

101 x Diabetic Friendly Recipes for Puddings, Pastries, Mousses, and More

Includes recipes for pumpkin spice pudding, cinnamon swirl Danish pastries, opera cake, lemon poppy seed doughnuts and many more...

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Introduction

Indulge your sweet tooth without compromising your health with this delightful collection of 101 sugar-free dessert recipes.

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

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

Rather than artificial sweetener, the recipes harness the natural sweetness of monk fruit and the nuttiness of almond flour to create desserts that are guilt-free, irresistibly delicious, and help keep blood sugar in check.

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Note on natural sweetener selection

Monk fruit extract is listed in the recipes, but you can use any natural sweetener you prefer:

Allulose – It provides a smooth texture and helps retain moisture, making baked desserts moister.

Stevia –has a slight liquorice aftertaste, which can be noticeable in some baked goods.

Erythritol – It has a cooling effect on the tongue and can add a slight crunch to baked desserts.

Xylitol – is as sweet as sugar and has a similar taste and texture.

Yacon Syrup: It is less sweet than sugar and can add a rich, caramel-like taste.



Matcha Green Tea Pudding

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 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 (about 5-7 mins).
3. Remove from heat and let the pudding cool.
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
- 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 (about 5-7 mins).
3. Remove from heat and let the pudding cool.
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
- 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 (about 10-12 mins).
3. Remove from heat and let the pudding cool.
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 mins | **Cook time:** 15 mins

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 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 (about 10-12 mins).
3. Remove from heat and let the pudding cool.
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 mins | **Chill time:** 2 hours

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

INGREDIENTS

- 2 cups unsweetened almond milk
- 1/2 tsp monk fruit extract
- 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 (about 15–18 mins).
3. Remove from heat and let the pudding cool.
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.



Greek Yogurt and Almond Butter Pudding with Cinnamon

Serves: 4 | **Prep time:** 10 mins | **Chill time:** 2 mins

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

INGREDIENTS

- 2 cups Greek yogurt (2% fat)
- 1/4 cup almond butter
- 2 tbsp Monk fruit extract
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 1/4 cup sliced almonds for topping

INSTRUCTIONS

1. In a medium-sized bowl, combine the Greek yogurt, almond butter, Monk fruit extract, vanilla extract, and ground cinnamon. Stir until all the ingredients are well blended and smooth.
2. Cover the bowl with plastic wrap or transfer the mixture into individual serving bowls. Refrigerate for at least 1 hour to allow the flavors to meld and the pudding to set.
3. Top each serving with sliced almonds for a bit of crunch.



Cardamom-Spiced Rice Pudding

Serves: 4 | **Prep time:** 25 mins

Calories	Fats	Carbohydrates	Protein
95 kcal	5 grams	10 grams	3 grams

INGREDIENTS

- 3 cups riced cauliflower
- 2 cups unsweetened almond milk
- 1/4 cup Monk fruit extract
- 1 tsp ground cardamom
- 1/2 tsp vanilla extract
- 2 tbsp chia seeds

INSTRUCTIONS

1. In a saucepan, combine the riced cauliflower and almond milk. Bring to a simmer over medium heat, stirring occasionally, until the cauliflower is tender.
2. Stir in the Monk fruit extract, ground cardamom, and vanilla extract. Continue to cook for another 2–3 minutes.
3. Remove the saucepan from heat and stir in the chia seeds. Let the mixture sit for about 5 minutes.
4. Cover and refrigerate for at least 1 hour to let it set and cool.
5. Once chilled, top with almond milk, a sprinkle of cardamom, or some fresh fruit if desired.



Chocolate Pudding

Serves: 4 | **Prep time:** 15 mins | **Chill time:** 2 hours

Calories	Fats	Carbohydrates	Protein
90 kcal	6 grams	8 grams	3 grams

INGREDIENTS

- 2 cups unsweetened almond milk
- 1/4 cup monk fruit extract
- 3 tablespoons almond flour
- 1/4 cup unsweetened cocoa powder
- 1 teaspoon vanilla extract
- Pinch of salt

INSTRUCTIONS

1. In a medium saucepan, combine unsweetened almond milk, monk fruit, cocoa powder, almond flour, and a pinch of salt.
2. Over medium heat, whisk until the mixture becomes smooth and starts to thicken. This should take about 5-7 minutes.
3. Reduce the heat to low and continue to simmer for another 2-3 minutes, stirring frequently.
4. Remove from heat and stir in the vanilla extract.
5. Pour the pudding into serving cups and cover with plastic wrap.
6. Refrigerate for at least 2 hours or until fully chilled and set.



Lavender Panna Cotta

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

Calories	Fats	Carbohydrates	Protein
180 kcal	15 grams	12 grams	3 grams

INGREDIENTS

- 2 cups heavy cream
- 1/4 cup monk fruit extract
- 1 tsp dried culinary lavender
- 1 tsp vanilla extract
- 1 envelope gelatin

INSTRUCTIONS

1. Heat cream with monk fruit extract and lavender.
2. Remove from heat and let steep for 10 mins.
3. Strain, add vanilla and gelatin.
4. Pour into molds and chill for 4 hours.



Quinoa Pudding

Serves: 4 | **Prep time:** 30 mins

Calories	Fats	Carbohydrates	Protein
120 kcal	3 grams	18 grams	5 grams

INGREDIENTS

- 1 cup cooked quinoa
- 2 cups unsweetened almond milk
- 1/4 cup monk fruit sweetener
- 1 tsp vanilla extract
- 1/2 tsp cinnamon

INSTRUCTIONS

1. Rinse the quinoa under cold water.
2. In a medium saucepan, combine rinsed quinoa and almond milk. Bring to a boil over medium-high heat.
3. Reduce heat to low, cover, and let simmer for about 15-20 minutes, or until the liquid is mostly absorbed and quinoa is tender.
4. Stir in the monk fruit, vanilla extract, cinnamon, and a pinch of salt.
5. Cook for an additional 5 minutes, stirring frequently until the mixture thickens.
6. For a creamier pudding, you can add more almond milk, a little at a time, to reach your desired consistency.
7. Chill or serve warm.



Tapioca Pudding

Serves: 4 | **Prep time:** 15 mins | **Chill time:** 2 hours

Calories	Fats	Carbohydrates	Protein
90 kcal	6 grams	8 grams	3 grams

INGREDIENTS

- 1/3 cup small pearl tapioca
- 2 1/2 cups unsweetened almond milk
- 1/4 cup monk fruit (adjust to taste)
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 large egg, beaten

INSTRUCTIONS

1. Soak the tapioca in almond milk for at least 30 minutes in a saucepan.
2. Place the saucepan with soaked tapioca over medium heat. Stir in the monk fruit and salt.
3. Bring to a gentle simmer while stirring to prevent sticking. Cook for about 15-20 minutes.
4. Slowly stir the beaten egg into the saucepan.
5. Continue cooking for a few more minutes until the pudding thickens, stirring continuously.
6. Remove from heat and stir in the vanilla extract.
7. Pour the pudding into serving dishes and allow it to cool.
8. Serve warm or refrigerate for at least an hour for chilled pudding.



Bread and Butter Pudding

Serves: 6 | **Prep time:** 20 mins | **Baking:** 45 mins

Calories	Fats	Carbohydrates	Protein
180 kcal	14 grams	8 grams	8 grams

INGREDIENTS

Low-Carb Bread:

- 1 1/2 cups almond flour
- 1/4 cup monk fruit sweetener
- 1 teaspoon baking powder
- Pinch of salt
- 3 large eggs
- 1/4 cup unsweetened almond milk
- 1/4 cup melted butter or coconut oil

Pudding:

- 2 cups unsweetened almond milk
- 1/4 cup monk fruit sweetener
- 3 large eggs
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1/4 cup unsweetened raisins (optional)
- Additional 2 tablespoons melted butter



INSTRUCTIONS

1. Preheat the oven to 350°F (175°C). Line a loaf pan with parchment paper.
2. In a bowl, combine almond flour, monk fruit sweetener, baking powder, and salt.
3. In another bowl, whisk together eggs, almond milk, and melted butter.
4. Combine the wet and dry ingredients, mixing until a batter forms.
5. Pour the batter into the prepared loaf pan and bake for 25–30 minutes or until a toothpick inserted into the center comes out clean.
6. Let the bread cool, then cut it into slices.
7. Preheat the oven to 350°F (175°C) again.
8. Butter a baking dish and lay the bread slices in overlapping layers in the dish.
9. In a separate bowl, whisk together the almond milk, monk fruit sweetener, eggs, vanilla extract, and cinnamon.
10. Pour the custard mixture over the bread slices, ensuring they are evenly soaked.
11. Sprinkle raisins over the top if using.
12. Drizzle the 2 tablespoons of melted butter over the top.
13. Bake in the preheated oven for 30–35 minutes, or until the custard is set and the top is golden brown.
14. Allow to cool slightly before serving.



Easy Homemade Flan

Serves: 6 | **Prep time:** 30 mins | **Baking:** 1 hour

Calories	Fats	Carbohydrates	Protein
95 kcal	6 grams	5 grams	6 grams

INGREDIENTS

Flan

- 4 large eggs
- 1 cup almond milk
- 1 cup heavy cream
- 1/3 cup monk fruit
- 1 tbsp vanilla extract

Caramel Topping:

- 1/3 cup monk fruit sweetener
- 2 tablespoons water

INSTRUCTIONS

1. Preheat your oven to 350°F (175°C).
2. In a saucepan, combine monk fruit and water over medium heat. Stir until the sweetener is dissolved, then let it boil gently before pouring into ramekins.
3. In a mixing bowl, whisk together the eggs and monk fruit sweetener until well combined.
4. Gently heat the almond milk and heavy cream in a saucepan until just warm, then add to the egg mixture.
5. Stir in the vanilla extract and pour the custard mixture evenly into the prepared ramekins.
6. Place the ramekins in a baking dish, then add hot water to until it reaches halfway up the sides of the ramekins.



Passion Fruit Curd

Serves: 4 | **Prep time:** 10 mins | **Chilling:** 2 hours

Calories	Fats	Carbohydrates	Protein
85 kcal	7 grams	4 grams	2 grams

INGREDIENTS

- 1/2 cup passion fruit puree (from fresh passion fruits or store-bought, unsweetened)
- 1/4 cup monk fruit sweetener (adjust to taste)
- 2 large eggs
- 2 egg yolks
- 1 tablespoon almond flour
- 1/4 cup unsalted butter, cubed
- 1 teaspoon vanilla extract (optional)
- Pinch of salt

INSTRUCTIONS

1. Cut the passion fruit in half and scoop out the pulp. Press through a sieve to extract the juice.
2. In a medium saucepan, whisk together passion fruit puree, monk fruit, eggs, egg yolks, almond flour, and a pinch of salt.
3. Place the saucepan over medium-low heat and cook, stirring constantly until the mixture begins to thicken. Remove from the heat and stir in the butter cubes and vanilla extract.
4. Strain into a bowl and press plastic wrap directly onto the surface of the curd.
5. Allow it to cool then refrigerate for 2 hours.



