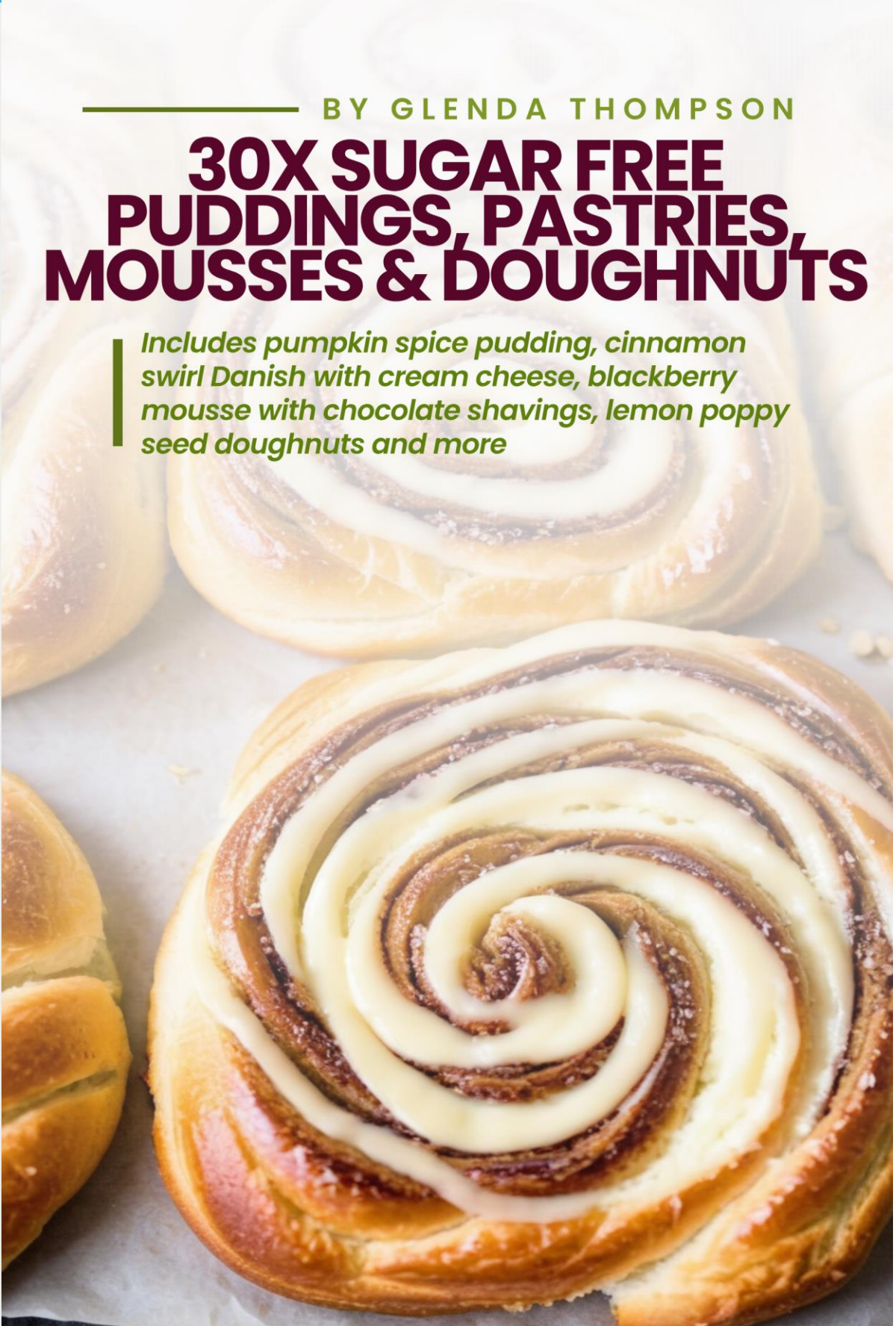

BY GLENDA THOMPSON

30X SUGAR FREE PUDDINGS, PASTRIES, MOUSSES & DOUGHNUTS

Includes pumpkin spice pudding, cinnamon swirl Danish with cream cheese, blackberry mousse with chocolate shavings, lemon poppy seed doughnuts and more



30 x Sugar Free Puddings, Pastries, Mousses and Doughnuts

Includes recipes for pumpkin spice pudding, cinnamon swirl Danish with cream cheese, blackberry mousse with chocolate shavings, lemon poppy seed doughnuts and more...

By Glenda Thompson

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Introduction

You can indulge your sweet tooth without compromising your health with this delightful collection of 30 extra sugar-free dessert recipes.

This cookbook features a variety of mouth-watering desserts that replace white flour, refined sugar, and artificial sweeteners with wholesome, natural ingredients.

From rich and creamy puddings to delicate soufflés and satisfying pastries, each recipe has been crafted to deliver the perfect balance of flavors and textures.

Rather than artificial sweetener, the recipes harness the natural sweetness of monk fruit, the nuttiness of almond, and coconut flours, create desserts that are both guilt-free and irresistibly delicious.

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Chia Seed Pudding with Almond Milk and Berries

Serves: 4 | **Prep time:** 5 minutes | **Chill time:** 4 hours

Calories	Fats	Carbohydrates	Protein
200 kcal	12 grams	8 grams	6 grams

INGREDIENTS

- 1/2 cup chia seeds
- 2 cups unsweetened almond milk
- 1/4 tsp monk fruit extract or to taste
- 1 tsp vanilla extract
- 1 cup mixed berries (fresh or frozen)

INSTRUCTIONS

1. In a bowl, whisk together the chia seeds, almond milk, monk fruit extract, and vanilla extract until well combined.
2. Cover the bowl and refrigerate for at least 4 hours or overnight, stirring occasionally to prevent clumping.
3. Once the pudding has thickened, divide it into serving bowls and top with mixed berries.
4. Serve chilled.



