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BY GLENDA THOMPSON

# 30 EASY BAKE 3 INGREDIENT DESSERTS

INCLUDES RECIPES FOR FUDGY TREATS, MUG  
CAKES, EASY TRAY BAKES, AND MORE.

*Discover how to make quick, easy desserts in 10  
minutes or less with just 3 ingredients.*



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mug cakes, easy tray bakes, and  
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Discover how to make quick, easy desserts in  
10 minutes or less with just 3 ingredients.

By Glenda Thompson

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# Introduction

Inside this time saving cookbook you'll discover 30 recipes for diabetic-friendly desserts that require only 3 ingredients.

These recipes allow you to embrace simplicity as you whip up Peanut Butter Cups, Almond Flour Cake, or a quick Chocolate Mug Cake in 10 minutes or less. With minimal prep and cleanup, these recipes are perfect if you're busy, new to baking, or just want to whip up a dessert with minimal hassle.

But while quick and easy to prepare, these recipes still allow you to enjoy a variety of textures and flavors, from creamy Chia Seed Pudding to crunchy Sesame Seed Crisps to Lemon Poppy Seed Muffin to succulent Zucchini Chocolate Cake.

Whatever you choose to bake, you're just three ingredients away from a satisfying treat.

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Please note that the nutritional information is calculated per serving.

Feel free to substitute monk fruit with your preferred natural sweetener.



# Avocado Chocolate Truffles

**Serves:** 12 | **Prep time:** 10 mins | **Chill time:** 30 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
50 kcal	4 grams	4 grams	1 gram

## INGREDIENTS

- 1 ripe avocado
- 1/4 cup unsweetened cocoa powder
- 3 tablespoons monk fruit sweetener

## INSTRUCTIONS

1. Mash the avocado until smooth and creamy.
2. Mix in the cocoa powder and monk fruit.
3. Form the mixture into small balls place them on a parchment-lined tray.
4. Chill in the refrigerator for 30 minutes.



# Peanut Butter Cups

**Serves:** 10 | **Prep time:** 5 mins | **Chill time:** 1 hour

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
110 kcal	11 gram	3 grams	3 grams

## INGREDIENTS

- 1/2 cup natural peanut butter
- 2 tablespoons coconut oil
- 2 tablespoons monk fruit sweetener

## INSTRUCTIONS

1. Melt the peanut butter with the coconut oil in a microwave-safe bowl or over a double boiler.
2. Stir in the monk fruit sweetener until smooth.
3. Pour the mixture into small silicone muffin cups or a lined muffin tin and refrigerate until set.





# Coconut Almond Bites

**Serves:** 10 | **Prep time:** 10 mins | **Chill time:** 30 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
100 kcal	9 grams	4 grams	2 grams

## INGREDIENTS

- 1 cup shredded coconut
- 1/2 cup almond butter
- Few tablespoons monk fruit extract (to taste)

## INSTRUCTIONS

1. Mix the shredded coconut with the almond butter in a bowl. Add the monk fruit to taste.
2. Roll the mixture into small balls and place them on a parchment-lined tray.
3. Chill for 30 minutes prior to serving.



# Cream Cheese Berry Cups

**Serves:** 8 | **Prep time:** 10 mins | **Chill time:** 1 hour

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
100 kcal	9 grams	4 grams	2 grams

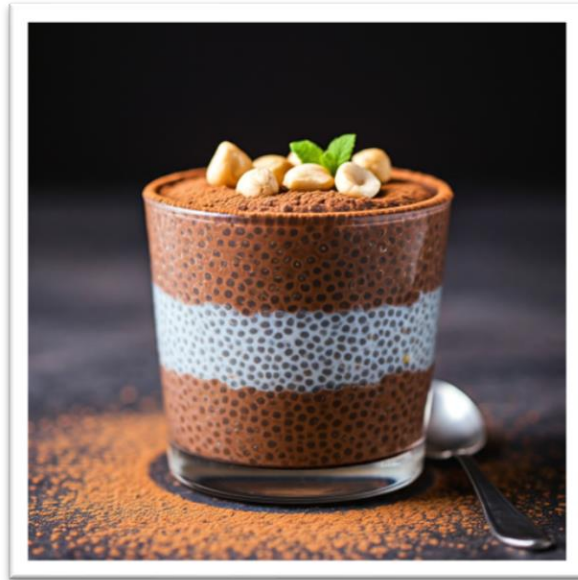
## INGREDIENTS

- 8 ounces cream cheese, softened
- 1 cup mixed berries
- Monk fruit extract (to taste)

## INSTRUCTIONS

1. Soften the cream cheese and mix with the berries in a bowl.
2. Add monk fruit to taste, mixing until smooth and well combined.

