

BY GLENDA THOMPSON

# 50 SUGAR FREE DESSERTS

INCLUDES RECIPES FOR CAKES,  
COOKIES, PIES, MUFFINS, & TRUFFLES...

*So you can delight your taste buds while  
balancing your blood sugar, slimming down  
and transforming your health!*



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# Introduction

Imagine digging into a decadent dessert that not only satisfies your sweet cravings but also keeps your blood sugar in check. Well, such a dessert doesn't have to be wishful thinking. It's what this '50 Sugar Free Desserts' cookbook is all about!

Every recipe has been crafted to contain zero refined sugar, zero refined flour, and zero artificial sweetener. Yet every recipe still offers a deliciously sweet escape that doesn't spike your blood sugar levels. And

they're far better for your health than store-bought desserts.

Soon you can be enjoying banana and strawberry pancakes for breakfast, strawberry protein muffins as a midday pick-me-up, and a slice of lemon and berry cheesecake at dinner.

I hope you enjoy these delightful desserts, knowing that you're setting yourself on a path towards balanced blood sugar, abundant energy, and vibrant health.

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## Notes on natural sweetener selection and nutritional information

Monk fruit extract is listed in the recipes, but you can use any natural sweetener you like. Just adjust the amount as indicated below:

**Allulose** – It provides a smooth texture and helps retain moisture, making baked desserts moister. Use a third of a teaspoon more for each teaspoon of Monk Fruit extract

**Stevia** – Stevia is a natural sweetener with a slight liquorice aftertaste. It comes from the leaves of the *Stevia rebaudiana* plant, and contains zero calories and has zero effect on blood sugar. You can use the same amount as Monk Fruit extract.

**Maple syrup** – Maple syrup is a natural sweetener made from the sap of maple trees. You should use double the amount of Monk Fruit extract for similar sweetness. Since maple syrup is a liquid, you may also want to reduce other liquids in the recipe, if you find it affects the texture.

**Yacon Syrup** – It's far less sweet than refined sugar and can add a rich, caramel-like taste. Use double the amount of Monk Fruit extract. Also like maple syrup, it's a liquid so you may want to adjust other liquids when baking.

The nutritional information is calculated per serving.



# Chia Seed Energy Balls

**Makes:** 12 balls | **Prep:** 15 mins

Calories	Fats	Carbohydrates	Protein
150 kcal	8 grams	20 grams	4 grams

## INGREDIENTS

- 1 cup of almonds
- 1 cup of dates, pitted
- 1/4 cup of unsweetened shredded coconut
- 1 tablespoon of chia seeds

## INSTRUCTIONS

1. Blend almonds, dates, and chia seeds in a food processor until a sticky mixture forms.
2. Roll the mixture into balls and coat with shredded coconut.
3. Store in the refrigerator for at least 1 hour before serving.







# Almond Energy Balls

**Serves:** 12 balls | **Prep:** 15 mins

Calories	Fats	Carbohydrates	Protein
150 kcal	8 grams	20 grams	4 grams

## INGREDIENTS

- 1 cup of almonds
- 1 cup of dates, pitted

## INSTRUCTIONS

1. Blend almonds and dates in a food processor until a sticky mixture forms.
2. Roll the mixture into balls.
3. Store in the refrigerator for at least 1 hour before serving.





# Matcha Energy Balls

**Serves:** 12 balls | **Prep:** 15 mins

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

## INGREDIENTS

- 1 cup of cashews
- 1 cup of dates, pitted
- 1 tablespoon of matcha powder

## INSTRUCTIONS

1. Blend cashews, dates, and matcha powder in a food processor until a sticky mixture forms.
2. Roll the mixture into balls.
3. Store in the refrigerator for at least 1 hour before serving.









# Peanut Butter Protein Fluff

**Serves:** 2 | **Prep:** 5 mins

Calories	Fats	Carbohydrates	Protein
200 kcal	12 grams	10 grams	12 grams

## INGREDIENTS

- 1 scoop vanilla protein powder
- 2 tbsp peanut butter
- 1/4 cup unsweetened almond milk
- 1/2 tsp vanilla extract

## INSTRUCTIONS:

1. In a medium bowl, combine protein powder, peanut butter, almond milk and vanilla.
2. Using an electric mixer, beat at a high speed for 2-3 mins until light and fluffy.
3. Scoop into bowls and enjoy!

## Notes:

- Play around with different nut butters or extracts to customize the flavor.
- Top with berries or granola for extra crunch.
- Stores nicely in the refrigerator for 2-3 days.



# Orange Dark Chocolate Chip Scones

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

Calories	Fats	Carbohydrates	Protein
220 kcal	18 grams	10 grams	6 grams

## INGREDIENTS:

- 2 cups almond flour
- 1/3 cup monk fruit extract.
- 1 tbsp orange zest
- 1 tsp baking powder
- 1/4 tsp salt
- 1/4 cup butter, cold & diced
- 1 egg
- 1/4 cup heavy cream
- 1/2 cup sugar-free dark chocolate chips

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a bowl, combine almond flour, monk fruit extract, orange zest, baking powder, and salt.
3. Cut in the butter until the mixture is like coarse crumbs.
4. Mix in the egg and heavy cream until a dough forms, then fold in chocolate chips.
5. Form the dough into a disc on the baking sheet and cut into 8 wedges.
6. Bake for 18-20 mins or until golden brown.
7. Cool on a wire rack before serving.



# Breakfast Oat Cookies

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

Calories	Fats	Carbohydrates	Protein
100 kcal	5 grams	12 grams	3 grams

## INGREDIENTS

- 1 cup rolled oats
- 1 ripe banana, mashed
- 1/4 cup almond flour
- 1/4 cup monk fruit extract
- 1/2 tsp cinnamon
- 1/4 cup coconut oil, melted
- 1/4 cup nuts or seeds (optional)
- 1/4 cup sugar-free dried fruit (optional)

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. In a bowl, combine oats, mashed banana, almond flour, monk fruit extract, and cinnamon.
3. Mix in melted coconut oil until well incorporated.
4. Fold in nuts, seeds, or dried fruit if using.
5. Scoop tablespoon-sized amounts onto the baking sheet, flattening slightly.
6. Bake for 12–15 mins until the edges are golden.
7. Allow to cool on the tray for a few mins before transferring to a wire rack to cool completely.