Vanilla Bean Custard with Fresh Raspberries

Serves: 6 | **Prep time:** 10 mins | **Chill time:** 2 hours

Calories	Fats	Carbohydrates	Protein
250 kcal	20 grams	5 grams	6 grams

INGREDIENTS

- 2 cups heavy cream
- 1/2 tsp monk fruit extract or to taste
- 1 vanilla bean, split and scraped
- 6 large egg yolks
- 1 cup fresh raspberries

INSTRUCTIONS

1. In a saucepan, combine the cream, monk fruit extract, and vanilla bean (including the scraped seeds). Heat over medium heat, stirring occasionally.
2. Whisk the egg yolks until smooth.
3. Pour the cream mixture into the egg yolks, whisking constantly to prevent curdling.
4. Return the mixture to the saucepan and cook over low heat, stirring constantly (about 5-7 minutes).
5. Remove from heat, discard the vanilla bean pod, and let the custard cool slightly.
6. Pour the custard into serving dishes and refrigerate for at least 2 hours or until set.
7. Top with fresh raspberries before serving.



Coconut Milk Rice Pudding with Cinnamon

Serves: 6 | **Prep time:** 5 mins | **Cook time:** 30 mins

Calories	Fats	Carbohydrates	Protein
300 kcal	20 grams	15 grams	5 grams

INGREDIENTS

- 1 cup uncooked short-grain rice
- 1 can (13.5 oz) unsweetened coconut milk
- 2 cups unsweetened almond milk
- 1/2 tsp monk fruit extract or to taste
- 1 tsp ground cinnamon
- 1/4 tsp salt

INSTRUCTIONS

1. In a large saucepan, combine the rice, coconut milk, almond milk, monk fruit extract, cinnamon, and salt. Bring the mixture to a boil over medium-high heat, stirring occasionally.
2. Reduce the heat to low and simmer, stirring frequently, until the rice is tender and the pudding has thickened (about 25-30 minutes).
3. Remove from heat and let the pudding cool slightly.
4. Serve warm or chilled, garnished with additional cinnamon if desired.



Matcha Green Tea Pudding with Whipped Cream

Serves: 4 | **Prep time:** 10 mins | **Cook time:** 10 mins

Calories	Fats	Carbohydrates	Protein
200 kcal	15 grams	5 grams	5 grams

INGREDIENTS:

- 2 cups unsweetened almond milk
- 1/4 tsp monk fruit extract or to taste
- 2 tbsp matcha green tea powder
- 1/4 cup almond flour
- 1/4 tsp salt
- 1 cup heavy cream, whipped (for topping)

INSTRUCTIONS:

1. In a saucepan, whisk together the almond milk, monk fruit extract, matcha powder, almond flour, and salt until smooth.
2. Heat the mixture over medium heat, whisking constantly, until it thickens and coats the back of a spoon (about 5–7 minutes).
3. Remove from heat and let the pudding cool slightly.
4. Pour the pudding into serving dishes and refrigerate for at least 2 hours or until set.
5. Top with whipped cream before serving.



Pumpkin Spice Pudding with Pecans

Serves: 6 | **Prep time:** 10 mins | **Cook time:** 10 mins

Calories	Fats	Carbohydrates	Protein
220 kcal	15 grams	10 grams	5 grams

INGREDIENTS:

- 1 can (15 oz) pumpkin puree
- 1 cup unsweetened almond milk
- 1/2 tsp monk fruit extract or to taste
- 1 tsp pumpkin pie spice
- 1/4 tsp salt
- 1/2 cup chopped pecans (for topping)

INSTRUCTIONS

1. In a saucepan, whisk together the pumpkin puree, almond milk, monk fruit extract, pumpkin pie spice, and salt until smooth.
2. Heat the mixture over medium heat, whisking constantly, until it thickens and coats the back of a spoon (about 5–7 minutes).
3. Remove from heat and let the pudding cool slightly.
4. Pour the pudding into serving dishes and refrigerate for at least 2 hours or until set.
5. Top with chopped pecans before serving.



Lemon Curd Pudding with Blueberries

Serves: 6 | **Prep time:** 10 mins | **Cook time:** 15 mins

Calories	Fats	Carbohydrates	Protein
200 kcal	15 grams	8 grams	5 grams

INGREDIENTS

- 1/2 cup fresh lemon juice
- 1/2 cup unsweetened almond milk
- 1/2 tsp monk fruit extract or to taste
- 3 large eggs
- 1/4 cup almond flour
- 1/4 tsp salt
- 1 tbsp lemon zest
- 1 cup fresh blueberries

COOKING INSTRUCTIONS

1. In a saucepan, whisk together the lemon juice, almond milk, monk fruit extract, eggs, almond flour, salt, and lemon zest until smooth.
2. Cook the mixture over medium-low heat, whisking constantly, until it thickens and coats the back of a spoon (about 10-12 minutes).
3. Remove from heat and let the pudding cool slightly.
4. Pour the pudding into serving dishes and refrigerate for at least 2 hours or until set.
5. Top with fresh blueberries before serving.