Salted Caramel Pudding

Serves: 4 | **Prep time:** 25 mins | **Chilling:** 2 hours

Calories	Fats	Carbohydrates	Protein
120 kcal	10 grams	5 grams	4 grams

INGREDIENTS

- 1/3 cup monk fruit sweetener (for caramel)
- 2 tablespoons water
- 2 cups unsweetened almond milk
- 3 tablespoons almond flour
- 1/4 cup monk fruit sweetener (for pudding)
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- Sea salt flakes (for topping)

INSTRUCTIONS

1. In a saucepan, mix 1/3 cup monk fruit sweetener and water over medium heat, then let it simmer until it turns golden brown.
2. Whisk in 1 1/2 cups of almond milk.
3. In a separate bowl, mix almond flour, monk fruit sweetener, and salt; add remaining almond milk.
4. Pour the almond flour mixture into the saucepan with the caramel milk, stirring constantly.
5. Continue cooking until it just begins to boil.
6. Remove from heat and stir in the vanilla extract.
7. Divide into serving dishes and let it cool chill in the refrigerator for 2 hours.
8. Sprinkle a pinch of sea salt flakes on top.



Coconut Custard

Serves: 6 | **Prep time:** 15 mins | **Chilling:** 30 mins

Calories	Fats	Carbohydrates	Protein
160 kcal	15 grams	4 grams	4 grams

INGREDIENTS

- 1 can (13.5 oz) full-fat coconut milk
- 1/4 cup monk fruit sweetener (adjust to taste)
- 3 large eggs
- 2 teaspoons vanilla extract
- 1/4 cup unsweetened shredded coconut
- 1 tablespoon almond flour
- Pinch of salt

INSTRUCTIONS

1. Preheat oven to 325°F (165°C).
2. In a medium saucepan, heat coconut milk over low heat until warm but not boiling.
3. In a bowl, whisk together eggs, monk fruit sweetener, vanilla extract, almond flour, and a pinch of salt until well combined.
4. Slowly add the warm coconut milk while whisking.
5. Once combined, stir in the shredded coconut.
6. Pour the mixture into a baking dish.
7. Place the baking dish into a larger pan and add hot water until it reaches halfway up the dishes.
8. Bake for 40-45 minutes, or until the custard is set.
9. Cool to room temperature then chill for 2 hours.



Earl Grey Custard Pudding

Serves: 4 | **Prep time:** 20 mins | **Chilling:** 2 hours

Calories	Fats	Carbohydrates	Protein
75 kcal	5 grams	4 grams	3 grams

INGREDIENTS

- 2 cups unsweetened almond milk
- 2 tablespoons loose Earl Grey tea leaves or 2 tea bags
- 1/3 cup monk fruit sweetener
- 3 large egg yolks
- 2 tablespoons almond flour
- 1 teaspoon vanilla extract

INSTRUCTIONS

1. In a saucepan, heat almond milk until it simmers. Remove from heat and add Earl Grey tea leaves or tea bags. Allow it to steep for about 10 minutes.
2. Strain the milk, if you used loose tea leaves.
3. Whisk together monk fruit, egg yolks, and almond flour until smooth.
4. Whisk the infused almond milk into the egg mixture, stirring constantly to prevent curdling.
5. Pour the mixture back into the saucepan and cook over medium-low heat until it thickens.
6. Remove from heat and stir in the vanilla extract.
7. Pour the custard into serving dishes, cover, and chill in the refrigerator for at least 2 hours.



Almond Flour Croissants

Serves: 8 | **Prep time:** 30 mins | **Bake 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
- 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. Cut the butter into cubes then add to the mixture.
4. In a bowl, whisk the eggs and add to the almond flour mixture and mix until a dough forms.
5. Roll out the dough on two sheets of 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 into a croissant shape.
7. Place the croissants on the prepared baking sheet and bake for 18-20 mins or until golden brown.
8. Allow the croissants to cool before serving.



Cinnamon Swirl Danish with Cream Cheese Filling

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

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

INGREDIENTS

Dough:

- 2 cups almond flour
- 1/4 cup monk fruit or your preferred sweetener
- 1/4 cup butter, melted
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- Pinch of salt

Filling:

- 8 oz cream cheese, softened
- 1/4 cup monk fruit
- 1 teaspoon vanilla extract

Cinnamon Swirl:

- 1/4 cup butter, melted
- 1/4 cup monk fruit
- 2 tablespoons cinnamon



INSTRUCTIONS

1. Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a large bowl, mix almond flour, monk fruit, and baking powder.
3. In another bowl, whisk together eggs, melted butter, and vanilla extract.
4. Combine wet and dry ingredients, mixing until a dough forms. Press into a rectangular shape on the parchment-lined sheet.
5. Beat together the softened cream cheese, monk fruit, and vanilla extract until smooth and creamy. Set aside.
6. Stir together the melted butter, monk fruit, and cinnamon to make a paste.
7. Spread the cream cheese filling evenly over the dough.
8. Drizzle the cinnamon swirl mixture on top of the cream cheese layer.
9. Roll the dough carefully from one end to the other, like a jelly roll, using the parchment to help lift and roll.
10. Cut into 12 slices and arrange them on the baking sheet
11. Bake for 20–25 mins or until golden brown.
12. Cool before serving.



Blueberry Cheese Danish

Serves: 8 | **Prep time:** 25 mins | **Bake 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 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).
2. In a large bowl, whisk together the almond flour, salt, baking powder, and monk fruit extract.
3. Add the butter to the almond flour mixture and mix into coarse crumbs.
4. In a separate bowl, whisk the eggs and add to the almond flour mixture and mix until a dough forms.
5. Press the dough into a baking sheet as a flay layer.
6. In a bowl, mix the cream cheese and vanilla extract.
7. Spread the cream cheese mixture evenly over the dough.
8. Scatter the fresh blueberries over the top.
9. Bake for 18-20 mins or until the crust is golden brown.
10. Allow the Danish to cool before slicing and serving.



Spinach and Feta Pastry Puffs

Serves: 12 | **Prep time:** 20 mins | **Bake 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 bowl, mix the almond flour, salt, and baking powder.
3. Add the cold butter and knead together.
4. Whisk the eggs then add to the almond flour mixture.
5. In a small bowl, mix the chopped spinach, crumbled feta cheese, garlic powder, and onion powder.
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 to 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 mins or until golden brown.



Chocolate Hazelnut Pastry Rolls

Serves: 8 rolls | **Prep time:** 25 mins | **Bake time:** 20 mins

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
- 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, mix together the almond flour, salt, baking powder, and monk fruit extract.
3. Add the butter and knead into lumps.
4. In a bowl, whisk the eggs and add the 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 mins or until golden brown.
9. Allow the rolls to cool before serving.



Strawberry Cream Cheese

Pinwheels

Serves: 12 pinwheels | **Prep time:** 20 mins | **Bake 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
- 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 bowl, whisk together the almond flour, salt, baking powder, and monk fruit extract. Then add the butter.
3. Whisk the eggs then add to the almond flour mixture and mix until a dough forms.
4. Roll out the dough between two sheets of parchment paper to a rectangle about 1/4 inch thick.
5. In a small bowl, mix the softened cream cheese until smooth.
6. Spread the cream cheese mixture evenly over the dough, leaving a small border around the edges.
7. Scatter the diced strawberries over the cream cheese layer.
8. Roll up the dough tightly from the long side, then slice into 12 equal pieces.
9. Place the pinwheels on the prepared baking sheet and bake for 12-15 mins or until golden brown.
10. Allow the pinwheels to cool before serving.



Mushroom and Thyme

Pastry Bites

Serves: 16 bites | **Prep time:** 25 mins | **Bake time:** 20 mins

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. Then add the butter.
3. Whisk the eggs then add 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 mins or until golden brown.



Apple Cinnamon Danish with Walnut Crumble

Serves: 8 | **Prep time:** 30 mins | **Bake 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
- 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. Then add the butter.
3. Whisk the eggs and then add to the almond flour mixture and mix until a dough forms.
4. Press the dough into the prepared baking sheet.
5. In a small bowl, mix the diced apples and ground cinnamon.
6. Spread the apple mixture evenly over the dough.
7. Mix the chopped walnuts and melted butter.
8. Sprinkle the walnut crumble evenly over the apple layer.
9. Bake for 22–25 mins or until the crust is golden brown.



Apple Turnovers

Serves: 8 | **Prep time:** 30 mins | **Bake time:** 20 mins

Calories	Fats	Carbohydrates	Protein
220 kcal	18 grams	12 grams	7 grams

INGREDIENTS

Pastry:

- 2 cups almond flour
- 1/4 cup unsalted butter, cold and diced
- 2 tablespoons cream cheese, cold
- 1 tablespoon monk fruit sweetener
- 1 large egg
- 1 teaspoon vanilla extract
- Pinch of salt

Filling:

- 2 medium apples, peeled, cored, and diced
- 2 tablespoons monk fruit sweetener (adjust to taste)
- 1 teaspoon cinnamon
- 1 tablespoon lemon juice
- 1 tablespoon almond flour
- 1 teaspoon vanilla extract
- 1 tablespoon unsalted butter

Egg Wash:

- 1 egg, beaten



INSTRUCTIONS

1. In a food processor, combine almond flour, cold butter, cream cheese, monk fruit sweetener, and salt. Pulse until the mixture resembles coarse crumbs.
2. Add the egg and vanilla extract. Pulse until the dough begins to come together.
3. Remove the dough, flatten into a disk, and wrap in plastic wrap. Refrigerate for at least 30 minutes.
4. In a medium saucepan, melt the butter over medium heat. Add diced apples, monk fruit sweetener, cinnamon, lemon juice, almond flour, and vanilla extract.
5. Cook, stirring occasionally, until the apples are tender and the mixture has thickened slightly (about 6–8 minutes). Let cool.
6. Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
7. Roll out the chilled dough between two sheets of parchment paper to about 1/8 inch thick.
8. Cut into squares, about 4x4 inches each.
9. Place a spoonful of apple filling in the center of each square.
10. Fold each square into a triangle and seal the edges by pressing them with a fork.
11. Place turnovers on the prepared baking sheet.
12. Brush the tops with the beaten egg for a golden finish.
13. Bake for 18–20 minutes, or until golden brown.
14. Allow the turnovers to cool before serving.



Raspberry Danish Pastries

Serves: 8 | **Prep time:** 18 mins | **Bake time:** 20 mins

Calories	Fats	Carbohydrates	Protein
220 kcal	19 grams	9 grams	6 grams

INSTRUCTIONS

Pastry:

- 2 cups almond flour
- 1/4 cup coconut flour
- 1/4 cup unsalted butter, cold and diced
- 3 tablespoons cream cheese, cold
- 1/4 cup monk fruit sweetener
- 1 large egg
- 1 teaspoon vanilla extract
- Pinch of salt

Filling:

- 1 cup fresh or frozen raspberries
- 2 tablespoons monk fruit sweetener (adjust to taste)
- 1 teaspoon lemon juice
- 1 teaspoon vanilla extract

Cream Cheese Topping:

- 4 oz cream cheese, softened
- 1 tablespoon monk fruit sweetener
- 1/2 teaspoon vanilla extract



INSTRUCTIONS

1. In a food processor, combine almond flour, coconut flour, cold butter, cream cheese, monk fruit, and salt. Pulse until the mixture resembles coarse crumbs.
2. Add the egg and vanilla extract, pulsing until a dough forms.
3. Wrap the dough in plastic wrap and refrigerate for at least 30 minutes.
4. In a small saucepan over medium heat, combine raspberries, lemon juice, softened cheese, and vanilla extract.
5. Cook, stirring occasionally, until the mixture thickens (about 5–7 minutes).
6. Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
7. Roll out the chilled dough between two sheets of parchment paper into a rectangle about 1/4 inch thick.
8. Cut the dough into 3x3-inch squares.
9. Place a teaspoon of cream cheese mixture in the center of each square, followed by a teaspoon of raspberry filling.
10. Fold the corners of the dough over the filling to form a pinwheel, pressing gently to seal.
11. Place the pastries on the prepared baking sheet.
12. Brush with beaten egg for a glossy finish.
13. Bake for 15–18 minutes, or until golden brown.
14. Allow the pastries to cool before serving.



