but the pudding may be less creamy and rich.



Raspberry Coconut

Fool

Serves: 4 people | **Prep time:** 10 minutes

| | | | |
|-----------------------------|----------------------------|----------------------------------|---------------------------|
| Calories 150 kcal | Fats 12 grams | Carbohydrates 10 grams | Protein 2 grams |
|-----------------------------|----------------------------|----------------------------------|---------------------------|

INGREDIENTS

1 cup fresh raspberries
1 cup heavy whipping cream
2 tablespoons xylitol
1/2 cup unsweetened shredded coconut

INSTRUCTIONS

1. In a bowl, beat the heavy whipping cream with xylitol until stiff peaks form.
2. Gently fold in the shredded coconut.
3. In serving glasses, layer the whipped cream mixture with fresh raspberries.
4. Serve immediately or refrigerate until serving.

Notes:

You can use frozen and thawed raspberries as an alternative to fresh ones.



Keto Lemon Bars

Serves: 8 people | **Prep time:** 10 minutes | **Cook time:** 17 minutes

| | | | |
|-----------------|-------------|----------------------|----------------|
| Calories | Fats | Carbohydrates | Protein |
| 220 kcal | 20 grams | 10 grams | 5 grams |

INGREDIENTS

- 1 and 1/2 cups almond flour
- 1/4 cup xylitol
- 1/4 cup butter, melted

INGREDIENTS FOR THE FILLING

3 eggs
1/2 cup xylitol
1/2 cup lemon juice
1 tablespoon lemon zest
1/4 cup almond flour

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Line an 8x8-inch baking pan with parchment paper.
2. Mix almond flour, xylitol, and melted butter for the crust, press into prepared pan, and bake for 8 minutes.
3. Whisk together the filling ingredients until smooth.
4. Pour over the pre-baked crust and bake for 17 minutes, or until set.
5. Cool completely before cutting into bars.



Strawberry Cheesecake Mousse

Serves: 4 | **Prep time:** 10 minutes

| Calories | Fats | Carbohydrates | Protein |
|----------|----------|---------------|---------|
| 180 kcal | 16 grams | 8 grams | 4 grams |

INGREDIENTS:

- 1 cup heavy cream
- 1/2 cup cream cheese, softened
- 1/4 cup xylitol
- 1/2 teaspoon vanilla extract
- 1 cup strawberries, diced

COOKING INSTRUCTIONS

1. In a bowl, beat heavy cream with xylitol and vanilla extract until stiff peaks form.
2. In another bowl, beat the cream cheese until smooth.
3. Fold the whipped cream into the cream cheese until well combined.
4. Fold in the diced strawberries.
5. Serve immediately or chill until serving.

Notes:

Adjust sweetness according to taste, and you can substitute strawberries with other berries if desired.



Greek Yogurt Parfait

Serves: 2 | **Prep time:** 10 minutes

| | | | |
|-----------------|-------------|----------------------|----------------|
| Calories | Fats | Carbohydrates | Protein |
| 190 kcal | 10 grams | 12 grams | 15 grams |

INGREDIENTS:

- 1 cup Greek yogurt, unsweetened
- 2 tablespoons xylitol
- 1/2 cup mixed berries (strawberries, blueberries, raspberries)
- 1/4 cup granola, sugar-free
- 1 tablespoon almond slices

INSTRUCTIONS

1. Mix Greek yogurt with xylitol until well combined.
2. In serving glasses, layer the sweetened yogurt, berries, and sugar-free granola.
3. Top with almond slices.
4. Serve immediately or refrigerate until serving.

Additional Notes:

Ensure the granola is sugar-free to keep the dish low-carb. Adjust the layers according to personal preference.