3. Spoon the mixture into small cups and refrigerate for at least 1 hour.



## Chocolate Chia Pudding

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

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
120 kcal	8 grams	10 grams	4 grams

### INGREDIENTS

- 1/4 cup chia seeds
- 2 cups unsweetened almond milk
- 1/4 cup unsweetened cocoa powder
- Monk fruit extract (to taste)

### INSTRUCTIONS

1. In a bowl, whisk together the chia seeds with the almond milk.

2. Add the cocoa powder and sweeten to taste with monk fruit extract and mix thoroughly.
3. Refrigerate for 2 hours, or until thickened.



## Almond Flour Cake

**Serves:** 8 | **Prep time:** 10 mins | **Cook time:** 25 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
160 kcal	12 grams	4 grams	6 grams

### INGREDIENTS

- 2 cups almond flour
- 4 large eggs
- 1/2 cup monk fruit sweetener

### INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. In a bowl, mix all the ingredients.

3. Pour the batter into a greased cake pan. Bake for 25-30 minutes.
4. Allow to cool before serving.



# Banana Oat Muffins

**Serves:** 12 | **Prep time:** 10 mins | **Cook time:** 20 mins

Calories	Fats	Carbohydrates	Protein
90 kcal	2 grams	15 grams	3 grams

## INGREDIENTS

- 3 ripe bananas, mashed
- 2 cups rolled oats
- 2 large eggs

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. In a bowl, combine the mashed bananas, rolled oats, and eggs until smooth.
3. Spoon the mixture into a lined muffin tin.
4. Bake for 20–25 minutes, or until the muffins are golden.



# Pumpkin Spice Cupcakes

**Serves:** 8 | **Prep time:** 10 mins | **Cook time:** 20 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
120 kcal	7 grams	10 grams	4 grams

## INGREDIENTS

- 1 cup pumpkin puree
- 1 cup almond flour
- 3 large eggs

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. In a bowl, mix the pumpkin puree, almond flour, and eggs until well combined.
3. Pour the batter into a lined muffin tin.
4. Bake for 20-25 minutes.



# Zucchini Chocolate Cake

**Serves:** 8 | **Prep time:** 10 mins | **Cook time:** 25 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
90 kcal	7 grams	6 grams	3 grams

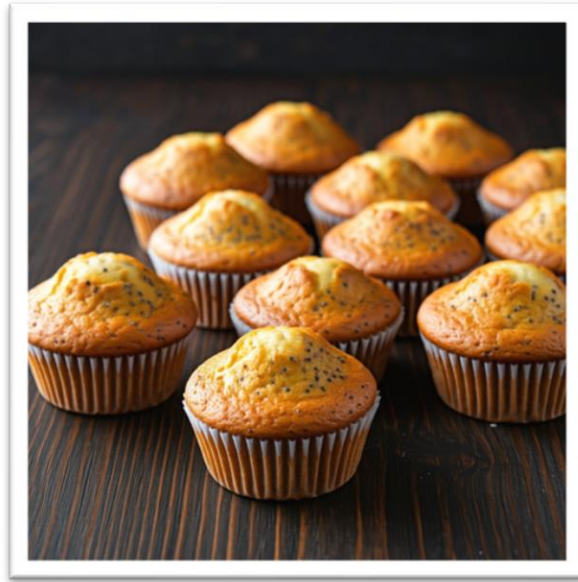
## INGREDIENTS

- 1 cup grated zucchini
- 1 cup almond flour
- 1/4 cup unsweetened cocoa powder

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. In a bowl, combine grated zucchini, almond flour, and cocoa powder until thoroughly mixed.
3. Pour the mixture into a greased cake pan.
4. Bake for 25–30 minutes.