Puff Pastry Tarts with Fruit

Serves: 6 | **Prep time:** 20 mins | **Bake time:** 10 mins

Calories	Fats	Carbohydrates	Protein
230 kcal	19 grams	11 grams	7 grams

INGREDIENTS

Crust:

- 2 cups almond flour
- 1/4 cup coconut flour
- 1/4 cup monk fruit sweetener
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 cup unsalted butter, cold and diced
- 1 large egg
- 1 teaspoon vanilla extract

Fruit Topping:

- 1 cup mixed berries (e.g., raspberries, blueberries, strawberries)
- 2 tablespoons monk fruit sweetener (adjust to taste)
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- Fresh mint leaves for garnish (optional)



INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, combine almond flour, coconut flour, monk fruit sweetener, baking powder, and salt.
3. Add the cold butter and work it into the flour mixture using a pastry cutter or your fingers until it resembles coarse crumbs.
4. In a small bowl, whisk together the egg and vanilla extract.
5. Add the egg mixture to the flour mixture and combine until the dough comes together. If necessary, chill the dough to make it easier to handle.
6. Roll the dough out between two sheets of parchment paper to a thickness of about 1/4 inch.
7. Cut the dough into circles or squares using a cookie cutter or knife and transfer them to the prepared baking sheet.
8. Use a fork to prick the center of each tart base to prevent puffing.
9. Bake for 8-10 minutes, or until lightly golden.
10. Remove from the oven and let cool completely.
11. In a small bowl, combine the mixed berries, monk fruit sweetener, lemon juice, and vanilla extract. Gently toss to coat the berries evenly.
12. Once the tart bases are cool, top each with a spoonful of the fruit mixture.



Simplified Baklava

Serves: 12 | **Prep time:** 40 mins | **Bake time:** 30 mins

Calories	Fats	Carbohydrates	Protein
200 kcal	18 grams	7 grams	6 grams

INGREDIENTS

Pastry Layer:

- 2 cups almond flour
- 1/4 cup coconut flour
- 1/3 cup unsalted butter, melted
- 1/4 cup monk fruit sweetener
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- Pinch of salt

Nut Filling:

- 1 1/2 cups chopped mixed nuts (e.g., walnuts, almonds, pistachios)
- 1/4 cup monk fruit sweetener
- 1 teaspoon ground cinnamon

Syrup:

- 1/4 cup water
- 1/4 cup monk fruit sweetener
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- 1 tablespoon honey (optional for added flavor, but can be omitted or substituted with a sugar-free syrup)



INSTRUCTIONS

1. Preheat your oven to 350°F (175°C). Grease a small baking dish (such as 8x8 inches) lightly with butter or oil.
2. In a mixing bowl, combine almond flour, coconut flour, melted butter, monk fruit sweetener, vanilla extract, ground cinnamon, and a pinch of salt. Mix until a dough forms.
3. In another bowl, mix together the chopped nuts, monk fruit sweetener, and ground cinnamon.
4. Press half of the almond flour dough into the prepared baking dish to form an even layer.
5. Spread the nut mixture evenly over the dough layer.
6. Press the remaining almond flour dough over the nut mixture to cover completely. Use your hands or a spatula to ensure an even layer.
7. Bake in the preheated oven for 20–25 minutes, or until the top is golden brown.
8. While the pastry is baking, combine water and monk fruit sweetener in a small saucepan. Bring to a simmer over medium heat, stirring until the sweetener is dissolved.
9. Remove from heat and stir in lemon juice, vanilla extract, and honey (if using). Let cool slightly.
10. Once the baklava is baked, remove it from the oven and pour the syrup evenly over the top while it is still hot.
11. Allow it to soak and cool to room temperature before cutting into squares or diamond shapes.



Cream Puffs

Serves: 12 | **Prep time:** 30 mins | **Bake time:** 25 mins

Calories	Fats	Carbohydrates	Protein
160 kcal	15 grams	3 grams	4 grams

INGREDIENTS

Pastry:

- 1 cup almond flour
- 1/4 cup coconut flour
- 1/2 cup water
- 1/4 cup unsalted butter
- 2 tablespoons monk fruit sweetener
- 1/4 teaspoon salt
- 4 large eggs beaten

Cream Filling:

- 1 cup heavy cream
- 2 tablespoons monk fruit sweetener (adjust to taste)
- 1 teaspoon vanilla extract

INSTRUCTIONS

1. Preheat the oven to 375°F (190°C).
2. Combine water, butter, monk fruit sweetener, and salt in a saucepan over medium heat. Bring to a boil.
3. Remove from heat, stir in almond flour and coconut flour.
4. Transfer the dough to a mixing bowl and add the eggs.
5. Spoon dollops of dough onto the baking sheet.
6. Bake for 20–25 minutes until golden and firm.
7. Remove from the oven and cool completely.
8. Whip cream with 2 tablespoons monk fruit and 1 teaspoon vanilla extract until stiff peaks form.
9. Slice cooled puffs in half and fill with whipped cream.



Éclairs with Pastry Cream

Serves: 12 | **Prep time:** 45 mins | **Bake time:** 30 mins

Calories	Fats	Carbohydrates	Protein
140 kcal	11 grams	6 grams	5 grams

INGREDIENTS

For the choux pastry:

- 1/2 cup water
- 1/4 cup butter
- 1/2 cup almond flour
- 3 eggs beaten

For the pastry cream:

- 2 cups almond milk
- 3 egg yolks
- 1/4 cup Monk fruit extract
- 2 tbsp arrowroot powder
- 1 tsp vanilla extract

INSTRUCTIONS

1. Boil water and add the butter and almond flour and stir until it forms a ball. Remove from heat.
2. Add the beaten eggs one at a time.
3. Pipe the dough onto a baking sheet, bake at 400°F (200°C) for 30 mins.
4. Whisk egg yolks, Monk fruit extract, and arrowroot. Heat almond milk, temper eggs, then cook until thickened.
5. Add vanilla, cool.
6. Fill cooled éclairs with pastry cream.



Waffles with Cinnamon

Serves: 10 servings | **Prep time:** 40 mins

Calories	Fats	Carbohydrates	Protein
180 kcal	16 grams	7 grams	5 grams

INGREDIENTS

For the wafers:

- 1 cup almond flour
- 1/4 cup coconut flour
- 1/4 cup Monk fruit extract
- 1 egg
- 2 tbsp butter, melted

For the filling:

- 1/4 cup butter
- 1/4 cup Monk fruit extract
- 1 tsp cinnamon

INSTRUCTIONS

- Mix wafer ingredients in a mixing bowl.
- Roll out the dough into a thin layer then cut into circles.
- Cook the dough circles in a waffle maker until golden.
- Melt butter with Monk fruit extract cinnamon until caramelized.
- Spread filling between two wafers while still warm.



Pain au Chocolat

Serves: 8 | **Prep:** 30 mins | **Bake time:** 20 mins

Calories	Fats	Carbohydrates	Protein
260 kcal	22 grams	11 grams	9 grams

INGREDIENTS

- 1 1/2 cups almond flour
- 1/4 cup coconut flour
- 1/4 cup unsalted butter, cold and diced
- 2 tablespoons monk fruit sweetener
- 1/4 teaspoon salt
- 1 teaspoon baking powder
- 2 large eggs
- 1 teaspoon vanilla extract
- Dark chocolate (sugar-free), broken into small pieces

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Mix almond flour, coconut flour, monk fruit, baking powder, and salt.
2. Cut in cold butter until coarse crumbs form. Add eggs and vanilla, mixing until dough forms.
3. Roll dough into a rectangle, cut into smaller rectangles for pastries.
4. Place chocolate pieces on one end of each rectangle and roll up.
5. Arrange pastries on a parchment-lined sheet, seam-side down.
6. Bake for 15–20 minutes until golden.



Danish Kringle

Serves: 12 | **Prep:** 40 mins | **Bake time:** 25 mins

Calories	Fats	Carbohydrates	Protein
240 kcal	21 grams	8 grams	8 grams

INGREDIENTS

For the dough:

- 2 cups almond flour
- 1/4 cup coconut flour
- 1/4 cup Monk fruit extract
- 2 tsp baking powder
- 1/4 cup cold butter, cubed
- 2 eggs beaten

For the filling:

- 1 cup almond flour
- 1/4 cup butter, softened
- 1/4 cup monk fruit sweetener
- 1 tsp almond extract

INSTRUCTIONS

1. Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a bowl, combine almond flour, coconut flour, monk fruit sweetener, and salt.
3. Cut in the cold butter and cream cheese.
4. Stir in vanilla and eggs until a dough forms.
5. Wrap and chill for 20 minutes for easier handling.
6. In a separate bowl, mix the chopped nuts, additional monk fruit sweetener, and cinnamon.
7. Roll the chilled dough into a rectangle surface. Sprinkle evenly with nut mixture.
8. Roll the dough from the long side into a log. Form into a circle or pretzel shape on the baking sheet.
9. Bake for 25–30 minutes until golden brown.
10. Allow to cool slightly on a wire rack.



Keto-friendly Pavlova

Serves: 8 | **Prep:** 20 mins | **Bake time:** 2 hours

Calories	Fats	Carbohydrates	Protein
140 kcal	13 grams	5 grams	2 grams

INGREDIENTS

- 4 egg whites
- 1/4 cup Monk fruit extract
- 1 tsp vanilla extract
- 1 tsp white vinegar
- 1 cup heavy whipping cream
- 1 cup mixed berries

INSTRUCTIONS

1. Beat egg whites until soft peaks form.
2. Gradually add Monk fruit extract, beating until stiff peaks form.
3. Fold in vanilla and vinegar.
4. Shape into a circle on a parchment-lined baking sheet.
5. Bake at 250°F (120°C) for 2 hours.
6. Turn off oven and let cool completely inside.
7. Whip cream and spread over cooled meringue.
8. Top with berries.