# Banana Oat Cookies

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

Calories	Fats	Carbohydrates	Protein
90 kcal	3 grams	14 grams	2 grams

## INGREDIENTS

- 2 ripe bananas, mashed
- 1 cup rolled oats
- 1/4 cup unsweetened applesauce
- 1/4 cup sugar-free dark chocolate chips or raisins (optional)
- 1/2 tsp vanilla extract
- 1/2 tsp ground cinnamon

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a large bowl, mix the mashed bananas with oats, applesauce, vanilla extract, and cinnamon. Stir until well combined.
3. Fold in dark chocolate chips or raisins if using.
4. Drop spoonful's of the mixture onto the baking sheet and flatten slightly into cookie shapes.
5. Bake for 12-15 mins or until the edges are lightly browned.
6. Let cool on the baking sheet for a few mins before transferring to a wire rack to cool completely.





# Snickerdoodles

**Serves:** 15 cookies | **Prep:** 15 mins | **Cook:** 10 mins

Calories	Fats	Carbohydrates	Protein
110 kcal	10 grams	3 grams	2 grams

## INGREDIENTS

- 2 cups almond flour
  - 1/2 cup monk fruit extract
  - 1/4 cup butter
  - 1 egg
  - 1/2 tsp baking soda
  - 1/4 tsp cream of tartar
  - 1 tsp vanilla extract
- For rolling:**
- 2 tbsp monk fruit extract
  - 1 tsp ground cinnamon

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. In a bowl, mix the butter and monk fruit extract.
3. Beat in the egg and vanilla extract.
4. Add almond flour, baking soda, and cream of tartar.
5. Refrigerate for about 20 mins to firm up.
6. Combine the extra monk fruit extract and cinnamon.
7. Roll the dough into balls, then roll each ball in the monk fruit extract-cinnamon mixture.
8. Place on the baking sheet and flatten slightly.
9. Bake for 8-10 mins.
10. Cool on the baking sheet for a few mins before transferring to a wire rack.







# Peanut Butter Cookies

**Serves:** 16 cookies | **Prep:** 10 mins | **Cook:** 12 mins

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

## INGREDIENTS

- 1 cup natural peanut butter, smooth or crunchy
- 1/2 cup monk fruit extract
- 1 egg
- 1 tsp vanilla extract
- 1/2 tsp baking powder

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, combine peanut butter and monk fruit extract until smooth.
3. Beat in the egg, vanilla extract, and baking powder.
4. Roll the dough into 1-inch balls and place them on the baking sheet. Press down with a fork to create a crisscross pattern.
5. Bake for 10–12 mins or until the edges begin to brown slightly.
6. Let the cookies cool on the baking sheet before transferring them to a wire rack to cool completely.



# Banana Chocolate Bites

**Serves:** 16 bites | **Prep:** 15 mins | **Cook:** 5 mins

Calories	Fats	Carbohydrates	Protein
60 kcal	2.5 grams	9 grams	0.5 grams

## INGREDIENTS

- 2 medium ripe bananas
- 1/2 cup sugar-free dark chocolate chips
- 1 tbsp coconut oil
- Optional toppings: unsweetened shredded coconut, crushed nuts, or sea salt

## INSTRUCTIONS

1. Slice the bananas into 1/2 inch pieces
2. Place the banana slices onto a tray lined with parchment paper, and freeze until solid.
3. Melt the chocolate chips and coconut oil in the microwave or using a double boiler.
4. Dip the frozen banana slices into the melted chocolate using a fork, let the excess chocolate drip off, then place onto the parchment paper.
5. If using, sprinkle the chosen toppings over the bananas before the chocolate sets.
6. Return the banana bites to the freezer until the chocolate is firm.
7. Serve immediately or store in the freezer in an airtight container or zip lock bag.



# Hazelnut Truffles

**Serves:** 12 truffles | **Prep:** 30 mins | **Cook:** No cook

Calories	Fats	Carbohydrates	Protein
150 kcal	12 grams	8 grams	3 grams

## INGREDIENTS

- 1 cup hazelnuts, divided
- 1/3 cup sugar-free chocolate chips, melted
- 1 tablespoon coconut oil
- 1/4 cup monk fruit extract
- 1 teaspoon vanilla extract
- A pinch of salt

## INSTRUCTIONS

1. Toast 1 cup of hazelnuts in the oven at 350°F (175°C) for about 8-10 mins. Allow them to cool and then rub them between your hands or in a kitchen towel to remove loose skins.
2. Set aside 12 whole hazelnuts for the centers. Finely chop the rest or use a food processor.
3. In a separate bowl, mix the melted chocolate chips with coconut oil, sweetener, vanilla, and salt.
4. Mix in the ground hazelnuts.
5. Roll the mixture into 12 small balls, inserting a whole hazelnut into the center of each one.
6. Place the truffles onto a tray lined with parchment paper and refrigerate until set, about 1 hour.
7. Optional – Roll the chilled truffles in additional chopped hazelnuts or cocoa powder.







# Chocolate Cake

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

Calories	Fats	Carbohydrates	Protein
280 kcal	26 grams	6 grams	8 grams

## INGREDIENTS

For the cake:

- 2 cups almond flour
- 3/4 cup monk fruit extract
- 1/2 cup unsweetened cocoa powder
- 1 tsp baking powder
- 1/2 tsp salt
- 4 large eggs
- 1/2 cup unsalted butter,
- 1 tsp vanilla extract

For the frosting:

- 1 cup sugar-free dark chocolate chips
- 1/2 cup heavy cream

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. In a large bowl, combine almond flour, monk fruit extract, cocoa powder, baking powder, and salt.
3. Whisk in the eggs, melted butter, and vanilla extract.
4. Divide the batter evenly between the prepared pans.
5. Bake for 20–25 mins on parchment paper.
6. Let the cake cool for 10 mins, then put on a wire rack.
7. Heat the heavy cream to a simmer then pour over chocolate chips before whisking until smooth.
8. Spread half of the frosting on one cake layer, top with the second layer, and spread the remaining frosting on top.



# Almond & Peach Cake

**Serves:** 12 slices | **Prep:** 20 mins | **Cook:** 35 mins

Calories	Fats	Carbohydrates	Protein
220 kcal	19 grams	8 grams	7 grams

## INGREDIENTS

- 2 cups almond flour
- 1/2 cup monk fruit extract
- 1 tsp baking powder
- 1/2 tsp salt
- 4 large eggs
- 1/2 cup unsalted butter, softened
- 1 tsp vanilla extract
- 1 tsp almond extract
- 1/2 cup sugar-free peach preserves
- Sliced peaches for topping

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C). Grease and line a 9-inch round cake pan with parchment paper.
2. In a large bowl, mix almond flour, monk fruit extract, baking powder, and salt.
3. Add in the eggs, butter, vanilla extract, and almond extract. Beat until well combined.
4. Pour the batter into the prepared pan. Dot the top with peach preserves and gently swirl with a knife.
5. Arrange the peach slices on top of the batter.
6. Bake for 30–35 mins, or until golden.
7. Allow to cool before serving.