Chocolate Hazelnut Pudding with Whipped Coconut Cream

Serves: 4 | **Prep time:** 10 minutes | **Cook time:** 15 minutes

Calories	Fats	Carbohydrates	Protein
250 kcal	20 grams	10 grams	6 grams

INGREDIENTS

- 1 1/2 cups unsweetened almond milk
- 1/2 tsp monk fruit extract or to taste
- 1/3 cup unsweetened cocoa powder
- 1/4 cup hazelnut flour
- 1/4 tsp salt
- 2 large eggs
- 1 tsp vanilla extract
- 1 cup coconut cream, whipped (for topping)
- 1/4 cup chopped hazelnuts (for garnish)

INSTRUCTIONS

1. In a saucepan, whisk together the almond milk, monk fruit extract, cocoa powder, hazelnut flour, salt, eggs, and vanilla extract until smooth.
2. Cook the mixture over medium-low heat, whisking constantly, until it thickens and coats the back of a spoon (about 10-12 minutes).
3. Remove from heat and let the pudding cool slightly.
4. Pour the pudding into serving dishes and refrigerate for at least 2 hours or until set.
5. Top with whipped coconut cream and chopped hazelnuts before serving.



Butterscotch Pudding with Sugar-Free Caramel Sauce

Serves: 6 | **Prep time:** 10 minutes | **Cook time:** 20 minutes

Calories	Fats	Carbohydrates	Protein
220 kcal	18 grams	8 grams	5 grams

INGREDIENTS

- 2 cups unsweetened almond milk
- 1/2 tsp monk fruit extract or to taste
- 1/4 cup almond flour
- 1/4 tsp salt
- 3 large egg yolks
- 1 tsp vanilla extract
- 1/4 cup sugar-free caramel sauce (for topping)

INSTRUCTIONS

1. In a saucepan, whisk together the almond milk, monk fruit extract, almond flour, salt, egg yolks, and vanilla extract until smooth.
2. Cook the mixture over medium-low heat, whisking constantly, until it thickens and coats the back of a spoon (about 15-18 minutes).
3. Remove from heat and let the pudding cool slightly.
4. Pour the pudding into serving dishes and refrigerate for at least 2 hours or until set.
5. Drizzle sugar-free caramel sauce over the pudding before serving.



Almond Flour Croissants

with Sugar-Free Jam

Serves: 8 | **Prep time:** 30 minutes | **Cook time:** 20 mins

Calories	Fats	Carbohydrates	Protein
250 kcal	20 grams	8 grams	8 grams

INGREDIENTS

- 2 cups almond flour
- 1/4 tsp salt
- 1/2 tsp baking powder
- 1/2 tsp monk fruit extract or to taste
- 1/2 cup cold unsalted butter, diced
- 2 large eggs
- 1/4 cup sugar-free jam (flavor of choice)

INSTRUCTIONS

1. Preheat the oven to 375°F (190°C).
2. In a bowl, whisk together the almond flour, salt, baking powder, and monk fruit extract.
3. Using a pastry cutter or your fingers, cut the cold butter into the almond flour mixture into coarse crumbs.
4. In a bowl, whisk the eggs until well beaten. Add the eggs to the almond flour mixture and mix until a dough forms.
5. Roll out the dough on two sheets of parchment paper.
6. Cut the dough into 8 triangles. Place a small amount of sugar-free jam at the wide end of each triangle and roll up the croissants.
7. Place the croissants on the prepared baking sheet and bake for 18-20 minutes or until golden brown.
8. Allow the croissants to cool slightly before serving.



Cinnamon Swirl Danish with Cream Cheese Filling

Serves: 8 | **Prep time:** 25 minutes | **Cook time:** 20 mins

Calories	Fats	Carbohydrates	Protein
300 kcal	25 grams	10 grams	10 grams

INGREDIENTS

- 2 cups almond flour
- 1/4 tsp salt
- 1/2 tsp baking powder
- 1/2 tsp monk fruit extract or to taste
- 1/2 cup cold unsalted butter, diced
- 2 large eggs
- 1/2 cup cream cheese, softened
- 1 tsp vanilla extract
- 1 tsp ground cinnamon

COOKING INSTRUCTIONS

1. Preheat the oven to 375°F (190°C).
2. Whisk the almond flour, salt, baking powder, and monk fruit.
3. Using a pastry cutter or your fingers, add the cold butter into the almond flour mixture and mold into coarse crumbs.
4. In a separate bowl, whisk the eggs until well beaten. Add the eggs to the almond flour mixture and mix until a dough forms.
5. Roll out the dough between two sheets of parchment paper to a rectangle about 1/4 inch thick.
6. In a small bowl, mix the softened cream cheese, vanilla extract, and ground cinnamon until well combined.
7. Spread the cream cheese mixture evenly over the dough, leaving a small border around the edges.
8. Roll up the dough tightly, then slice into 8 equal pieces.
9. Place the Danishes on the prepared baking sheet and bake for 18-20 minutes or until golden brown.
10. Allow the Danishes to cool slightly before serving.



Blueberry Cheese Danish with Almond Flour Crust

Serves: 8 | **Prep time:** 25 mins | **Cook time:** 20 mins

Calories	Fats	Carbohydrates	Protein
280 kcal	22 grams	10 grams	9 grams

INGREDIENTS

- 2 cups almond flour
- 1/4 tsp salt
- 1/2 tsp baking powder
- 1/2 tsp monk fruit extract or to taste
- 1/2 cup cold unsalted butter, diced
- 2 large eggs
- 1/2 cup cream cheese, softened
- 1 tsp vanilla extract
- 1/2 cup fresh blueberries

INSTRUCTIONS

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. In a large bowl, whisk together the almond flour, salt, baking powder, and monk fruit extract.
3. Using a pastry cutter or your fingers, cut the cold butter into the almond flour mixture until it resembles coarse crumbs.
4. In a separate bowl, whisk the eggs until well beaten. Add the eggs to the almond flour mixture and mix until a dough forms.
5. Press the dough into the prepared baking sheet to form a crust.
6. In a small bowl, mix the softened cream cheese and vanilla extract until well combined.
7. Spread the cream cheese mixture evenly over the crust.
8. Scatter the fresh blueberries over the cream cheese layer.
9. Bake for 18–20 minutes or until the crust is golden brown and the blueberries are slightly burst.
10. Allow the Danish to cool slightly before slicing and serving.