Cheese Danish Cups

Serves: 12 | **Prep:** 25 mins | **Bake time:** 20 mins

Calories	Fats	Carbohydrates	Protein
220 kcal	20 grams	6 grams	6 grams

INGREDIENTS

For the crust:

- 1 1/2 cups almond flour
- 2 tablespoons coconut flour
- 2 tablespoons monk fruit
- 1/4 cup unsalted butter, melted
- 1 teaspoon vanilla extract
- Pinch of salt

For the filling:

- 8 ounces cream cheese, softened
- 1/4 cup monk fruit sweetener
- teaspoon vanilla extract
- 1 large egg

INSTRUCTIONS

1. Preheat to 350°F (175°C) and prepare a muffin tin.
2. Mix almond flour, coconut flour, monk fruit sweetener, butter, vanilla, and salt into a dough.
3. Press dough into muffin cups. Bake for 5-7 minutes until set. Remove.
4. Beat cream cheese, monk fruit, vanilla, and egg until smooth.
5. Spoon filling into each crust. Bake for 15-20 minutes until set.
6. Cool slightly, then transfer to a rack. Enjoy plain or with berries.



Zucchini and Ricotta Galette

Serves: 8 | **Prep:** 40 mins | **Bake time:** 30 mins

Calories	Fats	Carbohydrates	Protein
280 kcal	23 grams	10 grams	12 grams

INGREDIENTS

For the crust:

- 1 1/2 cups almond flour
- 2 tablespoons coconut flour
- 1/4 cup unsalted butter, cold and diced
- 1 egg
- 1 tablespoon cold water
- 1 teaspoon apple cider vinegar

For the filling:

- 1 cup ricotta cheese
- 1 tablespoon olive oil
- 1 tablespoon monk fruit sweetener
- 1 teaspoon lemon zest
- 1 medium zucchini, thinly sliced
- Salt and pepper to taste
- Fresh basil or thyme for garnish

INSTRUCTIONS

1. Preheat to 375°F (190°C) and line a baking sheet with parchment.
2. Mix almond flour, coconut flour, and salt. Add cold butter, mix until crumbly. Stir in egg, water, and vinegar to form dough. Roll into a 10-inch circle.
3. Mix ricotta, monk fruit, lemon zest, salt, and pepper.
4. Spread ricotta on dough, leaving a border. Top with zucchini slices.
5. Fold dough edges over filling. Brush zucchini with olive oil. Bake for 30–35 minutes until golden.
6. Cool slightly, garnish with basil or thyme, and serve.



Raspberry Mousse with Whipped Coconut Cream

Serves: 6 | **Prep time:** 20 min | **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
- 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 mins 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
- 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 mins 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 mins | **Cook time:** 15 mins

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

INGREDIENTS

- 4 large egg yolks
- 1/2 tsp monk fruit extract
- 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 mins 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
- 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 into cold water and let it sit for 5 mins. Then microwave the gelatin mixture for 15–20 seconds or until fully dissolved.
5. Stir the gelatin mixture into the blackberry puree.
6. Gently fold the blackberry mixture into the whipped cream.
7. Add the mousse to 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.



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
- 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 mins 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
- 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 mins 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
- 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 mins.
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.



White Chocolate Lavender Mousse

Serves: 6 | **Prep time:** 20 mins | **Chill time:** 2 hours

Calories 290 kcal	Fats 28 grams	Carbohydrates 6 grams	Protein 4 grams
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INGREDIENTS:

- 1 cup heavy cream
- 1/4 cup Monk fruit extract
- 1 tsp dried culinary lavender
- 8 oz cream cheese, softened
- 2 oz sugar-free white chocolate chips, melted
- 1 tsp vanilla extract

INSTRUCTIONS:

1. In a small saucepan, heat 1/4 cup of the heavy cream with Monk fruit extract and lavender.
2. Bring to a simmer, remove from heat, and let steep for 10 mins. Strain and cool completely.
3. In a large bowl, whip the remaining 3/4 cup heavy cream until stiff peaks form. Set aside.
4. In another bowl, beat the cream cheese until smooth. Add the cooled lavender cream, melted white chocolate, and vanilla extract. Mix until well combined.
5. Gently fold the whipped cream into the cream cheese mixture until just combined.
6. Divide the mousse into 6 serving dishes and refrigerate for at least 2 hours before serving.



Strawberry Soufflé with Fresh Basil

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

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
- 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.
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 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 mins or until the soufflés are puffed and golden brown.
9. Serve immediately, garnished with additional basil leaves if desired.



Cinnamon Sugar Doughnuts

Serves: 12 doughnuts | **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
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1 tsp ground cinnamon
- 1/2 tsp monk fruit extract
- 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 mins 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 mins 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.



Pumpkin Spice Doughnuts with Cream Cheese Glaze

Serves: 12 | **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 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 tbsps heavy cream (for glaze)
- 1/4 tsp monk fruit extract (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.
5. Spoon the batter into the prepared doughnut pan.
6. Bake for 18–20 mins or until the doughnuts are golden brown.
7. Transfer to a wire rack to cool.
8. Whisk the cream cheese, heavy cream, and monk fruit.
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 mins 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
- 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.
4. Add the two bowls of ingredients and mix together.
5. Spoon the batter into the prepared doughnut pan.
6. Bake for 18–20 mins 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 mins before transferring them to a wire rack to cool completely.
8. In a small bowl, melt the sugar-free dark chocolate chips and coconut oil in 30-second intervals.
9. Dip the cooled doughnuts into the chocolate glaze.
10. Let the glaze set for 10–15 mins before serving



Churros with Sugar-Free Chocolate Dipping Sauce

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

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

INGREDIENTS

- 1/2 cup unsalted butter
- 1/4 tsp salt
- 1 cup almond flour
- 4 large eggs
- 1/2 tsp monk fruit extract
- 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 saucepan, bring the water, butter, and salt to a boil.
3. Reduce the heat to low and add the almond flour, stirring vigorously until a smooth dough forms.
4. Remove the pan from the heat and let the dough cool.
5. Add the eggs. Then stir in the monk fruit and vanilla.
7. Transfer the dough to a piping bag fitted with a large star tip.
8. Pipe the dough onto the baking sheet in 4-inch strips.
9. Bake for 18–20 mins 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 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
- 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 mins 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 mins 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 mins before serving.



Maple Bacon Doughnuts with Sugar-Free Maple Syrup

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

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
- 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.
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 combine.
5. Fold in the crumbled bacon.
6. Spoon the batter into the prepared doughnut pan.
7. Bake for 20–25 mins 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 mins before transferring them to a wire rack to cool completely.
9. Brush the cooled doughnuts with the s maple syrup glaze.
10. Place the glazed doughnuts back on the wire rack and let the glaze set for 10–15 mins before serving.



Molten Chocolate Lava Cake

Serves: 4 | **Prep time:** 15 mins | **Bake time:** 12 mins

Calories	Fats	Carbohydrates	Protein
220 kcal	20 grams	8 grams	6 grams

INGREDIENTS

- 1/4 cup almond flour
- 1/4 cup unsweetened cocoa powder
- 1/4 cup Monk fruit extract
- 1/2 tsp baking powder
- 1/4 tsp salt
- 2 large eggs
- 1/4 cup unsalted butter, melted
- 1 tsp vanilla extract
- 2 oz sugar-free dark chocolate, chopped

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Grease four 4-oz ramekins.
2. In a bowl, whisk together almond flour, cocoa powder, Monk fruit extract, baking powder, and salt.
3. In another bowl, beat eggs, melted butter, and vanilla extract until combined.
4. Stir the wet ingredients into the dry ingredients.
5. Divide half the batter among the ramekins. Place 1/2 oz chopped chocolate in the center of each, then cover with remaining batter.
6. Bake for 10-12 mins, until edges are set but center is still soft.
7. Let it cool for 1 minute, then invert onto plates and serve immediately.



Chocolate Truffles

Serves: 20 truffles | **Prep time:** 30 mins | **Chill time:** 2 hours

Calories	Fats	Carbohydrates	Protein
75 kcal	7 grams	3 grams	1 gram

INGREDIENTS

- 1 cup almond flour
- 1/2 cup unsweetened cocoa powder
- 1/4 cup monk fruit sweetener
- 1/4 cup unsweetened almond milk
- 1/4 cup unsweetened dark chocolate, chopped or chips
- 1 teaspoon vanilla extract
- Pinch of salt
- Optional: Additional cocoa powder or chopped nuts for rolling

INSTRUCTIONS

1. In a microwave-safe bowl, melt the dark chocolate by microwaving in 30-second intervals until smooth.
2. In a medium bowl, combine almond flour, cocoa powder, monk fruit sweetener, and a pinch of salt.
3. Add melted chocolate, almond milk, and vanilla extract to the dry ingredients. Mix until a dough forms.
4. Refrigerate the mixture for about 30 minutes to firm it up.
5. Use a small scoop or tablespoon to form the mixture into small balls.
6. Roll each ball in additional cocoa powder or chopped nuts if desired.
7. Place the truffles on a baking sheet and refrigerate for another 30 minutes until firm.
8. Enjoy chilled. Store the truffles in an airtight container in the refrigerator.



Chocolate Fondue with Fruit

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

Calories 180 kcal	Fats 16 grams	Carbohydrates 7 grams	Protein 2 grams
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INGREDIENTS

- 8 oz sugar-free dark chocolate chips
- 1/2 cup heavy cream
- 2 tablespoons monk fruit extract
- Assorted fruits (strawberries, apple slices, banana chunks)

INSTRUCTIONS

1. In a saucepan, combine chocolate chips, heavy cream, and sweetener.
2. Cook over low heat, stirring until the chocolate is melted and the mixture is smooth.
3. Serve warm with assorted fruits for dipping.



Chocolate Fudge

Brownies

Serves: 10 | **Prep time:** 15 mins | **Bake time:** 25 mins

Calories	Fats	Carbohydrates	Protein
200 kcal	18 grams	5 grams	4 grams

INGREDIENTS

- 1 cup almond flour
- 1/2 cup unsweetened cocoa powder
- 1/2 cup monk fruit extract
- 1/2 cup butter, melted
- 3 large eggs
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- A pinch of salt

INSTRUCTIONS

1. Preheat oven to 350°F (175°C) and grease an 8x8-inch baking dish.
2. Combine almond flour, cocoa powder, sweetener, baking powder, and salt in a bowl.
3. Add melted butter, eggs, and vanilla extract. Mix until smooth.
4. Pour batter into the prepared baking dish and bake for 20–25 mins until set.
5. Let the brownies cool before slicing into squares.



Chocolate Soufflé

Serves: 4 | **Prep time:** 20 mins | **Bake time:** 15 mins

Calories	Fats	Carbohydrates	Protein
160 kcal	12 grams	6 grams	4 grams

INGREDIENTS

- 2 tablespoons almond flour
- 3 tablespoons unsweetened cocoa powder
- 1/4 cup monk fruit sweetener
- 1/4 cup unsweetened dark chocolate, chopped
- 3 large eggs, separated
- 2 tablespoons unsalted butter
- 1 teaspoon vanilla extract
- Pinch of salt
- Butter and almond flour for greasing and dusting ramekins

INSTRUCTIONS

1. Preheat to 375°F (190°C). Grease two ramekins with butter and dust with almond flour.
2. In a microwave-safe bowl, melt dark chocolate and butter until smooth. Stir in cocoa powder.
3. Whisk egg yolks with monk fruit sweetener and vanilla extract. Stir into chocolate mixture and almond flour.
4. In a separate bowl, beat egg whites with a pinch of salt.
5. Gently fold a third of the egg whites into the chocolate mixture to lighten it, then fold in remaining whites.
6. Divide batter evenly between the prepared ramekins.
7. Bake in preheated oven for 12-15 minutes, or until soufflés are puffed and slightly set.
8. Serve immediately for a light, airy dessert.