# Lemon Poppy Seed Muffins

**Serves:** 8 | **Prep time:** 10 mins | **Cook time:** 20 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
140 kcal	11 gram	6 grams	5 grams

## INGREDIENTS

- 2 cups almond flour
- 3 large eggs
- 1/4 cup lemon juice
- 1 tablespoon poppy seeds

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. In a bowl, mix together all the ingredients until well combined. Spoon into a muffin tin.
3. Bake for 20-25 minutes.



# Vanilla Mug Cake

**Serves:** 1 | **Prep time:** 5 mins | **Cook time:** 1-2 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
170 kcal	12 grams	4 grams	8 grams

## INGREDIENTS

- 3 tablespoons almond flour
- 1 large egg
- 1 teaspoon vanilla extract

## INSTRUCTIONS

1. In a microwave-safe mug, mix the almond flour, egg, and vanilla extract until well combined.
2. Microwave on high for about 1-2 minutes or until the cake is set and cooked through.
3. Let it cool slightly before enjoying.



# Peanut Butter Mug Cake

**Serves:** 1 | **Prep time:** 5 mins | **Cook time:** 1-2 mins

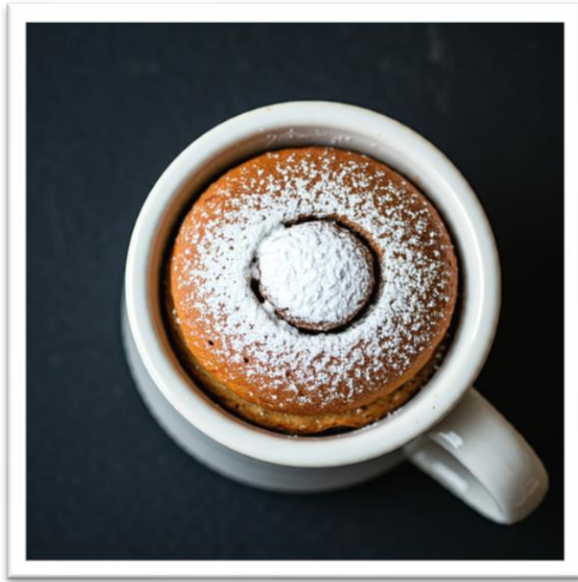
<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
225 kcal	18 grams	6 grams	10 grams

## INGREDIENTS

- 2 tablespoons natural peanut butter
- 1 large egg
- 1 tablespoon monk fruit sweetener

## INSTRUCTIONS

1. In a microwave-safe mug, stir together the peanut butter, egg, and monk fruit sweetener until smooth.
2. Microwave on high for about 1-2 minutes or until the cake is set and cooked through.
3. Allow to cool slightly before enjoying.



# Cinnamon Roll Mug Cake

**Serves:** 1 | **Prep time:** 5 mins | **Cook time:** 1-2 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
175 kcal	13 grams	4 grams	8 grams

## INGREDIENTS

- 3 tablespoons almond flour
- 1 large egg
- 1 teaspoon cinnamon

## INSTRUCTIONS

1. In a microwave-safe mug, combine the almond flour, egg, and cinnamon until mixed well.
2. Microwave on high for about 1-2 minutes or until the cake is set and cooked through.
3. Let it cool slightly before enjoying.



# Mixed Berry Mug Cake

**Serves:** 1 | **Prep time:** 5 mins | **Cook time:** 1-2 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
190 kcal	13 grams	8 grams	8 grams

## INGREDIENTS

- 3 tablespoons almond flour
- 1 large egg
- 1/4 cup mixed berries

## INSTRUCTIONS

1. In a microwave-safe mug, mix the almond flour and egg until smooth.
2. Fold in the mixed berries. Microwave on high for about 1-2 minutes or until the cake is set and cooked through.
3. Allow to cool slightly before enjoying.



# Almond Butter Brownies

**Serves:** 8 | **Prep time:** 10 mins | **Cook time:** 25 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
190 kcal	16 grams	5 grams	7 grams

## INGREDIENTS

- 1 cup almond butter
- 2 large eggs
- 1/4 cup unsweetened cocoa powder

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. In a bowl, mix the almond butter, eggs, and cocoa powder until well combined.
3. Pour the batter into a greased or lined baking pan.
4. Bake for 20–25 minutes, then allow to cool.