Spinach and Feta Pastry Puffs

Serves: 12 | **Prep time:** 20 mins | **Cook time:** 20 mins

Calories	Fats	Carbohydrates	Protein
150 kcal	12 grams	5 grams	6 grams

INGREDIENTS

- 1 1/2 cups almond flour
- 1/4 tsp salt
- 1/2 tsp baking powder
- 1/2 cup cold unsalted butter, diced
- 2 large eggs
- 1 cup fresh spinach, chopped
- 1/2 cup crumbled feta cheese
- 1/4 tsp garlic powder
- 1/4 tsp onion powder

INSTRUCTIONS

1. Preheat the oven to 375°F (190°C).
2. In a large bowl, whisk together the almond flour, salt, and baking powder.
3. Using a pastry cutter or your fingers, cut the cold butter into the almond flour mixture until it resembles coarse crumbs.
4. In a separate bowl, whisk the eggs until well beaten. Add the eggs to the almond flour mixture and mix until a dough forms.
5. In a small bowl, mix the chopped spinach, crumbled feta cheese, garlic powder, and onion powder until well combined.
6. Roll out the dough between two sheets of parchment paper to a rectangle about 1/4 inch thick.
7. Cut the dough into 12 squares. Place a small amount of the spinach and feta mixture in the center of each square.
8. Fold the corners of each square towards the center to form a puff, pinching the edges to seal.
9. Place the puffs on the prepared baking sheet and bake for 18-20 minutes or until golden brown.
10. Allow the puffs to cool slightly before serving.



Chocolate Hazelnut Pastry Rolls

Serves: 8 rolls | **Prep time:** 25 minutes | **Cook time:** 20 minutes

Calories	Fats	Carbohydrates	Protein
280 kcal	24 grams	10 grams	8 grams

INGREDIENTS

- 2 cups almond flour
- 1/4 tsp salt
- 1/2 tsp baking powder
- 1/2 tsp monk fruit extract or to taste
- 1/2 cup cold unsalted butter, diced
- 2 large eggs
- 1/2 cup sugar-free chocolate hazelnut spread

COOKING INSTRUCTIONS

1. Preheat the oven to 375°F (190°C).
2. In a large bowl, whisk together the almond flour, salt, baking powder, and monk fruit extract.
3. Using a pastry cutter or your fingers, cut the cold butter into the almond flour mixture and break up into crumbs.
4. In a bowl, whisk the eggs until well beaten. Add the eggs to the almond flour mixture and mix until a dough forms.
5. Roll out the dough between two sheets of parchment paper to a rectangle about 1/4 inch thick.
6. Spread the chocolate hazelnut spread evenly over the dough, leaving a small border around the edges.
7. Roll up the dough tightly from the long side, then slice into 8 equal pieces.
8. Place the rolls on the prepared baking sheet and bake for 18–20 minutes or until golden brown.
9. Allow the rolls to cool slightly before serving.



Strawberry Cream Cheese Pinwheels

Serves: 12 pinwheels | **Prep time:** 20 mins | **Cook time:** 15 mins

Calories	Fats	Carbohydrates	Protein
180 kcal	15 grams	6 grams	6 grams

INGREDIENTS

- 1 1/2 cups almond flour
- 1/4 tsp salt
- 1/2 tsp baking powder
- 1/2 tsp monk fruit extract or to taste
- 1/2 cup cold unsalted butter, diced
- 2 large eggs
- 1/2 cup cream cheese, softened
- 1/2 cup fresh strawberries, diced

INSTRUCTIONS

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. In a large bowl, whisk together the almond flour, salt, baking powder, and monk fruit extract.
3. Using a pastry cutter or your fingers, cut the cold butter into the almond flour mixture until it resembles coarse crumbs.
4. In a separate bowl, whisk the eggs until well beaten. Add the eggs to the almond flour mixture and mix until a dough forms.
5. Roll out the dough between two sheets of parchment paper to a rectangle about 1/4 inch thick.
6. In a small bowl, mix the softened cream cheese until smooth.
7. Spread the cream cheese mixture evenly over the dough, leaving a small border around the edges.
8. Scatter the diced strawberries over the cream cheese layer.
9. Roll up the dough tightly from the long side, then slice into 12 equal pieces.
10. Place the pinwheels on the prepared baking sheet and bake for 12-15 minutes or until golden brown.
11. Allow the pinwheels to cool slightly before serving.