# Carrot Cake

**Serves:** 12 slices | **Prep:** 30 mins | **Cook:** 30 mins

Calories	Fats	Carbohydrates	Protein
310 kcal	28 grams	9 grams	7 grams

## INGREDIENTS

For the cake:

- 2 cups almond flour
- 1/2 cup monk fruit extract
- 2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1 tsp baking powder
- 1/2 tsp salt
- 4 large eggs
- 1/2 cup coconut oil, melted
- 2 tsp vanilla extract
- 1 1/2 cups grated carrots

For the frosting:

- 8 oz cream cheese, softened
- 1 cup monk fruit extract
- 1 tsp vanilla extract

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. In a large bowl, mix almond flour, monk fruit extract, cinnamon, nutmeg, baking powder, and salt.
3. Stir in the eggs, coconut oil, and vanilla extract.
4. Fold in the grated carrots.
5. Divide the batter evenly between the prepared pans and bake for 25–30 mins.
6. Let the cakes cool in the pans for 10 mins before turning out onto a wire rack to cool completely.
7. For the frosting, beat the cream cheese, monk fruit extract, and vanilla until smooth. Frost the cooled cake layers, stacking them one on top of the other.





# Sponge Cake

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

Calories	Fats	Carbohydrates	Protein
180 kcal	16 grams	4 grams	6 grams

## INGREDIENTS

- 1 cup almond flour
- 1/4 cup coconut flour
- 1/4 cup monk fruit extract
- 1 tsp baking powder
- 6 large eggs, separated
- 1/4 cup unsalted butter, melted
- 1 tsp vanilla extract

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. In a bowl, mix together almond flour, coconut flour, monk fruit extract, and baking powder.
3. Beat egg whites until stiff peaks form.
4. In another bowl, whisk together egg yolks, melted butter, and vanilla extract.
5. Fold the egg yolk mixture into the dry ingredients, then gently fold in the egg whites.
6. Pour the batter into a cake pan lined with parchment paper and smooth the top.
7. Bake for 18–20 mins.
8. Let the cake cool in the pan before transferring to a wire rack.





# Tiramisu

**Serves:** 12 | **Prep:** 40 mins | **Cook:** 30 mins

Calories	Fats	Carbohydrates	Protein
320 kcal	30 grams	7 grams	9 grams

## INGREDIENTS

For the cake (ladyfinger substitute):

- Follow the Sponge Cake recipe above and bake in a rectangular pan

For the coffee layer:

- 1 cup strong brewed coffee, cooled
- 2 tbsp coffee liqueur

For the cream layer:

- 1 1/2 cups mascarpone cheese
- 1 cup heavy cream
- 1/2 cup monk fruit extract
- 1 tsp vanilla extract
- Unsweetened cocoa powder, for dusting

## INSTRUCTIONS

1. Prepare the sponge cake as indicated in the Sponge Cake recipe. Once cooled, cut into strips.
2. Mix the brewed coffee with the coffee liqueur if using, and briefly dip each sponge strip into the mixture. Arrange in a single layer in the bottom of a serving dish.
3. For the cream layer, whip the heavy cream with monk fruit extract and vanilla extract until it forms stiff peaks. Gently fold in the mascarpone cheese until the mixture is smooth.
4. Spread half of the cream mixture over the sponge layer. Add another layer of coffee-dipped sponge, then top with the remaining cream mixture.
5. Cover and chill for at least 2 hours, or overnight.
6. Before serving, dust with cocoa powder.





# Cinnamon Swirl Protein Cake

**Serves:** 12 slices | **Prep:** 10 mins | **Cook:** 30 mins

Calories	Fats	Carbohydrates	Protein
210 kcal	9 grams	6 grams	20 grams

## INGREDIENTS

For the cake:

- 1 cup whey protein powder
- 2 cups almond flour
- 1/2 cup monk fruit extract
- 1 tbsp cinnamon
- 1 tsp baking powder
- 1/2 tsp salt
- 3 large eggs
- 1/2 cup almond milk
- 1/4 cup Greek yogurt
- 1 tsp vanilla extract

For the cinnamon swirl:

- 1 tbsp cinnamon
- 1/4 cup monk fruit extract

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. In a large bowl, whisk together protein powder, almond flour, monk fruit, cinnamon, baking powder, and salt.
3. In a separate bowl, beat eggs, almond milk, Greek yogurt, and vanilla extract until smooth.
4. Mix the wet ingredients into the dry ingredients.
5. In a bowl, mix the ingredients for the cinnamon swirl.
6. Pour half of the cake batter into a baking pan. Sprinkle half of the cinnamon swirl mixture on top. Add the remaining batter and cinnamon swirl mixture.
7. Bake for 25–30 mins.
8. Allow the cake to cool before slicing and serving.



# Pumpkin Spice Protein Pancakes

**Serves:** 8 pancakes | **Prep:** 10 mins | **Cook:** 15 mins

Calories	Fats	Carbohydrates	Protein
220 kcal	5 grams	12 grams	15 grams

## INGREDIENTS

- 1 cup pumpkin puree
- 2 large eggs
- 1/2 cup whey protein powder
- 1/2 cup almond flour
- 2 tbsp monk fruit extract
- 1 tsp baking powder
- 1 tsp pumpkin pie spice
- 1 tsp vanilla extract
- 1/4 tsp salt
- Butter or coconut oil for the pan

## INSTRUCTIONS

1. In a large mixing bowl, combine pumpkin puree, eggs, protein powder, almond flour, monk fruit extract, baking powder, pumpkin pie spice, vanilla extract, and salt. Stir until smooth.
2. Heat a non-stick skillet over medium heat and grease with butter or coconut oil.
3. Pour 1/4 cup of batter onto the skillet for each pancake. Cook until bubbles form then flip and cook on the other side until golden brown.
4. Serve warm with sugar-free syrup if desired.







# Blueberry Cobbler

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

Calories	Fats	Carbohydrates	Protein
150 kcal	12 grams	9 grams	4 grams

## INGREDIENTS

For the filling:

- 2 cups fresh or frozen blueberries
- 1/4 cup monk fruit extract
- 1 tsp lemon juice
- 1/2 tsp xanthan gum (optional, for thickening)

For the topping:

- 1 cup almond flour
- 1/4 cup coconut flour
- 1/4 cup cold butter
- 1/4 cup monk fruit
- 1 egg
- 1 tsp vanilla extract
- 1/2 tsp baking powder
- 1/4 tsp salt

## INSTRUCTIONS

1. Preheat the oven to 375°F (190°C).
2. In a bowl, mix blueberries with monk fruit extract, lemon juice, and xanthan gum if using. Spread the mixture into a greased 8-inch square baking dish.
3. In another bowl, combine the almond flour, coconut flour, monk fruit extract, baking powder, and salt. Cut in the butter until the mixture resembles coarse crumbs.
4. Beat the egg with vanilla extract, then stir into the flour mixture until a dough forms.
5. Crumble the dough over the blueberry mixture in the dish.
6. Bake for 20–25 mins or until the topping is golden brown.
7. Serve warm, optionally with sugar-free whipped cream.