Flourless Chocolate Torte

Serves: 12 | **Prep time:** 15 mins | **Bake time:** 25 mins

Calories	Fats	Carbohydrates	Protein
220 kcal	20 grams	7 grams	3 grams

INGREDIENTS

- 1/2 cup unsalted butter
- 1 cup unsweetened dark chocolate, chopped
- 1/2 cup monk fruit sweetener
- 1/4 cup unsweetened cocoa powder
- 3 large eggs
- 1 teaspoon vanilla extract
- Pinch of salt

INSTRUCTIONS

1. Preheat your oven to 350°F (175°C) and grease an 8-inch round cake pan.
2. In a microwave-safe bowl, melt the butter and dark chocolate together, stirring in between, until smooth.
3. Stir in the cocoa powder and monk fruit sweetener.
4. Whisk the eggs and vanilla extract until frothy.
5. Fold the egg mixture into the chocolate mixture.
6. Pour the batter into the prepared cake pan.
7. Bake for 20–25 minutes, or until the torte is set and the top looks slightly cracked.
8. Allow the torte to cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.
9. Slice and serve with a dusting of cocoa powder or a few fresh berries, if desired.



Chocolate Mousse

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

Calories	Fats	Carbohydrates	Protein
210 kcal	22 grams	4 grams	2 grams

INGREDIENTS

- 1/2 cup unsweetened dark chocolate, chopped
- 2 tablespoons unsalted butter
- 2 tablespoons almond flour
- 2 tablespoons monk fruit sweetener
- teaspoon vanilla extract
- 1 cup heavy cream, divided
- Pinch of salt

INSTRUCTIONS

1. In a microwave-safe bowl, melt the dark chocolate and butter together, stirring until smooth.
2. Stir in almond flour, monk fruit, and a pinch of salt into the chocolate mixture until well combined.
3. Stir in vanilla extract and 1/4 cup of heavy cream into the chocolate mixture. Mix until smooth.
4. In a separate bowl, beat the remaining 3/4 cup of heavy cream until stiff peaks form.
5. Gently fold half of the whipped cream into the cooled chocolate mixture to lighten it, then fold in the remaining whipped cream until well incorporated.
6. Spoon the mousse into serving dishes and refrigerate for at least 1-2 hours until set.
7. (Optional) Top with a dollop of whipped cream or fresh berries before serving, if desired.



Dark Chocolate Ganache Tart

Serves: 8 | **Prep time:** 30 mins | **Chill time:** 2 hours

Calories	Fats	Carbohydrates	Protein
320 kcal	28 grams	8 grams	5 grams

INGREDIENTS

For the crust:

- 1 1/2 cups almond flour
- 1/4 cup butter, melted
- 2 tablespoons monk fruit extract

For the filling:

- 1 cup heavy cream
- 8 oz dark chocolate (70% cacao or higher), chopped
- 1 teaspoon vanilla extract

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. Combine almond flour, melted butter, and sweetener to make the crust.
2. Press the crust mixture into a tart pan and bake for 10-12 mins until lightly golden. Cool completely.
3. Heat the cream until it just begins to simmer. Pour over the chopped chocolate in a bowl and let sit for 2 mins, then stir until smooth. Mix in vanilla extract.
4. Pour the ganache into the cooled crust and chill for at least 2 hours before serving.



Chocolate Peanut Butter Cups

Serves: 12 | **Prep time:** 20 mins | **Freeze time:** 30 mins

Calories	Fats	Carbohydrates	Protein
140 kcal	12 grams	4 grams	3 grams

INGREDIENTS

- 1 cup unsweetened dark chocolate chips or chopped chocolate
- 1/4 cup unsweetened peanut butter
- 2 tablespoons monk fruit sweetener, divided
- 2 tablespoons almond flour
- 1 tablespoon coconut oil
- 1/2 teaspoon vanilla extract
- Pinch of salt

INSTRUCTIONS

1. In a microwave-safe bowl, melt chocolate chips and coconut oil in 30-second intervals, stirring until smooth.
2. Stir in 1 tablespoon of monk fruit sweetener into the melted chocolate until well combined.
3. Line a mini muffin tin with paper liners. Spoon a small amount of melted chocolate into each liner, just enough to cover the bottom. Refrigerate until set.
4. In another bowl, mix peanut butter, almond flour, remaining 1 tablespoon monk fruit sweetener, vanilla extract, and a pinch of salt until smooth.
5. Once the chocolate layer is set, add a small dollop of the peanut butter mixture on top of each layer.
6. Spoon remaining melted chocolate over the peanut butter layer in each cup, spreading to cover completely.
7. Refrigerate the cups until fully set, about 1-2 hours.



Chocolate Hazelnut Croissants

Serves: 8 | **Prep time:** 30 mins

Calories	Fats	Carbohydrates	Protein
190 kcal	17 grams	6 grams	4 grams

INGREDIENTS

Dough:

- 1 1/2 cups almond flour
- 2 tbsp coconut flour
- 2 tbsp monk fruit
- 1/4 cup unsalted butter, diced
- 1 large egg
- 1 tsp vanilla extract
- Pinch of salt

Filling:

- 1/2 cup unsweetened dark chocolate chips
- 1/4 cup hazelnuts, finely chopped
- 2 tbsp unsweetened cocoa powder
- 2 tbsp monk fruit
- 1 tbsp coconut oil
- 1 tsp vanilla extract

INSTRUCTIONS

1. Combine almond flour, coconut flour, and monk fruit in a bowl. Add in cold butter and mix until crumbly. Stir in egg, vanilla extract, and salt to form a dough.
2. Melt chocolate chips and coconut oil in a bowl over simmering water. Stir in chopped hazelnuts, cocoa powder, monk fruit sweetener, and vanilla extract.
3. Roll out dough between two sheets of parchment paper. Cut dough into triangles.
4. Spoon the chocolate hazelnut filling into the wide end of each triangle. Roll to form a crescent shape.
5. Bake for 15–20 minutes at 350°F (175°C) until golden brown.



Almond Flour Lemon Cake

Serves: 8 | **Prep time:** 15 mins | **Bake time:** 30 mins

Calories	Fats	Carbohydrates	Protein
220 kcal	19 grams	6 grams	7 grams

INGREDIENTS

- 2 cups almond flour
- 1/2 cup monk fruit extract
- 1/4 cup unsweetened almond milk
- 1/4 cup butter, melted
- 3 large eggs
- 1 tablespoon lemon zest
- 1/4 cup fresh lemon juice
- 1 teaspoon baking powder
- 1/4 teaspoon salt

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C). Grease an 8-inch round cake pan.
2. In a bowl, mix almond flour, sweetener, lemon zest, baking powder, and salt.
3. In another bowl, whisk eggs, melted butter, lemon juice, and almond milk.
4. Combine all the ingredients and pour into the pan.
5. Bake for 25–30 mins until a toothpick comes out clean.



Red Velvet Cake

Serves: 8 | **Prep time:** 20 mins | **Bake time:** 35 mins

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

INGREDIENTS:

- 2 cups almond flour
- 1/2 cup monk fruit extract
- 1/4 cup cocoa powder
- 1/4 cup butter, melted
- 3 large eggs
- 1 teaspoon vanilla extract
- 1 tablespoon red food coloring
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup unsweetened almond milk
- 1 teaspoon apple cider vinegar

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and grease an 8-inch round cake pan.
2. Combine almond flour, cocoa powder, sweetener, baking powder, and salt.
3. In another bowl, mix eggs, melted butter, vanilla extract, food coloring, almond milk, and vinegar.
4. Mix the two sets of ingredients and pour into the prepared pan.
5. Bake for 30–35 mins.
6. Optional – Add spirals of whipped cream on top.



Sugar-Free Trifle

Serves: 8 | **Prep time:** 20 mins | **Chill time:** 2 hours

Calories	Fats	Carbohydrates	Protein
180 kcal	15 grams	9 grams	5 grams

INGREDIENTS

- 2 cups unsweetened almond milk (or your preferred milk alternative)
- 1/2 cup heavy cream
- 1/3 cup monk fruit extract
- 3 tablespoons cornstarch
- 1/8 teaspoon salt
- 1 1/2 teaspoons vanilla extract
- 2 egg yolks (optional for richness)
- 2 cups almond flour cookies, crumbled
- 1 cup unsweetened whipped cream
- 1 cup fresh berries (strawberries, blueberries)

INSTRUCTIONS

1. In a medium saucepan, whisk together the natural sweetener, cornstarch, and salt. Gradually whisk in the almond milk and heavy cream until smooth.
2. If using egg yolks, beat them in a small bowl. Then, add a few tablespoons of the milk mixture to the yolks and stir, before adding them back to the saucepan.
3. Place the saucepan over medium heat, stirring until the mixture thickens and starts to bubble.
4. Once thickened, remove from heat and stir in the vanilla extract.
5. In a trifle bowl, layer almond flour cookies, followed by vanilla pudding, whipped cream, and berries.
6. Chill before serving.



Lemon Drizzle Cake

Serves: 10 | **Prep time:** 15 mins | **Bake time:** 40 mins

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

INGREDIENTS

Cake:

- 2 cups almond flour
- 1/3 cup monk fruit sweetener
- 1 teaspoon baking powder
- 3 large eggs
- 1/3 cup unsalted butter
- 1/4 cup almond milk
- Zest of 2 lemons
- 1 teaspoon vanilla extract

Lemon Drizzle:

- 1/4 cup freshly squeezed lemon juice
- 2 tablespoons monk fruit sweetener

INSTRUCTIONS

1. Preheat your oven to 350°F (175°C). Grease a loaf pan.
2. In a large bowl, combine almond flour, monk fruit sweetener, baking powder, and salt.
3. In another bowl, whisk together eggs, melted butter, almond milk, lemon zest, and vanilla extract.
4. Combine the wet ingredients with the dry ingredients.
5. Pour the batter into the prepared loaf pan and smooth the top. Bake for 30–35 minutes.
6. Combine lemon juice and monk fruit sweetener.
7. Remove the cake from the oven and let it cool slightly. Poke holes in the top of the cake with a skewer or toothpick and pour the lemon drizzle over the top.
8. Allow the cake to cool completely in the pan before slicing and serving.



Angel Food Cake

Serves: 12 | **Prep time:** 20 mins | **Bake time:** 40 mins

Calories	Fats	Carbohydrates	Protein
70 kcal	1 gram	4 grams	5 grams

INGREDIENTS

- 1/2 cup almond flour, sifted
- 1 cup monk fruit sweetener, divided
- 1 cup egg whites (about 7-8 large eggs)
- 1 teaspoon vanilla extract
- Pinch of salt

INSTRUCTIONS

1. Preheat your oven to 350°F (175°C) and prepare a tube pan by not greasing it.
2. In a bowl, whisk together the almond flour and 1/2 cup of monk fruit sweetener.
3. In a separate large bowl, beat the egg whites with a pinch of salt until soft peaks form.
4. Gradually add the remaining 1/2 cup of monk fruit sweetener to the egg whites, continuing to beat until stiff peaks form.
5. Gently fold in the almond flour mixture and vanilla extract into the egg whites, being careful not to deflate them.
6. Pour the batter into the ungreased tube pan and smooth the top.
7. Bake for 30-35 minutes, or until the top is golden and a toothpick inserted comes out clean.
8. Let the cake cool upside down in the pan before carefully removing and serving.