Mushroom and Thyme Pastry Bites

Serves: 16 bites | **Prep time:** 25 minutes | **Cook time:** 20 minutes

Calories	Fats	Carbohydrates	Protein
120 kcal	16 grams	4 grams	5 grams

INGREDIENTS

- 1 1/2 cups almond flour
- 1/4 tsp salt
- 1/2 tsp baking powder
- 1/2 cup cold unsalted butter, diced
- 2 large eggs
- 1 cup mushrooms, finely chopped
- 1/4 cup onion, finely chopped
- 1 tbsp fresh thyme leaves
- 1/4 tsp garlic powder
- 1/4 tsp black pepper

INSTRUCTIONS

1. Preheat the oven to 375°F (190°C).
2. In a bowl, whisk the almond flour, salt, and baking powder.
3. Using a pastry cutter or your fingers, cut the cold butter into the almond flour mixture until it resembles coarse crumbs.
4. In a separate bowl, whisk the eggs until well beaten. Add the eggs to the almond flour mixture and mix until a dough forms.
5. In a small bowl, mix the chopped mushrooms, onion, thyme leaves, garlic powder, and black pepper until well combined.
6. Roll out the dough between two sheets of parchment paper to a rectangle about 1/4 inch thick.
7. Cut the dough into 16 squares. Place a small amount of the mushroom mixture in the center of each square.
8. Fold the corners of each square towards the center to form a bite, pinching the edges to seal.
9. Place the bites on the prepared baking sheet and bake for 18-20 minutes or until golden brown.
10. Allow the bites to cool slightly before serving.



Apple Cinnamon Danish with Walnut Crumble

Serves: 8 servings | **Prep time:** 30 mins | **Cook time:** 25 mins

Calories	Fats	Carbohydrates	Protein
320 kcal	28 grams	12 grams	9 grams

INGREDIENTS

- 2 cups almond flour
- 1/4 tsp salt
- 1/2 tsp baking powder
- 1/2 tsp monk fruit extract or to taste
- 1/2 cup cold unsalted butter, diced
- 2 large eggs
- 1 cup apples, peeled and diced
- 1 tsp ground cinnamon
- 1/4 cup chopped walnuts
- 1 tbsp unsalted butter, melted

INSTRUCTIONS

1. Preheat the oven to 375°F (190°C).
2. Whisk the almond flour, salt, baking powder, and monk fruit.
3. Using a pastry cutter or your fingers, cut the cold butter into the almond flour mixture until it resembles coarse crumbs.
4. Whisk the eggs until well beaten. Add the eggs to the almond flour mixture and mix until a dough forms.
5. Press the dough into the prepared baking sheet.
6. In a small bowl, mix the diced apples and ground cinnamon.
7. Spread the apple mixture evenly over the crust.
8. Mix the chopped walnuts and melted butter.
9. Sprinkle the walnut crumble evenly over the apple layer.
10. Bake for 22-25 minutes or until the crust is golden brown.
11. Allow the Danish to cool slightly before slicing and serving.



Raspberry Mousse with Whipped Coconut Cream

Serves: 6 | **Prep time:** 20 minutes | **Chill time:** 4 hours

Calories	Fats	Carbohydrates	Protein
250 kcal	22 grams	8 grams	5 grams

INGREDIENTS

- 2 cups fresh raspberries
- 1 cup heavy cream
- 1/2 cup coconut cream
- 1/2 tsp monk fruit extract or to taste
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1 tbsp gelatin powder
- 1/4 cup cold water

INSTRUCTIONS

1. In a blender, puree the raspberries until smooth. Strain the puree through a fine-mesh sieve to remove the seeds.
2. In a large bowl, whip the heavy cream, coconut cream, monk fruit extract, vanilla extract, and salt.
3. In a small bowl, sprinkle the gelatin powder over the cold water and let it sit for 5 minutes to bloom.
4. Microwave the gelatin mixture for 15-20 seconds.
5. Stir the gelatin mixture into the raspberry puree .
6. Gently fold the raspberry mixture into the whipped cream mixture until evenly incorporated.
7. Divide the mousse among 6 serving glasses and refrigerate for at least 4 hours or until set.
8. Serve chilled, topped with additional whipped coconut cream if desired.



Lemon Mousse with Fresh Mint

Serves: 6 | **Prep time:** 20 mins | **Chill time:** 4 hours

Calories	Fats	Carbohydrates	Protein
200 kcal	18 grams	6 grams	4 grams

INGREDIENTS

- 1 cup heavy cream
- 1/2 cup lemon juice
- 1/2 tsp monk fruit extract or to taste
- 1 tbsp lemon zest
- 1/4 tsp salt
- 1 tbsp gelatin powder
- 1/4 cup cold water
- 1/4 cup fresh mint leaves, finely chopped

INSTRUCTIONS

1. In a large bowl, whip the heavy cream, monk fruit extract, and salt until stiff peaks form.
2. In a small bowl, sprinkle the gelatin powder over the cold water and let it sit for 5 minutes to bloom.
3. Microwave the gelatin mixture for 15–20 seconds or until fully dissolved.
4. Stir the gelatin mixture into the lemon juice until well combined.
5. Gently fold the lemon mixture and lemon zest into the whipped cream mixture until evenly incorporated.
6. Fold in the chopped mint leaves.
7. Divide the mousse among 6 serving glasses and refrigerate for at least 4 hours or until set.
8. Serve chilled, garnished with additional mint leaves if desired.



Vanilla Bean Soufflé with Sugar-Free Caramel Sauce

Serves: 4 | **Prep time:** 20 minutes | **Cook time:** 15 minutes

Calories	Fats	Carbohydrates	Protein
280 kcal	25 grams	8 grams	8 grams

INGREDIENTS

- 4 large egg yolks
- 1/2 tsp monk fruit extract or to taste
- 1 vanilla bean, split and scraped
- 1/4 tsp salt
- 4 large egg whites
- 1/4 tsp cream of tartar
- 1/4 cup sugar-free caramel sauce

COOKING INSTRUCTIONS

1. Preheat the oven to 400°F (200°C) and grease 4 ramekins with butter.
2. In a large bowl, whisk the egg yolks, monk fruit extract, vanilla bean seeds, and salt until well combined.
3. In a separate large bowl, beat the egg whites and cream of tartar until stiff peaks form.
4. Gently fold one-third of the egg white mixture into the egg yolk mixture to lighten it. Then, fold in the remaining egg whites until just combined.
5. Divide the soufflé batter among the prepared ramekins, filling them almost to the top.
6. Place the ramekins on a baking sheet and bake for 12-15 minutes or until the soufflés are puffed and golden brown.
7. Serve immediately, drizzled with sugar-free caramel sauce.