# Lemon Pound Cake

**Serves:** 12 slices | **Prep:** 15 mins | **Cook:** 50 mins

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

## INGREDIENTS

- 2 cups almond flour
- 1/2 cup monk fruit extract
- 1/3 cup unsalted butter, softened
- 4 large eggs
- 1/4 cup fresh lemon juice
- 2 tbsp lemon zest
- 1 tsp baking powder
- 1/4 tsp salt
- 1 tsp vanilla extract

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C). Grease and line a 9x5 inch loaf pan with parchment paper.
2. In a mixing bowl, cream together the butter and monk fruit extract until light and fluffy.
3. Beat in the eggs, one at a time, mixing well after each addition.
4. Stir in lemon juice, lemon zest, and vanilla extract.
5. Gradually add the almond flour, baking powder, and salt, mixing until just combined.
6. Pour the batter into the prepared loaf pan.
7. Bake for 45–50 mins, or until a toothpick inserted into the center comes out clean.
8. Allow the cake to cool in the pan for 10 mins, then turn out onto a wire rack to cool completely.







# Strawberry Shortcake

**Serves:** 8 servings | **Prep:** 30 mins | **Cook:** 20 mins

Calories	Fats	Carbohydrates	Protein
200 kcal	17 grams	7 grams	5 grams

## INGREDIENTS

For the cake:

- Follow the Sponge Cake recipe and bake it in a round cake pan.

For the filling:

- 1 cup heavy cream
- 1/4 cup monk fruit extract
- 1 tsp vanilla extract
- 1 cup strawberries, hulled and sliced

## INSTRUCTIONS

1. Prepare and bake the sponge cake as directed above. Let it cool completely after baking.
2. In a mixing bowl, whip the heavy cream with monk fruit extract and vanilla extract until it forms stiff peaks.
3. Cut the sponge cake in half horizontally. Spread a layer of whipped cream on the bottom half of the cake and layer sliced strawberries on top.
4. Place the second half of the cake on top and garnish with more whipped cream and strawberries.
5. Refrigerate until ready to serve.



# Banana & Strawberry Cake

**Serves:** 12 slices | **Prep:** 20 mins | **Cook:** 35 mins

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

## INGREDIENTS

- 2 cups almond flour
- 1/4 cup monk fruit extract
- 1/3 cup unsalted butter, softened
- 3 large eggs
- 1/4 cup mashed ripe banana
- 1 tsp baking powder
- 1/4 tsp salt
- 1 tsp vanilla extract
- 1/2 cup strawberries, diced

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C). Grease and line an 8-inch round cake pan with parchment paper.
2. In a bowl, cream together butter and monk fruit extract until light and fluffy.
3. Beat in the eggs, one at a time, then mix in the mashed banana and vanilla extract.
4. Gradually add almond flour, baking powder, and salt, stirring until well combined.
5. Gently fold in the diced strawberries.
6. Pour the mixture into the prepared cake pan and smooth the top with a spatula.
7. Bake for 30–35 mins, or until a toothpick inserted into the center comes out clean.
8. Allow the cake to cool before serving.





# Lemon & Berry Cheesecake

**Serves:** 8 | **Prep:** 30 min | **Bake time:** 45 min

Calories	Fats	Carbohydrates	Protein
250 kcal	18 grams	10 grams	8 grams

## INGREDIENTS:

For the crust:

- 1 1/2 cups almond flour
- 1/4 cup butter, melted
- 1 tbsp sugar substitute

For the filling:

- 16 oz cream cheese, softened
- 1/2 cup sugar substitute
- 3 eggs
- 3 tbsp lemon juice
- 1 tsp lemon zest
- 1 pint fresh berries

## INSTRUCTIONS:

1. Preheat oven to 325°F.
2. In a bowl, mix together almond flour, melted butter and sweetener for crust. Press into a pan.
3. In another bowl, beat cream cheese and sweetener. Mix in eggs one at a time. Stir in lemon juice and zest.
4. Pour filling over crust and arrange berries on top.
5. Bake for 45 mins. Turn off oven, leave door closed and let cool completely.
6. Refrigerate for at least 4 hours before serving.



# Cranberry Orange Muffins

**Serves:** 12 muffins | **Prep:** 15 mins | **Cook:** 25 mins

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

## INGREDIENTS

2 cups almond flour  
1/2 cup monk fruit extract  
2 tsp baking powder  
1/2 tsp salt  
1/2 cup unsweetened cranberries  
Zest of 1 orange  
1/4 cup fresh orange juice  
1/2 cup unsalted butter, melted  
3 large eggs

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and line a muffin tin with muffin liners.
2. In a large bowl, combine almond flour, monk fruit extract, baking powder, and salt.
3. Stir in cranberries and orange zest.
4. In a bowl, whisk orange juice, butter, and eggs.
5. Mix the wet ingredients into the dry ones.
6. Divide the batter evenly among the muffin cups.
7. Bake for 20–25 mins.
8. Allow muffins to cool in the tin for 5 mins before transferring them to a wire rack to cool completely.





# Zucchini Brownies

**Serves:** 16 brownies | **Prep:** 15 mins | **Cook:** 25 mins

Calories	Fats	Carbohydrates	Protein
120 kcal	9 grams	6 grams	3 grams

## INGREDIENTS

For the brownies:

- 1 1/2 cups grated zucchini
- 1 cup almond flour
- 1/2 cup monk fruit extract
- 1/3 cup cocoa powder
- 1/2 tsp baking powder
- 2 large eggs
- 1/4 cup unsalted butter
- 1 tsp vanilla extract

For the frosting:

- 1/2 cup sugar-free chocolate chips
- 1/4 cup heavy cream

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. In a bowl, mix together almond flour, monk fruit extract, cocoa powder, and baking powder.
3. Stir in grated zucchini, eggs, melted butter, and vanilla until combined.
4. Pour the batter into a baking pan and bake for 20-25 mins.
5. For the frosting, gently heat heavy cream and pour over chocolate chips. Wait for a few mins and then stir until smooth. Spread over cooled brownies.
6. Cut into squares and serve.