Coffee Cake

Serves: 9 | **Prep time:** 15 mins | **Bake time:** 30 mins

Calories	Fats	Carbohydrates	Protein
210 kcal	19 grams	5 grams	6 grams

INGREDIENTS

- 2 cups almond flour
- 1/2 cup monk fruit extract
- 1/4 cup unsweetened almond milk
- 1/4 cup butter, melted
- 3 large eggs
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- 1/4 teaspoon salt

Topping:

- 1/2 cup almond flour
- 1/4 cup monk fruit extract
- 1/4 cup chopped walnuts
- 2 teaspoons cinnamon
- 2 tablespoons melted butter

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and grease an 8-inch square baking pan.
2. Mix almond flour, sweetener, baking powder, and salt.
3. In another bowl, whisk together eggs, almond milk, melted butter, and vanilla extract. Combine with dry ingredients.
4. Pour batter into the prepared pan.
5. Mix topping ingredients and sprinkle over the batter.
6. Bake for 25–30 mins.



Opera Cake

Serves: 12 | **Prep time:** 30 mins | **Bake time:** 20 mins

Calories	Fats	Carbohydrates	Protein
250 kcal	22 grams	8 grams	7 grams

INGREDIENTS

Cake Layers:

- 2 cups almond flour
- 1/2 cup monk fruit extract
- 4 large eggs
- 1/4 cup unsweetened almond milk
- 1 teaspoon vanilla extract

Coffee Syrup:

- 1/4 cup strong brewed coffee
- 1 tablespoon monk fruit extract

Ganache:

- 4 oz dark chocolate (70% cacao or higher)
- 1/4 cup heavy cream
- 1 tablespoon butter

Instructions

1. Preheat the oven to 350°F (175°C) and line a pan with parchment paper.
2. Mix almond flour, eggs, sweetener, almond milk, and vanilla until smooth. Pour into the pan and bake for 15–20 mins. After it's baked, cut the cake into thin layers.
3. For the syrup, heat coffee and natural sweetener until dissolved. Brush over the cake layers.
4. For ganache, heat cream until hot, add the chocolate and butter and whisk until smooth.
5. Add ganache on top of the syrup layer, and repeat, to create a multi-layered Opera Cake.



Mango Upside-Down Cake

Serves: 10 | **Prep time:** 15 mins | **Bake time:** 30 mins

Calories	Fats	Carbohydrates	Protein
180 kcal	15 grams	9 grams	4 grams

INGREDIENTS

- 1 cup almond flour
- 1/2 cup monk fruit sweetener extract
- 2 large eggs
- 1/4 cup butter, melted (divided)
- 1/4 cup unsweetened almond milk
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 1 ripe mango, peeled and sliced

Instructions

1. Preheat the oven to 350°F (175°C). Grease a round cake pan and arrange mango slices at the bottom.
2. In a bowl, combine almond flour, sweetener, baking powder, and eggs. Add almond milk, half of the melted butter, and vanilla. Mix well.
3. Pour batter over mango slices and bake for 25–30 mins.
4. Once cooked, empty onto a plate with the mango slices on top.



Black Forest Cake

Serves: 12 | **Prep time:** 25 mins | **Bake time:** 25 mins

Calories	Fats	Carbohydrates	Protein
230 kcal	20 grams	9 grams	5 grams

INGREDIENTS

- 1 cup almond flour
- 1/2 cup unsweetened cocoa powder
- 1 cup monk fruit sweetener, divided
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3 large eggs
- 1/3 cup unsweetened almond milk
- 1/4 cup melted coconut oil
- 1 teaspoon vanilla extract
- 1 cup heavy cream
- 1/2 teaspoon vanilla extract (for cream)
- 1 cup fresh cherries, pitted and halved (or unsweetened canned cherries, drained)



INSTRUCTIONS

1. Preheat your oven to 350°F (175°C) and grease two 8-inch round cake pans.
2. In a large bowl, mix almond flour, cocoa powder, 1/2 cup monk fruit sweetener, baking powder, baking soda, and salt.
3. In another bowl, whisk together eggs, almond milk, melted coconut oil, and vanilla extract.
4. Combine wet and dry ingredients until just smooth and divide the batter evenly between the prepared pans.
5. Bake for 20–25 minutes or until a toothpick inserted in the center comes out clean, then cool the cakes completely.
6. While cooling, whip the heavy cream with 1/2 cup monk fruit sweetener and 1/2 teaspoon vanilla extract until stiff peaks form.
7. Once the cakes are cooled, spread a layer of whipped cream over the top of one cake, then add half of the cherries.
8. Place the second cake on top, spread remaining whipped cream over it, and top with the remaining cherries before serving.



Funfetti Cake

Serves: 10 | **Prep time:** 15 mins | **Bake time:** 35 mins

Calories	Fats	Carbohydrates	Protein
190 kcal	17 grams	6 grams	6 grams

INGREDIENTS

- 2 cups almond flour
- 1 cup monk fruit sweetener
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3 large eggs
- 1/3 cup unsweetened almond milk
- 1/4 cup melted coconut oil
- 1 teaspoon vanilla extract
- 1/4 cup sugar-free rainbow sprinkles

INSTRUCTIONS

1. Preheat your oven to 350°F (175°C) and grease an 8-inch round cake pan.
2. In a bowl, mix together the almond flour, monk fruit sweetener, baking powder, baking soda, and salt.
3. In another bowl, whisk together the eggs, almond milk, melted coconut oil, and vanilla extract.
4. Combine the wet and dry ingredients.
5. Gently fold in the sugar-free rainbow sprinkles.
6. Pour the batter into the prepared cake pan.
7. Bake for 25-30 minutes.
8. Allow the cake to cool for a few minutes, then transfer it to a wire rack to cool before serving.



Vanilla Bean Cupcakes

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

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

INGREDIENTS

- 2 cups almond flour
- 1/2 cup Monk fruit extract
- 1/4 cup unsweetened almond milk
- 1/4 cup butter, melted
- 3 large eggs
- 1 vanilla bean, scraped (or 2 teaspoons vanilla extract)
- 1 teaspoon baking powder
- A pinch of salt

INSTRUCTIONS

1. Preheat oven to 350°F (175°C) and line a muffin tin with cupcake liners.
2. Mix almond flour, monk fruit extract, baking powder, and salt in a bowl.
3. In another bowl, beat eggs, almond milk, melted butter, and vanilla.
4. Combine wet and dry ingredients and divide batter into liners.
5. Bake for 18–20 mins or until a toothpick comes out clean.



Chocolate Cupcakes with Salted Caramel Frosting

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

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

INGREDIENTS

Cupcakes:

- 2 cups almond flour
- 1/2 cup Monk fruit extract
- 1/4 cup cocoa powder
- 1/4 cup unsweetened almond milk
- 1/4 cup butter, melted
- 3 large eggs
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- A pinch of salt

Frosting:

- 1/2 cup sugar-free caramel sauce
- 1/4 cup butter, softened
- 1/4 cup cream cheese, softened
- 1/2 teaspoon sea salt

INSTRUCTIONS

1. Preheat oven to 350°F (175°C) and line a tin with liners.
2. For cupcakes, mix almond flour, cocoa powder, natural sweetener, baking powder, and salt.
3. In a bowl, combine eggs, almond milk, melted butter, and vanilla.
4. Mix dry and wet ingredients, distribute into liners and bake for 18–20 mins.
5. For frosting, beat caramel sauce, butter, cream cheese, and salt until smooth. Frost cooled cupcakes.



Blueberry Muffins

Serves: 12 | **Prep time:** 15 mins | **Bake time:** 25 mins

Calories	Fats	Carbohydrates	Protein
150 kcal	11 grams	7 grams	5 grams

INGREDIENTS

- 2 cups almond flour
- 1/3 cup Monk fruit extract
- 1/2 cup unsweetened almond milk
- 1/4 cup butter, melted
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- 1 cup fresh blueberries
- A pinch of salt

INSTRUCTIONS

1. Preheat oven to 350°F (175°C) and line a muffin tin.
2. Mix almond flour, Monk fruit extract, baking powder, and salt.
3. In another bowl, combine eggs, almond milk, melted butter, and vanilla.
4. Gently fold in chopped blueberries into the batter.
5. Divide into muffin liners and bake for 20–25 mins.



Espresso Chocolate Chip Muffins

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

Calories	Fats	Carbohydrates	Protein
180 kcal	14 grams	9 grams	5 grams

INGREDIENTS

- 2 cups almond flour
- 1/3 cup Monk fruit extract
- 1/4 cup unsweetened cocoa powder
- 1/2 cup unsweetened almond milk
- 1/4 cup coconut oil, melted
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 tablespoon espresso powder
- 1/2 cup sugar-free chocolate chips
- 1 teaspoon baking powder
- A pinch of salt

INSTRUCTIONS

1. Preheat oven to 350°F (175°C) and line a muffin tin.
2. Mix almond flour, cocoa powder, natural sweetener, espresso powder, baking powder, and salt.
3. In another bowl, combine eggs, almond milk, melted coconut oil, and vanilla.
4. Combine both sets of ingredients and fold in chocolate chips.
5. Bake for 18–20 mins.



Carrot Cake Cupcakes

Serves: 12 | **Prep time:** 20 mins | **Bake time:** 25 mins

Calories	Fats	Carbohydrates	Protein
190 kcal	16 grams	8 grams	6 grams

INGREDIENTS

- 2 cups almond flour
- 1/2 cup Monk fruit extract
- 1/4 cup unsweetened almond milk
- 1/4 cup coconut oil, melted
- 3 large eggs
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 cup grated carrots
- 1/2 cup chopped walnuts (optional)
- A pinch of salt

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and line a muffin tin with liners.
2. Mix almond flour, natural sweetener, baking powder, cinnamon, and salt.
3. In another bowl, beat eggs, almond milk, melted coconut oil, and vanilla.
4. Combine both sets of ingredients and fold grated carrots and walnuts into the batter.
5. Distribute into muffin liners and bake for 20–25 mins.



Lemon Poppy Seed Muffins

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

Calories	Fats	Carbohydrates	Protein
170 kcal	14 grams	6 grams	5 grams

INGREDIENTS

- 2 cups almond flour
- 1/2 cup Monk fruit extract
- 1/4 cup unsweetened almond milk
- 3 large eggs
- 1/4 cup melted butter
- 2 tablespoons lemon juice
- 1 tablespoon lemon zest
- 1 tablespoon poppy seeds
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- A pinch of salt

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and line a muffin tin with liners.
2. In a bowl, mix almond flour, Monk fruit extract, baking powder, poppy seeds, and salt.
3. In another bowl, whisk eggs, melted butter, almond milk, lemon juice, and vanilla extract.
4. Combine wet and dry ingredients, stir in lemon zest.
5. Divide batter into muffin liners and bake for 18–20 mins.