Blackberry Mousse with Almond Crumble

Serves: 6 | **Prep time:** 20 mins | **Chill time:** 4 hours

Calories	Fats	Carbohydrates	Protein
300 kcal	26 grams	10 grams	6 grams

INGREDIENTS

- 2 cups fresh blackberries
- 1 cup heavy cream
- 1/2 cup almond flour
- 1/2 tsp monk fruit extract or to taste
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1 tbsp gelatin powder
- 1/4 cup cold water
- 1/4 cup sliced almonds
- 1 tbsp unsalted butter, melted

INSTRUCTIONS

1. In a blender, puree the blackberries until smooth. Strain the puree through a fine-mesh sieve to remove the seeds.
2. In a large bowl, whip the heavy cream, monk fruit extract, vanilla extract, and salt until stiff peaks form.
3. In a small bowl, sprinkle the gelatin powder over the cold water and let it sit for 5 minutes to bloom.
4. Microwave the gelatin mixture for 15–20 seconds or until fully dissolved.
5. Stir the gelatin mixture into the blackberry puree until well combined.
6. Gently fold the blackberry mixture into the whipped cream mixture until evenly incorporated.
7. Divide the mousse among 6 serving glasses and refrigerate for at least 4 hours or until set.
8. In a small bowl, mix the almond flour, sliced almonds, and melted butter until well combined.
9. Sprinkle the almond crumble over the chilled mousse before serving.



Peanut Butter Mousse with Chocolate Shavings

Serves: 6 | **Prep time:** 20 mins | **Chill time:** 4 hours

Calories	Fats	Carbohydrates	Protein
350 kcal	32 grams	10 grams	8 grams

INGREDIENTS

- 1 cup heavy cream
- 1/2 cup creamy peanut butter
- 1/2 tsp monk fruit extract or to taste
- 1/4 tsp salt
- 1 tbsp gelatin powder
- 1/4 cup cold water
- 1/4 cup sugar-free dark chocolate. shaved

COOKING INSTRUCTIONS

1. In a large bowl, whip the heavy cream, monk fruit extract, and salt until stiff peaks form.
2. In a separate large bowl, beat the peanut butter until smooth.
3. In a small bowl, sprinkle the gelatin powder over the cold water and let it sit for 5 minutes to bloom.
4. Microwave the gelatin mixture for 15-20 seconds or until fully dissolved.
5. Stir the gelatin mixture into the peanut butter until well combined.
6. Gently fold the peanut butter mixture into the whipped cream mixture until evenly incorporated.
7. Divide the mousse among 6 serving glasses and refrigerate for at least 4 hours or until set.
8. Serve chilled, topped with shaved dark chocolate.



Mango Mousse with Coconut Whipped Cream

Serves: 6 | **Prep time:** 20 mins | **Chill time:** 4 hours

Calories	Fats	Carbohydrates	Protein
250 kcal	22 grams	10 grams	4 grams

INGREDIENTS

- 2 cups fresh mango, diced
- 1 cup heavy cream
- 1/2 cup coconut cream
- 1/2 tsp monk fruit extract or to taste
- 1/4 tsp salt
- 1 tbsp gelatin powder
- 1/4 cup cold water

COOKING INSTRUCTIONS

1. In a blender, puree the diced mango until smooth.
2. In a large bowl, whip the heavy cream, coconut cream, monk fruit extract, and salt until stiff peaks form.
3. In a small bowl, sprinkle the gelatin powder over the cold water and let it sit for 5 minutes to bloom.
4. Microwave the gelatin mixture for 15–20 seconds or until fully dissolved.
5. Stir the gelatin mixture into the mango puree until well combined.
6. Gently fold the mango mixture into the whipped cream mixture until evenly incorporated.
7. Divide the mousse among 6 serving glasses and refrigerate for at least 4 hours or until set.
8. Serve chilled, topped with additional whipped coconut cream if desired.



Tiramisu Mousse with Espresso and Cocoa Powder

Serves: 6 | **Prep time:** 25 min | **Chill time:** 4 hours

Calories 300 kcal	Fats 28 grams	Carbohydrates 8 grams	Protein 6 grams
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INGREDIENTS:

- 1 cup heavy cream
- 1/2 cup mascarpone cheese
- 1/2 tsp monk fruit extract or to taste
- 1/4 tsp salt
- 1 tbsp gelatin powder
- 1/4 cup cold water
- 1/4 cup espresso or strong coffee, cooled
- 2 tbsp unsweetened cocoa powder

INSTRUCTIONS:

1. Whip the heavy cream, mascarpone cheese, monk fruit extract, and salt until stiff peaks form.
2. In a small bowl, sprinkle gelatin powder into cold water and let it sit for 5 minutes.
3. Microwave the gelatin mixture for 15–20 seconds.
4. Stir the gelatin mixture into the cooled espresso.
5. Gently fold the espresso mixture into the whipped cream mixture until evenly incorporated.
6. Divide half of the mousse among 6 serving glasses.
7. Dust the mousse with a layer of cocoa powder.
8. Top with the remaining mousse and dust with additional cocoa powder.
9. Refrigerate for at least 4 hours or until set. Serve chilled.