Keto Chocolate Chip Cookies

Serves: 12 cookies | **Prep time:** 10 minutes

| Calories | Fats | Carbohydrates | Protein |
|-----------------|-------------|----------------------|----------------|
| 100 kcal | 9 grams | 2 grams | 3 grams |

INGREDIENTS

- 1 cup almond flour
- 1/4 cup coconut oil, melted
- 1/4 cup sugar-free sweetener (erythritol or monk fruit)
- 1 tsp vanilla extract
- 1/4 cup sugar-free chocolate chips
- Pinch of salt

INSTRUCTIONS

1. In a bowl, mix together the almond flour, melted coconut oil, sugar-free sweetener, vanilla extract, and a pinch of salt until well combined.
2. Fold in the sugar-free chocolate chips.
3. Form the dough into small balls and flatten to make cookies. Place on a plate lined with parchment paper.
4. Chill in the refrigerator for about 30 minutes to set.



Apple Crisp

Serves: 4 | **Prep time:** 10 minutes

| | | | |
|-----------------|-------------|----------------------|----------------|
| Calories | Fats | Carbohydrates | Protein |
| 150 kcal | 8 grams | 20 grams | 2 grams |

INGREDIENTS

- 2 medium apples, diced
- 1/4 cup almond flour
- 1/4 cup chopped walnuts or almonds
- 2 tbsp melted butter
- 2 tbsp sugar-free sweetener (erythritol or monk fruit)
- 1 tsp cinnamon

INSTRUCTIONS

1. In a mixing bowl, toss the diced apples with cinnamon and 1 tbsp of the sugar-free sweetener.
2. In another bowl, combine almond flour, chopped nuts, melted butter, and the remaining sugar-free sweetener.
3. Layer the spiced apples in serving glasses and top with the almond flour mixture.
4. Serve immediately, refrigerate to chill and serve cold or bake in a 375°F oven for 15 to 20 minutes, or until the apples are tender and the topping is golden.



Keto Peanut Butter Cups

Serves: 12 cups | **Prep time:** 10 minutes

| Calories | Fats | Carbohydrates | Protein |
|-----------------|-------------|----------------------|----------------|
| 80 kcal | 7 grams | 1 gram | 2 grams |

INGREDIENTS

- 1/2 cup sugar-free dark chocolate chips
- 1/4 cup natural peanut butter
- 1 tbsp coconut oil

INSTRUCTIONS

1. Melt the chocolate chips and coconut oil together until smooth.
2. Pour a small amount of melted chocolate into mini cupcake liners and freeze for a few minutes to set.
3. Spoon a small amount of peanut butter onto the set chocolate base, then cover with more melted chocolate.
4. Freeze until solid, about 30 minutes. Enjoy chilled.



Coconut Macaroons

Serves: 15 macaroons | **Prep time:** 10 minutes

| Calories | Fats | Carbohydrates | Protein |
|-----------------|-------------|----------------------|----------------|
| 70 kcal | 6 grams | 2 grams | 1 gram |

INGREDIENTS

- 2 cups unsweetened shredded coconut
- 1/4 cup sugar-free sweetener (erythritol or monk fruit)
- 1/4 cup coconut cream
- 1 tsp vanilla extract

INSTRUCTIONS

1. In a mixing bowl, combine all ingredients and mix well until a sticky dough forms.
2. Scoop small portions of the mixture and form into balls. Place on a tray lined with parchment paper.
3. Chill in the refrigerator for about 30 minutes to set. Serve chilled.



Peanut Butter Fudge

Serves: 16 pieces | **Prep time:** 10 minutes

| | | | |
|-----------------|-------------|----------------------|----------------|
| Calories | Fats | Carbohydrates | Protein |
| 100 kcal | 9 grams | 2 grams | 3 grams |

INGREDIENTS

- 1 cup natural peanut butter
- 1/4 cup coconut oil
- 1/4 cup sugar-free sweetener (erythritol or monk fruit)
- 1 tsp vanilla extract

INSTRUCTIONS

- 1 Melt the peanut butter and coconut oil together until smooth. Stir in the sweetener and vanilla extract.
- 2 Pour the mixture into a small lined dish or mold.
- 3 Freeze until solid, about 30 minutes. Cut into squares and enjoy chilled.



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