Strawberry Shortcake Cupcakes

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

Calories	Fats	Carbohydrates	Protein
180 kcal	15 grams	7 grams	5 grams

INGREDIENTS

Cupcakes:

- 2 cups almond flour
- 1/2 cup Monk fruit extract
- 1/4 cup unsweetened almond milk
- 1/4 cup melted coconut oil
- 3 large eggs
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- A pinch of salt

Topping:

- 1 cup fresh strawberries, diced
- 1 cup sugar-free whipped cream

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and line a muffin tin.
2. Mix almond flour, Monk fruit extract, baking powder, and salt in a bowl.
3. In another bowl, whisk eggs, almond milk, coconut oil, and vanilla extract.
4. Combine wet and dry ingredients and pour into muffin liners.
5. Bake for 18-20 mins, then let cool.
6. Top each cupcake with whipped cream and strawberries before serving.



Banana Nut Muffins

Serves: 12 | **Prep time:** 15 mins | **Bake time:** 25 mins

Calories	Fats	Carbohydrates	Protein
190 kcal	16 grams	8 grams	5 grams

INGREDIENTS

- 2 cups almond flour
- 1/2 cup Monk fruit extract
- 1/4 cup unsweetened almond milk
- 1/4 cup melted butter
- 3 large eggs
- 1 ripe banana, mashed
- 1/2 cup chopped walnuts
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- A pinch of salt

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and line a muffin tin with liners.
2. Combine almond flour, Monk fruit extract, baking powder, and salt in a bowl.
3. Mix eggs, mashed banana, almond milk, melted butter, and vanilla extract in another bowl.
4. Stir wet ingredients into dry ingredients, fold in walnuts.
5. Pour into muffin liners and bake for 20–25 mins.



Red Velvet Cupcakes

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

Calories	Fats	Carbohydrates	Protein
220 kcal	19 grams	7 grams	6 grams

INGREDIENTS

Cupcakes:

- 2 cups almond flour
- 1/2 cup Monk fruit
- 1/4 cup almond milk
- 1/4 cup coconut oil
- 3 large eggs
- 1 tbsp cocoa powder
- 1 tsp vanilla extract
- 1 tsp baking powder
- Red food coloring (optional)

Frosting:

- 4 oz cream cheese, softened
- 2 tablespoons butter, softened
- 1/4 cup Monk fruit extract
- 1/2 teaspoon vanilla extract

INSTRUCTIONS

1. Preheat oven to 350°F (175°C) and line a muffin tin with liners.
2. Mix almond flour, natural sweetener, cocoa powder, baking powder, and salt in a bowl.
3. In another bowl, combine eggs, almond milk, melted coconut oil, vanilla, and food coloring.
4. Mix dry and wet ingredients; distribute into liners and bake for 18-20 mins.
5. For frosting, beat cream cheese, butter, Monk fruit extract, and vanilla until smooth.
6. Layer the frosting over the cooled cupcakes.



Pumpkin Spice Muffins

Serves: 12 | **Prep time:** 15 mins | **Bake time:** 25 mins

Calories	Fats	Carbohydrates	Protein
160 kcal	14 grams	5 grams	5 grams

INGREDIENTS

- 2 cups almond flour
- 1/2 cup Monk fruit extract
- 3/4 cup pumpkin puree
- 3 large eggs
- 1/4 cup melted coconut oil
- 1 teaspoon vanilla extract
- 2 teaspoons pumpkin pie spice
- 1 teaspoon baking powder
- 1/4 teaspoon salt

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and line a muffin tin.
2. In a large bowl, mix almond flour, natural sweetener, pumpkin pie spice, baking powder, and salt.
3. In another bowl, whisk together pumpkin puree, eggs, melted coconut oil, and vanilla extract.
4. Combine the wet and dry ingredients.
5. Divide the batter among the muffin liners and bake for 20–25 mins or until a toothpick comes out clean.



Peanut Butter Cupcakes

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

Calories 190 kcal	Fats 16 grams	Carbohydrates 6 grams	Protein 7 grams
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INGREDIENTS

- 2 cups almond flour
- 1/2 cup Monk fruit extract
- 1/2 cup creamy natural peanut butter
- 3 large eggs
- 1/4 cup unsweetened almond milk
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- A pinch of salt

INSTRUCTIONS

1. Preheat oven to 350°F (175°C) and line a muffin tin with liners.
2. In a bowl, mix almond flour, Monk fruit extract, baking powder, and salt.
3. In another bowl, beat together peanut butter, eggs, almond milk, and vanilla extract.
4. Combine the wet and dry ingredients until smooth.
5. Pour the batter into lined muffin tin cups and bake for 18–20 mins.



Zucchini Chocolate Chip Muffins

Serves: 12 | **Prep time:** 20 mins | **Bake time:** 25 mins

Calories	Fats	Carbohydrates	Protein
170 kcal	15 grams	7 grams	5 grams

INGREDIENTS

- 2 cups almond flour
- 1/2 cup Monk fruit extract
- 1 cup grated zucchini (excess moisture removed)
- 3 large eggs
- 1/4 cup melted coconut oil
- 1/4 cup unsweetened almond milk
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- 1/2 cup sugar-free chocolate chips
- A pinch of salt

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and line a muffin tin.
2. In a bowl, mix almond flour, Monk fruit extract cinnamon, baking powder, and salt.
3. In another bowl, whisk together eggs, coconut oil, almond milk, and vanilla extract.
4. Combine the wet and dry ingredients, then fold in the grated zucchini and chocolate chips.
5. Divide the batter among muffin liners and bake for 20–25 mins.



Italian Tiramisu

Serves: 12 | **Prep time:** 45 mins

Calories	Fats	Carbohydrates	Protein
250 kcal	22 grams	7 grams	6 grams

INGREDIENTS

Ladyfingers:

- 2 cups almond flour
- 1/2 cup Monk fruit extract
- 3 large eggs, separated
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- Pinch of salt

Cream Layer:

- 8 oz mascarpone cheese
- 1 cup heavy cream
- 1/4 cup Monk fruit extract
- 1 teaspoon vanilla extract

Other:

- 1 cup brewed espresso or strong coffee, cooled
- 2 tablespoons unsweetened cocoa powder



INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. Beat egg whites until soft peaks form. Gradually add half of the natural sweetener while beating until stiff peaks form.
3. In another bowl, beat egg yolks with the remaining Monk fruit extract and vanilla extract until thick. Fold in almond flour and baking powder.
4. Fold egg whites into yolk mixture gently.
5. Pipe batter into ladyfinger shapes or spoon into shapes on the baking sheet. Bake for about 15 mins.
6. Beat mascarpone until smooth. In a separate bowl, whip cream with remainder of the natural sweetener and vanilla until soft peaks form. Fold cream into mascarpone.
7. Dip cooled ladyfingers in espresso and layer in a dish.
8. Spread a layer of mascarpone mix over the top of a layer of ladyfingers then add another layer of mascarpone mix.
9. Repeat adding layers, and then add the cream on top.
10. Dust with cocoa powder and chill before serving.



Japanese Mochi

Serves: 12 | **Prep time:** 10 mins | **Bake time:** 25 mins

Calories	Fats	Carbohydrates	Protein
120 kcal	10 grams	5 grams	3 grams

INGREDIENTS

- 1 cup almond flour
- 1/2 cup monk fruit sweetener
- 1/2 cup water
- 1/4 cup unsweetened almond milk
- 1 teaspoon vanilla extract
- Cornstarch or potato starch for dusting

INSTRUCTIONS

1. In a microwave-safe bowl, mix almond flour and monk fruit sweetener until well combined.
2. Add water, almond milk, and vanilla extract and stir until a smooth batter forms.
3. Cover the bowl a microwave-safe lid.
4. Microwave on high for 1 minute.
5. Stir then microwave for 1 more minute until it thickens.
6. Allow the mixture to cool for a few minutes.
7. Dust a clean surface with cornstarch or potato starch, then empty the mochi dough.
8. Divide the dough into small pieces, roll them into balls or flatten to desired shapes, then serve.



French Madeleines

Serves: 18 | **Prep time:** 15 mins | **Bake time:** 15 mins

Calories	Fats	Carbohydrates	Protein
90 kcal	8 grams	4 grams	3 grams

INGREDIENTS:

- 1 1/2 cups almond flour
- 1/2 cup Monk fruit extract
- 3 large eggs
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- Zest of 1 lemon
- Pinch of salt

INSTRUCTIONS

1. Preheat oven to 350°F (175°C) and grease a madeleine pan.
2. Beat eggs, natural sweetener, vanilla, and lemon zest until thick.
3. Gently fold dry ingredients into the wet mixture.
4. Spoon batter into pan and bake for 12-15 mins.
5. Cool on wire rack.



Indian Gulab Jamun

Serves: 12 | **Prep time:** 30 mins

Calories	Fats	Carbohydrates	Protein
150 kcal	12 grams	8 grams	4 grams

INGREDIENTS

Balls

- 2 cups almond flour
- 1/2 cup Greek yogurt
- 1/4 cup Monk fruit extract
- 1/2 teaspoon baking powder
- Ghee or oil

Syrup:

- 1 1/2 cup water
- 1/2 cup Monk fruit extract
- 1 teaspoon rose water
- A few saffron strands (optional)

INSTRUCTIONS

1. Mix almond flour, yogurt, and baking powder until dough forms.
2. Form small balls from dough.
3. Heat ghee or oil and fry balls until golden brown.
4. For syrup, boil water with natural sweetener; add rose water and saffron.
5. Soak fried balls in the warm syrup.



Mexican Flan

Serves: 6 | **Prep time:** 15 mins | **Bake time:** 40 mins

Calories	Fats	Carbohydrates	Protein
120 kcal	8 grams	5 grams	6 grams

INGREDIENTS

- 2 cups unsweetened almond milk
- 1/4 cup Monk fruit extract
- 4 large eggs
- 1 teaspoon vanilla extract
- 1/4 cup caramel sugar-free syrup

INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. Warm almond milk; beat in eggs, sweetener, and vanilla.
3. Pour caramel syrup into the bottom of ramekins, then fill with milk mixture.
4. Place ramekins in a baking dish with water; bake for 40 mins.
5. Chill before serving.



English Sticky Toffee Pudding

Serves: 8 | **Prep time:** 15 mins | **Bake time:** 25 mins

Calories	Fats	Carbohydrates	Protein
300 kcal	25 grams	6 grams	6 grams

INGREDIENTS

Cake:

- 2 cups almond flour
- 1/2 cup Monk fruit extract
- 3/4 cup unsweetened almond milk
- 1/4 cup butter, melted
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- Pinch of salt

Toffee Sauce:

- 1/4 cup butter
- 1/2 cup Monk fruit extract
- 1/2 cup heavy cream
- 1 teaspoon vanilla extract

INSTRUCTIONS

1. Preheat oven to 350°F (175°C) and grease dish.
2. Mix cake ingredients, pour into a dish, and bake for 25 mins.
3. For sauce, melt butter, stir in Monk fruit extract and cream. Simmer until thick.
4. Pour sauce over the cake and serve piping hot.