Strawberry Soufflé with Fresh Basil

Serves: 4 | **Prep time:** 20 mins | **Cook time:** 15 minutes

Calories	Fats	Carbohydrates	Protein
220 kcal	18 grams	8 grams	6 grams

INGREDIENTS

- 1 cup fresh strawberries, hulled
- 4 large egg yolks
- 1/2 tsp monk fruit extract or to taste
- 1/4 tsp salt
- 4 large egg whites
- 1/4 tsp cream of tartar
- 1/4 cup fresh basil leaves, finely chopped

INSTRUCTIONS

1. Preheat the oven to 400°F (200°C) and grease 4 ramekins with butter.
2. In a blender, puree the strawberries until smooth.
3. In a large bowl, whisk the egg yolks, monk fruit extract, salt, and strawberry puree until well combined.
4. In a separate large bowl, beat the egg whites and cream of tartar until stiff peaks form.
5. Gently fold one-third of the egg white mixture into the egg yolk mixture to lighten it. Then, fold in the remaining egg whites until just combined.
6. Fold in the chopped basil leaves.
7. Divide the soufflé batter among the prepared ramekins, filling them almost to the top.
8. Place the ramekins on a baking sheet and bake for 12–15 minutes or until the soufflés are puffed and golden brown.
9. Serve immediately, garnished with additional basil leaves if desired.



Baked Cinnamon Sugar Doughnuts with Almond Flour

Serves: 12 doughnuts | **Prep time:** 15 minutes | **Cook time:** 20 minutes

Calories 180 kcal	Fats 15 grams	Carbohydrates 8 grams	Protein 6 grams
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INGREDIENTS

- 2 cups almond flour
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1 tsp ground cinnamon
- 1/2 tsp monk fruit extract or to taste
- 4 large eggs
- 1/4 cup unsalted butter, melted
- 1 tsp vanilla extract
- 1/4 cup granulated erythritol (for coating)
- 1 tsp ground cinnamon (for coating)

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and grease a doughnut pan.
2. In a bowl, whisk together the almond flour, baking powder, salt, cinnamon, and monk fruit extract.
3. In a separate bowl, whisk the eggs, melted butter, and vanilla extract until well combined.
4. Add the wet ingredients to the dry ingredients and mix until a smooth batter forms.
5. Spoon the batter into the prepared doughnut pan, filling each cavity about 3/4 full.
6. Bake for 18-20 minutes or until the doughnuts are golden brown and a toothpick inserted into the center comes out clean.
7. Let the doughnuts cool in the pan for 5 minutes before transferring them to a wire rack to cool completely.
8. In a small bowl, mix the granulated erythritol and cinnamon for the coating.
9. Brush the cooled doughnuts with melted butter and dip them in the cinnamon-erythritol mixture to coat.
10. Serve the doughnuts at room temperature.



Pumpkin Spice Doughnuts with Cream Cheese Glaze

Serves: 12 doughnuts | **Prep time:** 20 mins | **Cook time:** 20 mins

Calories	Fats	Carbohydrates	Protein
200 kcal	18 grams	8 grams	6 grams

INGREDIENTS

- 2 cups almond flour
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1 tsp pumpkin pie spice
- 1/2 tsp monk fruit extract or to taste
- 4 large eggs
- 1/2 cup pumpkin puree
- 1/4 cup unsalted butter, melted
- 1 tsp vanilla extract
- 1/4 cup cream cheese, softened (for glaze)
- 2 tbsp heavy cream (for glaze)
- 1/4 tsp monk fruit extract or to taste (for glaze)

COOKING INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and grease a doughnut pan.
2. In a bowl, whisk together the almond flour, baking powder, salt, pumpkin pie spice, and monk fruit extract.
3. In a separate bowl, whisk the eggs, pumpkin puree, melted butter, and vanilla extract until well combined.
4. Add the wet ingredients to the dry ingredients and mix until a smooth batter forms.
5. Spoon the batter into the prepared doughnut pan.
6. Bake for 18-20 minutes or until the doughnuts are golden brown.
7. Transfers to a wire rack to cool.
8. Whisk the softened cream cheese, heavy cream, and monk fruit extract until smooth.
9. Dip the cooled doughnuts into the cream cheese glaze.
10. Place the glazed doughnuts back on the wire rack and let the glaze set for 10-15 minutes before serving.



Chocolate Glazed Doughnuts with Coconut Flour

Serves: 12 | **Prep time:** 15 mins | **Cook time:** 20 mins

Calories	Fats	Carbohydrates	Protein
160 kcal	12 grams	8 grams	5 grams

INGREDIENTS

- 1/2 cup coconut flour
- 1/4 cup unsweetened cocoa powder
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1/2 tsp monk fruit extract or to taste
- 4 large eggs
- 1/4 cup unsalted butter, melted
- 1/2 cup unsweetened almond milk
- 1 tsp vanilla extract
- 1/4 cup sugar-free dark chocolate chips (for glaze)
- 2 tbsp coconut oil (for glaze)

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. In a large bowl, whisk together the coconut flour, cocoa powder, baking powder, salt, and monk fruit extract.
3. In a separate bowl, whisk the eggs, melted butter, almond milk, and vanilla extract until well combined.
4. Add the two bowls of ingredients and mix until a smooth batter forms.
5. Spoon the batter into the prepared doughnut pan.
6. Bake for 18–20 minutes or until the doughnuts are firm to the touch and a toothpick inserted into the center comes out clean.
7. Let the doughnuts cool in the pan for 5 minutes before transferring them to a wire rack to cool completely.
8. In a small microwave-safe bowl, melt the sugar-free dark chocolate chips and coconut oil in 30-second intervals, stirring between each interval, until smooth.
9. Dip the cooled doughnuts into the chocolate glaze, allowing the excess to drip off.
10. Place the glazed doughnuts back on the wire rack and let the glaze set for 10–15 minutes before serving