# Lemon Bars

**Serves:** 8 | **Prep time:** 10 mins | **Cook time:** 25 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
110 kcal	8 grams	4 grams	4 grams

## INGREDIENTS

- 1 cup almond flour
- 2 large eggs
- 1/4 cup lemon juice

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. In a bowl, mix the almond flour, eggs, and lemon juice until well combined.
3. Pour the mixture into a lined baking pan.
4. Bake for 20-25 minutes, then allow to cool.



# Coconut Slice

**Serves:** 8 | **Prep time:** 10 mins | **Cook time:** 25 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
150 kcal	14 grams	5 grams	4 grams

## INGREDIENTS

- 2 cups shredded coconut
- 2 large eggs
- 1/4 cup monk fruit extract (to taste)

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. In a bowl, mix the shredded coconut with eggs and monk fruit extract until well combined.
3. Press the mixture into a lined baking pan.
4. Bake for 15–20 minutes, or until golden. Allow to cool before cutting into slices.





# Chocolate Chip Cookie Bars

**Serves:** 8 | **Prep time:** 10 mins | **Cook time:** 25 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
130 kcal	9 grams	6 grams	4 grams

## INGREDIENTS

- 1 cup almond flour
- 2 large eggs
- 1/2 cup sugar-free chocolate chips

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. In a bowl, mix the almond flour and eggs until smooth, then fold in the chocolate chips.
3. Pour batter into a greased or lined baking pan.
4. Bake for 20-25 minutes, or until golden and set.
5. Allow to cool before cutting into bars.



# Pumpkin Bars

**Serves:** 8 | **Prep time:** 10 mins | **Cook time:** 25 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
100 kcal	6 grams	6 grams	3 grams

## INGREDIENTS

- 1 cup pumpkin puree
- 1 cup almond flour
- 2 large eggs

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. In a bowl, mix the ingredients together.
3. Pour the batter into a baking pan.
4. Bake for 20-25 minutes.
5. Allow to cool before cutting into bars.



# Almond Flour Cookies

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

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
110 kcal	9 grams	4 grams	3 grams

## INGREDIENTS

- 2 cups almond flour
- 1 large egg
- 1/4 cup monk fruit sweetener

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. In a bowl, mix together the ingredients.
3. Scoop the dough onto a baking sheet and flatten slightly.
4. Bake for 10-12 minutes or until lightly golden.
5. Cool before serving.



# Peanut Butter Cookies

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

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
130 kcal	10 grams	4 grams	5 grams

## INGREDIENTS

- 1 cup natural peanut butter
- 1 large egg
- 1/4 cup monk fruit extract

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. In a bowl, mix the peanut butter, egg, and monk fruit extract until smooth.
3. Spoon mixture onto a baking sheet.
4. Bake for 10–12 minutes or until set.
5. Cool before serving.



# Coconut Macaroons

**Serves:** 12 | **Prep time:** 10 mins | **Cook time:** 20 mins

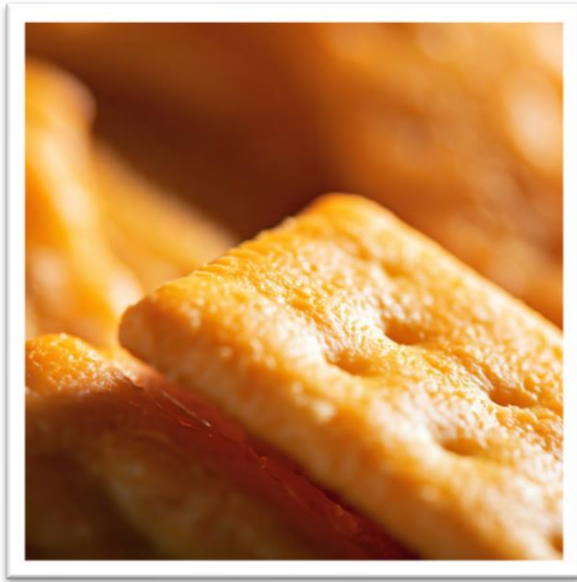
<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
100 kcal	8 grams	5 grams	2 grams

## INGREDIENTS

- 2 cups shredded coconut
- 2 egg whites
- 1/4 cup monk fruit sweetener

## INSTRUCTIONS

1. Preheat oven to 325°F (160°C).
2. In a bowl, beat the egg whites until frothy.
3. Fold in the coconut and monk fruit sweetener.
4. Spoon onto a baking sheet and bake 20 minutes.
5. Cool before serving.