Australian Lamington Cubes

Serves: 12 | **Prep time:** 20 mins | **Bake time:** 25 mins

Calories	Fats	Carbohydrates	Protein
150 kcal	13 grams	6 grams	6 grams

INGREDIENTS

Cake:

- 2 cups almond flour
- 1/2 cup Monk fruit
- 3 large eggs
- 1/4 cup almond milk
- 1/4 cup melted butter
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder

Coating:

- 1/2 cup cocoa powder
- 1/2 cup Monk fruit extract
- 1/2 cup almond milk
- 1 cup shredded coconut

INSTRUCTIONS

1. Preheat oven to 350°F (175°C) and grease a pan.
2. Mix almond flour, monk fruit, baking powder, and salt in a bowl.
3. In another bowl, whisk together eggs, melted butter, almond milk, and vanilla extract.
4. Combine wet and dry ingredients.
5. Pour into the baking pan and bake for 25 mins.
6. Let cool and cut into small squares.
7. Mix cocoa, natural sweetener, and almond milk over low heat. Stir until smooth.
8. Dip cake squares in the cocoa mixture, then roll in coconut.
9. Let it set before serving.



Sfogliatelle with cream

Serves: 12 | **Prep time:** 20 mins | **Bake time:** 25 mins

Calories	Fats	Carbohydrates	Protein
160 kcal	14 grams	6 grams	6 grams

INGREDIENTS

Crust:

- 2 cups almond flour
- 1/4 cup monk fruit extract
- 1/4 cup butter, cold and diced
- 1 egg
- Pinch of salt

Filling:

- 1 1/2 cups ricotta cheese
- 1/4 cup monk fruit extract
- 1 teaspoon vanilla extract
- Zest of 1 lemon
- 1 teaspoon cinnamon
- 1/4 cup almond milk

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. In a bowl, mix almond flour, monk fruit extract, and salt. Add cold butter until the mixture becomes coarse.
3. Add the egg and mix until a dough forms. Wrap in plastic and refrigerate for 30 mins to firm up.
4. In a separate bowl, mix ricotta cheese, monk fruit, vanilla, lemon zest, cinnamon, and almond milk.
5. Roll out the chilled dough between two sheets of parchment paper to a thickness of about 1/4 inch.
6. Cut the dough into circles and fill each with a spoonful of the ricotta mixture.
7. Fold the dough over to create semi-circles, pressing edges to seal. Gently shape them into shells.
8. Bake for 20–25 mins or until golden brown.
9. Allow to cool before serving.



Swedish Princess Cake

Serves: 12 | **Prep time:** 30 mins | **Bake time:** 30 mins

Calories	Fats	Carbohydrates	Protein
190 kcal	16 grams	7 grams	6 grams

INGREDIENTS

Cake:

- 2 cups almond flour
- 1/2 cup Monk fruit extract
- 3 large eggs
- 1/4 cup almond milk
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder

Filling:

- 1 cup vanilla custard (prepared from almond milk)
- 1 cup sugar-free whipped cream
- Sugar-free raspberry jam

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and grease a cake pan.
2. Mix almond flour, natural sweetener, baking powder, and salt.
3. Combine eggs, almond milk, and vanilla; add to dry ingredients.
4. Pour into pan and bake for 30 mins.
5. Once cooled, split the cake horizontally.
6. Layer with custard, whipped cream, and raspberry jam.



Austrian Sacher Torte

Serves: 12 | **Prep time:** 25 mins | **Bake time:** 30 mins

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

INGREDIENTS

- 2 cups almond flour
- 1/2 cup unsweetened cocoa powder
- 1/2 cup Monk fruit extract
- 3 large eggs
- 1/2 cup unsweetened almond milk
- 1/4 cup coconut oil, melted
- 1 teaspoon vanilla extract
- 1/2 cup sugar-free apricot jam

INSTRUCTIONS

1. Preheat oven to 350°F (175°C) and grease a round cake pan.
2. Mix almond flour, cocoa powder, and natural sweetener in a bowl.
3. Whisk eggs, almond milk, melted coconut oil, and vanilla in another bowl.
4. Combine wet and dry ingredients.
5. Pour into pan and bake for 30 mins then let it cool.
6. Cut the cake into layers.
6. Spread apricot jam between each cake layers and then assemble to create Australian Sacher Torte.



Portuguese Pastéis de Nata

Serves: 12 | **Prep time:** 15 mins | **Bake time:** 25 mins

Calories	Fats	Carbohydrates	Protein
160 kcal	14 grams	5 grams	4 grams

INGREDIENTS

Crust:

- 1 1/2 cups almond flour
- 1/4 cup melted butter
- 2 tablespoons Monk fruit extract
- Pinch of salt

Custard:

- 1 cup almond milk
- 1/4 cup cream
- 1/4 cup Monk fruit extract
- 4 egg yolks
- 1 teaspoon vanilla extract
- 1 teaspoon lemon zest

INSTRUCTIONS

1. Mix almond flour, melted butter, natural sweetener, and salt. Press into muffin tins.
2. Heat almond milk and cream in a saucepan.
3. Whisk egg yolks with monk fruit natural sweetener and vanilla.
4. Slowly pour hot milk into yolks, stirring constantly.
5. Pour custard into each crust and bake at 350°F (175°C) for 25 mins.



Breton Kouign-Amann

Serves: 8 | **Prep time:** 15 mins | **Bake time:** 25 mins

Calories	Fats	Carbohydrates	Protein
180 kcal	17 grams	5 grams	4 grams

INGREDIENTS

- 2 cups almond flour
- 1/4 cup Monk fruit extract
- 1/4 cup butter, chilled and cubed
- 1/4 cup chilled water
- Pinch of salt
- Additional Monk fruit extract and crushed nuts for topping

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Grease muffin tin or tartlet molds.
2. Mix almond flour, Monk fruit extract and salt in a bowl.
3. Cut in butter until mixture is crumbly.
4. Add chilled water slowly, mixing until dough forms.
5. Roll out dough into small circles and place into molds.
6. Top with extra Monk fruit extract and crushed nuts.
7. Bake for 20–25 mins until golden.



Pistachio Rosewater Cupcakes

Serves: 12 | **Prep time:** 15 mins | **Bake time:** 25 mins

Calories	Fats	Carbohydrates	Protein
190 kcal	16 grams	6 grams	5 grams

INGREDIENTS

- 2 cups almond flour
- 1/2 cup unsalted pistachios, finely ground
- 1/2 cup Monk fruit extract
- 3 large eggs
- 1/4 cup unsweetened almond milk
- 1/4 cup melted coconut oil
- 1 teaspoon rosewater
- 1 teaspoon baking powder
- Pinch of salt

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Line a muffin tin with liners.
2. Mix almond flour, ground pistachios, natural sweetener, baking powder, and salt.
3. In another bowl, whisk eggs, almond milk, coconut oil, and rosewater.
4. Combine wet and dry ingredients, mix until smooth.
5. Pour into liners and bake for 20–25 mins.
6. Top with Monk fruit extract and crushed nuts.
7. Bake for 20–25 mins until golden.



Italian Cannoli

Serves: 12 | **Prep time:** 10 mins

Calories	Fats	Carbohydrates	Protein
110 kcal	9 grams	5 grams	4 grams

INGREDIENTS

Shells:

- 1 cup almond flour
- 1 tbsp cocoa powder
- 2 tbsp monk fruit
- 1 large egg
- 1 tbsp coconut oil
- 1/2 tbsp vanilla extract

Filling:

- 1 cup ricotta cheese, drained
- 1/4 cup monk fruit
- 1 tbsp vanilla extract
- 1/4 cup mini chocolate chips

INSTRUCTIONS

1. In a bowl, mix almond flour, cocoa powder, monk fruit sweetener, and a pinch of salt.
2. Add the egg, melted coconut oil, and vanilla extract to the dry ingredients and mix until a dough forms.
3. Roll out the dough between two sheets of parchment paper. Cut into small rectangles.
4. Carefully roll rectangles around a cannoli form shape the shells, sealing edges with a bit of water.
5. Bake the shells at 350°F (175°C) for 10-12 minutes until firm, then cool completely before removing from forms.
6. For the filling, mix the drained ricotta cheese, monk fruit sweetener, and vanilla extract until smooth.
7. Stir in the sugar-free mini chocolate chips.
8. Fill the cooled cannoli shells with the ricotta mixture and serve immediately for best texture.



Greek Yogurt Cheesecake with Almond Crust

Serves: 12 | **Prep time:** 20 mins | **Bake time:** 40 mins

Calories	Fats	Carbohydrates	Protein
150 kcal	12 grams	6 grams	7 grams

INGREDIENTS

Crust:

- 1 1/2 cups almond flour
- 1/4 cup melted butter
- 2 tablespoons Monk fruit extract

Filling:

- 2 cups plain Greek yogurt
- 1/2 cup cream cheese, softened
- 1/3 cup Monk fruit extract
- 1 teaspoon vanilla extract
- Zest of 1 lemon

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Grease a pan.
2. Mix almond flour, butter, and Monk fruit for crust. Press into pan.
3. Bake crust for 10 mins, let cool.
4. Blend yogurt, cream cheese, Monk fruit extract vanilla, and lemon zest until smooth.
5. Pour over crust and smooth top.
6. Bake for about 40 mins until set.
7. Cool and refrigerate for at least 2 hours before serving.



Thai Mango Sticky Rice

Serves: 4 | **Prep time:** 15 mins | **Bake time:** 35 mins

Calories	Fats	Carbohydrates	Protein
320 kcal	16 grams	40 grams	5 grams

INGREDIENTS

- 1 cup glutinous rice (sticky rice)
- 1 1/2 cups coconut milk (unsweetened)
- 1/4 cup monk fruit sweetener
- 1/4 teaspoon salt
- 2 ripe mangoes, peeled and sliced
- 1 tablespoon toasted sesame seeds or mung beans (optional for garnish)

INSTRUCTIONS

1. Rinse the rice under cold water then soak it in water for at least 1 hour or overnight if possible.
2. Drain the rice and steam it for about 25–30 minutes.
3. In a saucepan combine 1 1/4 cups of coconut milk, monk fruit sweetener, and salt. Heat gently over medium heat, stirring but do not let it boil.
4. Transfer the rice to a large bowl and stir in the coconut milk mixture while the rice is still hot. Cover and let it rest for about 20–30 minutes.
5. Heat the remaining 1/4 cup of coconut milk until warm. Remove from heat and set aside.
6. To serve, mound the sticky rice on a plate, arrange mango slices on top or on the side, and drizzle with a little of the reserved coconut milk.
7. Garnish with toasted sesame seeds or mung beans for added texture and flavor.



Russian Syrniki

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

Calories	Fats	Carbohydrates	Protein
120 kcal	8 grams	5 grams	8 grams

INGREDIENTS

- 1 large egg
- 1 teaspoon vanilla extract
- Pinch of salt
- 1-2 tablespoons coconut oil for frying
- 1 cup cottage cheese (drained)
- 2 tablespoons almond flour
- 2 tablespoons monk fruit sweetener

INSTRUCTIONS

1. In a bowl, combine the drained cottage cheese, almond flour, monk fruit sweetener, egg, vanilla extract, and a pinch of salt. Mix well until smooth.
2. Divide the mixture into small portions and shape them into patties about 1/2 inch thick.
3. Heat the coconut oil over medium heat.
4. Place the patties in the skillet and cook for 3-4 minutes on each side until golden brown.
5. Remove from the skillet and place on a paper towel-lined plate to drain any excess oil.
6. Serve warm with a topping of your choice, such as sugar-free yogurt or berries.