# Pineapple Upside-Down Cake

**Serves:** 12 | **Prep:** 25 mins | **Cook:** 35 mins

Calories	Fats	Carbohydrates	Protein
220 kcal	18 grams	10 grams	5 grams

## INGREDIENTS

- 1/4 cup unsalted butter
- 1/4 cup monk fruit extract (for topping)
- 1 cup fresh pineapple, cut into slices
- 1 1/2 cups almond flour
- 1/2 cup monk fruit extract (for batter)
- 2 tsp baking powder
- 1/2 tsp salt
- 4 large eggs
- 1 tsp vanilla extract
- 1/2 cup unsweetened pineapple juice

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. Melt butter in a round 9-inch cake pan. Sprinkle with 1/4 cup monk fruit extract and pineapple slices on top.
3. In a large bowl, mix almond flour, 1/2 cup monk fruit extract, baking powder, and salt.
4. Add the eggs, vanilla extract, and pineapple juice.
5. Pour the batter over the pineapple slices in a cake pan.
6. Bake for 30–35 mins then allow to cool for 5 mins
7. Empty the cake onto a serving plate.





# Cinnamon Roll Cheesecake

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

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

## INGREDIENTS

The crust:

- 1 cup almond flour
- 2 tbsp monk fruit extract
- 1/4 cup unsalted butter, melted
- 1 tsp cinnamon

The filling:

- 16 oz cream cheese, softened
- 1/2 cup monk fruit extract
- 2 large eggs
- 1 tsp vanilla extract

Cinnamon

topping:

- 1 tbsp monk fruit extract
- 1 tsp cinnamon

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. Mix almond flour, 2 tbsp monk fruit extract, melted butter, and 1 tsp cinnamon to form the crust. Divide the mixture and press into muffin cups.
3. Beat the cream cheese and 1/2 cup monk fruit extract until smooth. Add eggs and vanilla extract.
4. Divide the filling among the crusts in the muffin cups.
5. Mix 1 tbsp monk fruit extract and 1 tsp cinnamon and sprinkle over each cheesecake.
6. Bake for 15 mins, then leave in the oven for 5 mins.
7. Crack open the oven door and bake the cheesecakes in the oven for 1 hour to prevent cracking.
8. Chill in the refrigerator for at least 2 hours before serving.



# Strawberry Protein Muffins

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

Calories	Fats	Carbohydrates	Protein
140 kcal	10 grams	5 grams	8 grams

## INGREDIENTS

- 1 cup vanilla protein powder
- 1 cup almond flour
- 1/2 cup monk fruit extract
- 2 tsp baking powder
- 1/2 tsp salt
- 1 cup strawberries, diced
- 1/2 cup unsweetened almond milk
- 2 large eggs
- 1/4 cup coconut oil, melted
- 1 tsp vanilla extract

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and line a muffin tin with paper liners or use silicone muffin cups.
2. In a large bowl, whisk together protein powder, almond flour, monk fruit extract, baking powder, and salt.
3. Stir in almond milk, eggs, melted coconut oil, and vanilla extract until well combined.
4. Gently fold in diced strawberries.
5. Divide the batter evenly among the muffin cups.
6. Bake for 18–20 mins, or until a toothpick inserted into a muffin comes out clean.
7. Cool in the pan for a few mins, then transfer to a wire rack to cool completely.





# Vanilla Maple Muffins

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

Calories	Fats	Carbohydrates	Protein
180 kcal	15 grams	5 grams	6 grams

## INGREDIENTS

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

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and line a muffin tin with paper liners.
2. In a large bowl, combine almond flour, monk fruit extract, baking powder, and salt.
3. In another bowl, whisk together butter, eggs, almond milk, vanilla extract, and maple extract.
4. Mix the wet ingredients into the dry ingredients.
5. Divide the batter evenly among the muffin cups.
6. Bake for 18–22 mins, or until a toothpick inserted into the center of a muffin comes out clean.
7. Let the muffins cool in the pan for 5 mins, then transfer to a wire rack to cool completely.



# Banana & Strawberry Pancakes

**Serves:** 8 pancakes | **Prep:** 10 mins | **Cook:** 15 mins

Calories	Fats	Carbohydrates	Protein
220kcal	12 grams	12 grams	10 grams

## INGREDIENTS

- 1 medium ripe banana
- 2 large eggs
- 1/2 cup almond flour
- 1/2 cup diced strawberries
- 1 tsp vanilla extract
- 1/2 tsp baking powder
- Butter or coconut oil for the pan

## INSTRUCTIONS

1. Mash the banana in a mixing bowl and whisk in the eggs and vanilla extract.
2. Stir in almond flour and baking powder until well combined.
3. Fold in diced strawberries.
4. Heat a skillet over medium heat and grease with butter or coconut oil.
5. Pour 1/4 cup of the batter onto the skillet to form a pancake. Cook until bubbles form on the surface, then flip and cook until both sides are golden brown.
6. Serve hot with additional fresh strawberries or sugar-free syrup if desired.





# Carrot Pancakes

**Serves:** 8 pancakes | **Prep:** 15 mins | **Cook:** 20 mins

Calories	Fats	Carbohydrates	Protein
95 kcal	18 grams	16 grams	10 grams

## INGREDIENTS

For the pancakes:

- 1 cup grated carrots
- 1 cup almond flour
- 2 large eggs
- 1/4 cup monk fruit extract
- 1 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- Pinch of salt

For the almond caramel:

- 1/2 cup monk fruit extract
- 1/4 cup heavy cream
- 1/4 cup unsalted butter
- 1 tsp almond extract

## INSTRUCTIONS

1. For the pancakes: In a bowl, mix together grated carrots, almond flour, eggs, monk fruit extract, baking powder, cinnamon, nutmeg, & salt.
2. Put a greased skillet over medium heat and grease.
3. Scoop the batter onto the warm skillet, forming small pancakes. Cook until the edges begin to firm up, then flip and cook until golden brown.
4. For the almond caramel: In a saucepan over medium heat, melt monk fruit extract and butter together until fully dissolved.
5. Add heavy cream and whisk constantly. Bring to a simmer and cook for about 5–7 mins.
6. Remove from heat and stir in almond extract.
7. Serve the warm pancakes drizzled with almond caramel.



# Banana & Almond Muffins

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

Calories	Fats	Carbohydrates	Protein
180 kcal	14 grams	8 grams	6 grams

## INGREDIENTS

- 2 medium ripe bananas
- 2 cups almond flour
- 3 large eggs
- 1/3 cup monk fruit extract
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1/4 cup chopped almonds
- Pinch of salt

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C) and line a muffin tin with paper liners.
2. In a large bowl, mash the bananas and then beat in eggs and vanilla extract.
3. Add almond flour, monk fruit extract, baking powder, and salt to the wet mixture and stir until combined.
4. Fold in chopped almonds.
5. Divide batter evenly into muffin cups and bake for 18–20 mins, or until a toothpick comes out clean.
6. Let muffins cool for 5 mins in the pan before transferring to a wire rack to cool completely.