# Cheese Crackers

**Serves:** 12 | **Prep time:** 10 mins | **Cook time:** 15 mins

Calories	Fats	Carbohydrates	Protein
110 kcal	9 grams	2 grams	6 grams

## INGREDIENTS

- 1 cup almond flour
- 1 cup shredded cheese (e.g., cheddar)
- 1 large egg

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. In a bowl, combine almond flour, shredded cheese, and egg until a dough forms.
3. Roll out between sheets of parchment paper.
4. Cut into squares and place on a baking sheet.
5. Bake for 12–15 minutes or until crisp and golden.



# Sesame Seed Crisps

**Serves:** 12 | **Prep time:** 10 mins | **Cook time:** 20 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
80 kcal	6 grams	3 grams	3 grams

## INGREDIENTS

- 1 cup sesame seeds
- 2 egg whites
- 2 tablespoons monk fruit extract

## INSTRUCTIONS

1. Preheat oven to 325°F (160°C).
2. In a bowl, beat the egg whites until frothy.
3. Stir in the sesame seeds and monk fruit.
4. Spread on a parchment-lined baking sheet.
5. Bake for 15-20 minutes.
6. Cool before breaking into pieces.



# Chia Seed Pudding

**Serves:** 2 | **Prep time:** 5 mins | **Chill time:** 2 hours

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
100 kcal	6 grams	10 grams	3 grams

## INGREDIENTS

- 1/4 cup chia seeds
- 1 cup unsweetened almond milk
- 2 tablespoons monk fruit sweetener

## INSTRUCTIONS

1. In a bowl, mix the chia seeds, almond milk, and monk fruit sweetener.
2. Cover and refrigerate for at least 2 hours or until it reaches a pudding-like consistency.
3. Stir again before serving.





# Banana Pancakes

**Serves:** 2 | **Prep time:** 5 mins | **Cook time:** 6 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
140 kcal	7 grams	16 grams	6 grams

## INGREDIENTS

- 1 ripe banana, mashed
- 2 large eggs
- 1/2 teaspoon cinnamon

## INSTRUCTIONS

1. In a mixing bowl, combine the mashed banana, eggs, and cinnamon until smooth.
2. In a non-stick skillet pour in small portions of the batter.
3. Cook for about 2-3 minutes on each side or until golden brown.



# Berry Smoothie Bowl

**Serves:** 1 | **Prep time:** 5 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
150 kcal	4 grams	21 gram	8 grams

## INGREDIENTS

- 1 cup mixed berries (fresh or frozen)
- 1/2 cup Greek yogurt
- 2 tablespoons monk fruit extract (or to taste)

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. In a bowl, mix together all the ingredients until well combined. Spoon into a muffin tin.
3. Bake for 20–25 minutes.



# Almond Flour Waffles

**Serves:** 4 | **Prep time:** 5 mins | **Cook time:** 10 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
180 kcal	14 grams	5 grams	8 grams

## INGREDIENTS

- 1 cup almond flour
- 2 large eggs
- 1/2 cup unsweetened almond milk

## INSTRUCTIONS

1. In a bowl, mix together the almond flour, eggs, and almond milk until a smooth batter forms.
2. Preheat a waffle iron and cook the batter.
3. Serve warm.



# Baked Oatmeal

**Serves:** 4 | **Prep time:** 5 mins | **Cook time:** 20 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
120 kcal	3 grams	20 grams	4 grams

## INGREDIENTS

- 1 cup rolled oats
- 1 large egg
- 1/2 cup unsweetened applesauce

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. In a bowl, mix together the rolled oats, egg, and applesauce.
3. Pour the mixture into a greased baking dish.
4. Bake for 20–25 minutes, or until lightly golden.
5. Cool slightly before serving.



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But while quick and easy to prepare, these recipes still allow you to enjoy a variety of textures and flavors, from creamy Chia Seed Pudding to crunchy Sesame Seed Crisps to Lemon Poppy Seed Muffin to succulent Zucchini Chocolate Cake. Whatever you choose to bake, you're just three ingredients away from a satisfying treat.