Churros with Sugar-Free Chocolate Dipping Sauce

Serves: 12 churros | **Prep time:** 20 minutes | **Cook time:** 20 minutes

Calories	Fats	Carbohydrates	Protein
120 kcal	10 grams	6 grams	4 grams

INGREDIENTS

- 1 cup water
- 1/2 cup unsalted butter
- 1/4 tsp salt
- 1 cup almond flour
- 4 large eggs
- 1/2 tsp monk fruit extract or to taste
- 1 tsp vanilla extract
- 1/4 cup granulated erythritol (for coating)
- 1 tsp ground cinnamon (for coating)
- 1/4 cup sugar-free dark chocolate chips (for dipping sauce)
- 2 tbsp heavy cream (for dipping sauce)

COOKING INSTRUCTIONS

1. Preheat the oven to 400°F (200°C).
2. In a medium saucepan, bring the water, butter, and salt to a boil.
3. Reduce the heat to low and add the almond flour, stirring vigorously until the mixture forms a smooth dough.
4. Remove the pan from the heat and let the dough cool for 5 minutes.
5. Add the eggs, one at a time.
6. Stir in the monk fruit extract and vanilla extract.
7. Transfer the dough to a piping bag fitted with a large star tip.
8. Pipe the dough onto the prepared baking sheet in 4-inch strips, leaving space between each churro.
9. Bake for 18-20 minutes or until the churros are golden brown.
10. In a bowl, mix the granulated erythritol and cinnamon.
11. Brush the warm churros with melted butter and roll them in the cinnamon-erythritol mixture to coat.
12. In a microwave, melt the sugar-free dark chocolate chips and heavy cream in 30-second intervals, stirring until smooth.
13. Serve the churros warm with the sugar-free chocolate dipping sauce.



Lemon Poppy Seed Doughnuts with Lemon Glaze

Serves: 12 | **Prep time:** 15 mins | **Cook time:** 20 mins

Calories	Fats	Carbohydrates	Protein
180 kcal	15 grams	8 grams	6 grams

INGREDIENTS

- 2 cups almond flour
- 2 tbsp poppy seeds
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1/2 tsp monk fruit extract or to taste
- 4 large eggs
- 1/4 cup unsalted butter, melted
- 1/4 cup fresh lemon juice
- 2 tbsp lemon zest
- 1/4 cup powdered erythritol (for glaze)
- 2 tbsp fresh lemon juice (for glaze)

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. In a large bowl, whisk together the almond flour, poppy seeds, baking powder, salt, and monk fruit extract.
3. In a separate bowl, whisk the eggs, melted butter, lemon juice, and lemon zest until well combined.
4. Add the ingredients from both bowls and mix into a batter.
5. Spoon the batter into the prepared doughnut pan.
6. Bake for 18–20 minutes or until the doughnuts are golden brown and a toothpick inserted into the center comes out clean.
7. Let the doughnuts cool in the pan for 5 minutes before transferring them to a wire rack to cool completely.
8. Whisk the powdered erythritol and lemon juice until smooth.
9. Dip the cooled doughnuts into the lemon glaze.
10. Place the glazed doughnuts back on the wire rack and let the glaze set for 10–15 minutes before serving.



Maple Bacon Doughnuts with Sugar-Free Maple Syrup

Serves: 12 | **Prep time:** 20 mins | **Cook time:** 25 minutes

Calories	Fats	Carbohydrates	Protein
220 kcal	18 grams	8 grams	8 grams

INGREDIENTS

- 2 cups almond flour
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1/2 tsp monk fruit extract or to taste
- 4 large eggs
- 1/4 cup unsalted butter, melted
- 1/4 cup sugar-free maple syrup
- 1 tsp vanilla extract
- 6 slices bacon, cooked and crumbled
- 1/4 cup sugar-free maple syrup (for glaze)

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and grease a doughnut pan with butter or cooking spray.
2. In a large bowl, whisk together the almond flour, baking powder, salt, and monk fruit extract.
3. In a separate bowl, whisk the eggs, melted butter, sugar-free maple syrup, and vanilla extract until well combined.
4. Add the wet ingredients to the dry ingredients and mix until a smooth batter forms.
5. Fold in the crumbled bacon.
6. Spoon the batter into the prepared doughnut pan, filling each cavity about 3/4 full.
7. Bake for 20-25 minutes or until the doughnuts are golden brown and a toothpick inserted into the center comes out clean.
8. Let the doughnuts cool in the pan for 5 minutes before transferring them to a wire rack to cool completely.
9. Brush the cooled doughnuts with the sugar-free maple syrup glaze.
10. Place the glazed doughnuts back on the wire rack and let the glaze set for 10-15 minutes before serving.



Sugar Free Puddings, Pastries, Mousses & Doughnuts

You can indulge your sweet tooth without compromising your health with this delightful collection of 30 extra sugar-free dessert recipes. This cookbook features a variety of mouth-watering desserts that replace white flour, refined sugar, and artificial sweeteners with wholesome, natural ingredients. From rich and creamy puddings to delicate soufflés and satisfying pastries, each recipe has been crafted to deliver the perfect balance of flavors and textures.

Rather than artificial sweetener, the recipes harness the natural sweetness of monk fruit, the nuttiness of almond, and coconut flours, create desserts that are both guilt-free and irresistibly delicious.