# Baked Apple Cider Donuts

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

Calories	Fats	Carbohydrates	Protein
140 kcal	10 grams	10 grams	4 grams

## INGREDIENTS

- 2 cups almond flour
- 1/2 cup monk fruit extract
- 1/4 cup unsweetened apple cider
- 1/4 cup unsalted butter, melted
- 2 large eggs
- 2 tsp baking powder
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp salt

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and grease a donut pan with non-stick COOKING spray or butter.
2. In a large bowl, whisk together almond flour, monk fruit extract, baking powder, cinnamon, nutmeg, and salt.
3. Mix in apple cider, melted butter, and eggs until batter is smooth.
4. Fill each donut well about 3/4 full with batter.
5. Bake for 12-15 mins, or until the donuts are golden and a toothpick comes out clean.
6. Cool in the pan for 5 mins, then transfer to a wire rack to cool completely.



# Mixed Berry Pie

**Serves:** 8 **Prep:** 30 mins | **Cook:** 45–50 mins

Calories	Fats	Carbohydrates	Protein
240 kcal	14 grams	20 grams	5 grams

## INGREDIENTS

For the crust:

- 1 1/2 cups almond flour
- 1/4 cup coconut flour
- 1/4 cup monk fruit
- 1/2 cup butter
- 1 egg

For the filling:

- 4 cups mixed berries
- 1/2 cup monk fruit extract
- 2 tbsp chia seeds
- 1 tsp vanilla extract
- 1 tbsp lemon juice

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. To make the crust: In a large bowl, combine almond flour, coconut flour, and monk fruit.
3. Cut in the butter using a pastry blender or forks until the mixture resembles coarse crumbs.
4. Stir in the egg until the dough comes together. Press half of the dough into a 9-inch pie pan.
5. In a separate bowl, mix the berries, monk fruit extract, chia seeds, vanilla, and lemon juice.
6. Pour the filling into the crust, then crumble the remaining dough on top of the berry mixture.
7. Bake for 45–50 mins, or until the topping is golden and the filling is bubbling.
8. Let it cool before serving.





# Classic Apple Pie

**Serves:** 8 servings | **Prep:** 30 mins | **Cook:** 55–60 mins

Calories	Fats	Carbohydrates	Protein
250 kcal	15 grams	25 grams	4 grams

## INGREDIENTS

For the crust:

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

For the filling:

- 5–6 apples, sliced
- 1/4 cup monk fruit
- 2 tsp cinnamon
- 1/4 tsp nutmeg
- 1 tbsp butter
- 1 tsp vanilla extract
- 1 tbsp lemon juice

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. For the crust, mix almond flour, coconut flour, monk fruit, and salt in a large bowl. Cut in the butter until the mixture resembles coarse crumbs.
3. Stir in the egg to form the dough and divide into halves.
4. Roll out one half of the dough between two sheets of parchment paper and place in 9-inch pie dish.
5. In a separate bowl, combine apples, monk fruit, cinnamon, nutmeg, vanilla, and lemon juice. Place the mixture over the bottom crust. Dot with pieces of butter.
6. Roll out the second half of the dough and place over the filling, crimping edges to seal. Cut slits in the top.
7. Bake for 55–60 mins, or until the crust is golden.
8. Cool before serving.



# Coconut Cream Pie

**Serves:** 8 | **Prep:** 30 mins | **Chill time:** 4 hours

Calories	Fats	Carbohydrates	Protein
250 kcal	18 grams	10 grams	5 grams

## INGREDIENTS:

For the crust:

- 1 1/2 cups almond flour
- 1/4 cup butter, melted
- 1 tbsp sugar substitute

For the filling:

- 2 (13.5 oz) cans full-fat coconut milk, chilled
- 1 pkg sugar-free vanilla instant pudding mix
- 1 cup unsweetened shredded coconut
- 1 tsp rum extract (optional)

## INSTRUCTIONS:

1. In a bowl, mix almond flour, butter and sweetener for the crust. Press into a pie plate and bake at 350°F for 10 mins. Let it cool.
2. Whisk together coconut milk and pudding mix for 2 mins. Fold in 3/4 cup coconut and extract.
3. Pour filling into cooled pie crust, smooth top and refrigerate 4 hours.
4. Top with remaining 1/4 cup coconut before serving.
5. Optional - Garnish slices with toasted coconut flakes or whipped cream if desired.





# Pumpkin Pie

**Serves:** 8 | **Prep:** 20 mins | **Cook:** 55–60 mins

Calories	Fats	Carbohydrates	Protein
210 kcal	16 grams	12 grams	5 grams

## INGREDIENTS

For the crust:

- 1 1/2 cup almond flour
- 1/4 cup coconut flour
- 1/4 cup monk fruit extract
- 6 tbsp butter, cubed
- 1 egg
- Pinch of salt

For the filling:

- 15-ounce can pumpkin puree
- 3/4 cup heavy cream
- 1/2 cup monk fruit extract
- 3 eggs
- 1 tsp vanilla extract
- 2 tsp pumpkin pie spice

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. For the crust, mix almond flour, coconut flour, monk fruit extract, and salt in a large bowl. Cut in the butter until the mixture resembles coarse crumbs. Stir in the egg to form the dough, then press into a 9-inch pie dish.
3. For the filling, in a large bowl, whisk together the pumpkin puree, heavy cream, monk fruit extract, eggs, vanilla extract, and pumpkin pie spice until well combined.
4. Pour the filling into the prepared crust and smooth out the top.
5. Bake for 55–60 mins, or until the filling is set and a knife inserted near the center comes out clean.
6. Allow the pie to cool to room temperature, then refrigerate for at least 4 hours before serving.



# Pecan Pie

**Serves:** 8 | **Prep:** 20 mins | **Cook:** 45–50 mins

Calories	Fats	Carbohydrates	Protein
320 kcal	28 grams	15 grams	6 grams

## INGREDIENTS

For the crust:

- 1 1/2 cups almond flour
- 1/4 cup monk fruit extract
- 1/3 cup butter, melted
- 1 egg

For the filling:

- 1 cup monk fruit extract
- 2/3 cup butter, melted
- 3 eggs, beaten
- 1 tsp vanilla extract
- 1/2 teaspoon salt
- 2 cups pecans, chopped

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. Prepare the crust by combining almond flour, monk fruit extract, melted butter, and egg.
3. Press into a 9-inch pie pan and bake for 10 mins.
4. For the filling, mix together the monk fruit extract, melted butter, beaten eggs, vanilla extract, and salt until smooth. Stir in the chopped pecans.
5. Pour the filling over the pre-baked crust.
6. Bake for 45–50 mins, or until the filling is set.
7. Cool before serving, allowing the filling to firm up.







# Cherry Pie

**Serves:** 8 | **Prep:** 30 mins | **Cook:** 50 mins

Calories	Fats	Carbohydrates	Protein
235 kcal	18 grams	19 grams	5 grams

## INGREDIENTS

For the crust:

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

For the filling:

- 4 cups pitted cherries
- 1/2 cup monk fruit extract
- 2 tablespoons chia seeds
- Juice of 1/2 lemon

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. For the crust, combine almond flour, monk fruit extract, and salt. Cut in butter and add the egg.
3. Divide the dough in half and press one half into a 9-inch pie dish. Reserve the other half for the top.
4. For the filling, mix cherries with monk fruit extract, thickener, and lemon juice. Pour over the crust.
5. Roll out the remaining dough for the pie top. Place over the filling, seal the edges, and cut slits in the top.
6. Bake for 50 mins or until crust is golden brown.
7. Let the pie cool before serving to allow the filling to set.



# Strawberry Rhubarb Pie

**Serves:** 8 | **Prep:** 30 mins | **Cook:** 45–50 mins

Calories	Fats	Carbohydrates	Protein
220 kcal	16 grams	18 grams	4 grams

## INGREDIENTS

For the crust:

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

For the filling:

- 2 cups chopped strawberries
- 2 cups chopped rhubarb
- 1/2 cup monk fruit extract
- 2 tbsp chia seeds
- Juice of 1/2 lemon

## INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. For the crust, combine almond flour, monk fruit extract, and salt. Cut in butter and add the egg.
3. Divide the dough in half and press one half into a 9-inch pie dish. Reserve the other half for the top.
4. For the filling, combine strawberries, rhubarb, monk fruit extract, thickener, and lemon juice.
5. Pour the filling into the pie crust, then roll out the remaining dough and place on top. Crimp the edges to seal and cut slits in the top.
6. Bake for 45–50 mins until the filling is bubbling and the crust is golden brown.







# Blueberry Pie

**Serves:** 8 | **Prep:** 30 mins | **Cook:** 45–50 mins

Calories	Fats	Carbohydrates	Protein
230 kcal	17 grams	19 grams	4 grams

## INGREDIENTS

For the crust:

- 2 cups almond flour
- 1/4 cup monk fruit extract
- 1/4 cup butter, cubed
- 1 egg

For the filling:

- 4 cups blueberries
- 1/2 cup monk fruit extract
- 1 tablespoon lemon juice
- 2 tablespoons chia seeds

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. Prepare the crust by combining almond flour, monk fruit extract, and salt. Cut in butter and add the egg to form the dough. Press half into the bottom of a 9-inch pie plate and save the other half for the top crust.
3. For the filling, gently mix blueberries, monk fruit extract, lemon juice, and thickener in a bowl. Pour the filling over the crust.
4. Roll out the remaining dough and place it over the pie or create a lattice top. Pinch the edges to seal and cut slits for steam to escape.
5. Bake for 45–50 mins, until the filling is bubbly.
6. Allow the pie to cool before serving.



# Crème Brûlée

**Serves:** 4 | **Prep:** 15 mins | **Cook:** 45–50 mins

Calories	Fats	Carbohydrates	Protein
240 kcal	18 grams	15 grams	2 grams

## INGREDIENTS

- 2 cups of canned full-fat coconut milk
- 1/2 cup unsweetened almond milk
- 1/2 cup monk fruit extract
- 1 teaspoon agar-agar powder (or gelatin substitute)
- 1 vanilla bean, split and scraped, or 1 teaspoon pure vanilla extract
- Additional monk fruit extract for caramelizing the top

## INSTRUCTIONS

1. Preheat the oven to 325°F (163°C).
2. In a pan, mix coconut milk, almond milk, monk fruit extract, and agar-agar. Cook over medium heat while whisking until the mixture just begins to boil.
3. Remove from the heat and add the vanilla bean seeds or vanilla extract to the mixture and stir.
4. Pour the mixture into ramekins, then place in a baking dish. Fill the baking dish with boiling water halfway up.
5. Bake for 45–50 mins or until the custard is set.
6. Remove the ramekins from the water bath and allow them to cool to room temperature. Then refrigerate for at least 2 hours to set completely.
7. When ready to serve, sprinkle a thin layer of additional monk fruit extract over each custard. Caramelize with a kitchen torch until a hard crust forms.





# Lemon & Berry Cheesecake

**Serves:** 12 | **Prep:** 30 mins | **Cook:** No bake

Calories	Fats	Carbohydrates	Protein
280 kcal	22 grams	18 grams	5 grams

## INGREDIENTS

For the crust:

- 1 1/2 cups almond flour
- 1/4 cup monk fruit extract
- 1/3 cup coconut oil, melted
- 1/2 tsp almond extract

For the filling:

- 2 cups raw cashews, soaked for 4 hours
- 3/4 cup coconut cream
- 1/2 cup monk fruit
- Zest and juice of 2 lemons
- 1 tsp vanilla extract
- 1/2 cup fresh berries

## INSTRUCTIONS

1. Line a 9-inch springform pan with parchment paper.
2. Pulse almond flour, monk fruit extract, melted coconut oil, and almond extract in a food processor.
3. Press the mixture into the prepared pan and place in the freezer to set while you make the filling.
4. For the filling, combine soaked cashews, coconut cream, monk fruit, lemon juice, lemon zest, and vanilla extract in a blender. Blend until smooth and creamy.
5. Pour the filling over the crust and smooth it out.
6. Place cheesecake in the freezer for 2-3 hours.
7. Before serving, top with fresh berries and allow the cheesecake to thaw for 10-15 mins.



# Lemon Cheesecake Squares

**Serves:** 16 | **Prep:** 20 mins

Calories	Fats	Carbohydrates	Protein
200 kcal	19 grams	8 grams	4 grams

## INGREDIENTS

For the crust:

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

For the filling:

- 16 ounces cream cheese, softened
- 1 cup monk fruit extract (swerve or equivalent)
- Juice and zest of 1 lemon
- 1 tsp vanilla extract

## INSTRUCTIONS

1. Line an 8x8-inch pan with parchment paper.
2. Mix almond flour, monk fruit extract, and melted butter for the crust and press into the pan.
3. Chill in the refrigerator while you make the filling.
4. For the filling, use a mixer to beat the softened cream cheese until smooth. Add monk fruit extract, lemon juice, lemon zest, and vanilla extract.
5. Spread the filling evenly over the crust. Refrigerate for at least 4 hours, or until firm.
6. Cut into squares before serving.





# Caramel Pecan Turtle

## Cheesecake

**Serves:** 12 servings | **Prep:** 30 mins | **Cook:** 1 hour

Calories	Fats	Carbohydrates	Protein
320 kcal	28 grams	12 grams	6 grams

### INGREDIENTS

For the crust:

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

For the filling:

- 24 ounces cream cheese, softened
- 1 cup monk fruit extract
- 3 eggs
- 1 teaspoon vanilla extract

For the topping:

- 1/2 cup sugar-free caramel sauce
- 1/2 cup chopped pecans
- Caramel sauce for drizzling

### INSTRUCTIONS

1. Preheat oven to 325°F (163°C).
2. Mix the ingredients for the crust and press into the bottom of a 9-inch springform pan.
3. For the filling, beat the cream cheese until smooth. Add monk fruit extract and mix well. Add eggs one at a time, then mix in vanilla extract.
4. Pour the filling over the crust and smooth the top.
5. Bake for 50-60 mins, or until the center is set.
6. Cool completely in the pan on a wire rack.
7. Once cooled, refrigerate for 4 hours or overnight.
8. Before serving, sprinkle the top with chopped pecans and drizzle with sugar-free caramel sauce.



# Chocolate Avocado Pudding

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

Calories	Fats	Carbohydrates	Protein
250 kcal	20 grams	19 grams	4 grams

## INGREDIENTS

- 2 ripe avocados, peeled and pitted
- 1/4 cup unsweetened cocoa powder
- 1/4 cup monk fruit extract
- 1/2 teaspoon vanilla extract
- A pinch of salt
- 1/4 cup unsweetened almond milk or coconut milk, add more for desired consistency

## INSTRUCTIONS

1. Place the avocados, cocoa powder, monk fruit, vanilla extract, salt, and almond milk in a blender or food processor.
2. Blend on high until smooth and creamy, scraping down the sides as needed.
3. If the pudding is too thick, add more almond milk, 1 tablespoon at a time, until the desired consistency is reached.
4. Taste and adjust the sweetness, if necessary.
5. Transfer the pudding to serving bowls and cover with plastic wrap.
6. Chill in the refrigerator for at least 30 mins before serving.





# Vanilla Bean Ricotta Cheesecake

**Serves:** 12 | **Prep:** 20 mins | **Cook:** No cook

Calories	Fats	Carbohydrates	Protein
140 kcal	10 grams	3 grams	6 grams

## INGREDIENTS

- 1 ½ cups almond flour
- 3 tbsp melted butter
- 2 tbsp monk fruit sweetener
- 1 tsp vanilla extract
- 16 oz whole milk ricotta cheese
- 8 oz cream cheese, softened
- 2 large eggs
- 1/3 cup monk fruit sweetener (or adjust to taste)
- 1 tsp vanilla bean paste (or vanilla extract)
- 1 tsp lemon zest
- 1 tbsp fresh lemon juice

## INSTRUCTIONS

1. Preheat your oven to 325°F (160°C).
2. In a bowl, mix almond flour, melted butter, monk fruit sweetener, and vanilla extract.
3. Press the mixture into the bottom of a pan.
4. Bake for 8-10 minutes, then set aside to cool.
5. In a bowl, mix ricotta cheese and cream cheese until smooth. Then add the eggs, mixing well.
6. Stir in monk fruit sweetener, vanilla bean paste, lemon zest, and lemon juice until fully combined.
7. Pour the filling over the cooled crust.
8. Bake for 50-60 minutes, or until the center is set.
9. Cool the cheesecake then refrigerate for 4 hours.



# Matcha Chai Pudding

**Serves:** 4 | **Prep:** 15 mins

Calories	Fats	Carbohydrates	Protein
120 kcal	9 grams	10 grams	3 grams

## INGREDIENTS

- 2 cups unsweetened almond milk or coconut milk
- 1/3 cup chia seeds
- 2 tablespoons monk fruit extract
- 1 tablespoon matcha green tea powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cardamom
- 1/8 teaspoon ground cloves
- 1/8 teaspoon freshly ground black pepper
- 1/2 teaspoon vanilla extract

## INSTRUCTIONS

1. In a bowl, whisk together the almond milk, chia seeds, sweetener, matcha powder, ground cinnamon, ground ginger, cardamom, cloves, black pepper, and vanilla extract until the matcha and spices.
2. Allow the mixture to sit for 5 mins, then stir again.
3. Refrigerate for 4 hours, ideally overnight.
4. After the pudding has thickened, give it a good stir. If it's too thick, add a bit more milk.
5. Serve the pudding in bowls or glasses, topped with additional sweetener or a sprinkle of matcha.





# Cherry Sorbet

**Serves:** 4 | **Prep:** 20 mins (plus freezing time)

Calories	Fats	Carbohydrates	Protein
80 kcal	0 grams	18 grams	1 gram

## INGREDIENTS

- 4 cups cherries, pitted and frozen
- 1/2 cup water or unsweetened cherry juice
- 1/4 cup monk fruit extract (adjust to taste)
- 1 tablespoon lemon juice

## INSTRUCTIONS

1. Combine the frozen cherries, water or cherry juice, monk fruit extract, and lemon juice in a food processor or high-powered blender.
2. Blend until the mixture is smooth and even.
3. Taste and adjust sweetness if necessary.
4. Either serve immediately for a soft texture or transfer to a freezer-safe container and freeze until solid for a more scoopable sorbet, usually about 2–3 hours.



# Mocha Truffles

**Serves:** 15 | **Prep:** 30 mins (plus chilling time)

Calories	Fats	Carbohydrates	Protein
100 kcal	9 grams	2 grams	2 grams

## INGREDIENTS

- 1 cup heavy cream
- 8 oz sugar-free dark chocolate, finely chopped
- 1 tablespoon instant coffee or espresso powder
- 1 teaspoon vanilla extract
- Unsweetened cocoa powder, for dusting

## INSTRUCTIONS

1. Heat the heavy cream in a small saucepan over medium heat until it starts to simmer.
2. Remove from heat and stir in the instant coffee until dissolved.
3. Place the chopped chocolate in a bowl and pour the hot cream over it.
4. Let it sit for 1-2 mins and then stir until smooth.
5. Stir in the vanilla extract and mix well.
6. Refrigerate the mixture for at least 2 hours or until firm enough to shape.
7. Use a spoon or melon baller to scoop out mixture and roll into balls.
8. Dust each truffle with cocoa powder.
9. Keep refrigerated until ready to serve.