

# 5 KETO DESSERT RECIPES

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# Peanut Butter Cream Bars

## Ingredients:

- 8 oz cream cheese (softened).
- $\frac{3}{4}$  cup chocolate (sugar free).
- $\frac{1}{4}$  cup peanut butter.
- $\frac{1}{4}$  cup whipping cream.
- $\frac{1}{4}$  cup erythritol (powder).
- 2 tsp coconut oil.
- 1 tsp vanilla extract.

## Instructions:

- In a large bowl, mix together cream cheese, whipping cream and erythritol.
- Stir in peanut butter and vanilla extract; whisk until smooth.
- Melt chocolate and stir in coconut oil.
- Place creamy peanut butter mixture into a flat baking tray; top with chocolate mixture and place in the fridge for an hour.

## ***Nutritional Information:***

Total servings - 6

Per serving:

Fat: 23g
Carbohydrates: 4g
Protein: 3g
Calories: 232

# Lemon Tart Slices

## Ingredients:

- 3 large eggs.
- 3 medium lemons.
- 1 ¾ cups almond flour (divided).
- 1 cup erythritol (powder).
- ½ cup butter (melted).

## Instructions:

- Preheat oven at 175 degrees.
- In a bowl, mix together 1 cup almond flour, ¼ cup erythritol and butter.
- Line a baking tray with greaseproof paper and place mixture evenly onto the tray.
- Bake for 20-25 minutes. Allow to cool for 10 minutes.
- Zest 1 lemon and juice all 3 and place in a mixing bowl; add eggs, remaining erythritol and remaining flour, stir until well combined.
- Pour the lemon mixture onto the cooled crust mixture and bake for 25-30 minutes.

## ***Nutritional Information:***

Total servings - 8

Per serving:

Fat: 27g
Carbohydrates: 4g
Protein: 8g
Calories: 270

# Autumn Spiced Brulee

## Ingredients:

- 4 large egg yolks.
- 2 cups whipping cream.
- 2 tbsp erythritol (powder).
- 2 tsp pumpkin pie spice.
- ¼ tsp vanilla extract.

## Instructions:

- Preheat oven at 180 degrees.
- In a large saucepan, bring whipping cream to the boil; stir in spice, erythritol and vanilla.
- Place the egg yolks in a separate bowl and gently stir in the warm cream mixture; whisking continuously.
- Pour mixture into ramekins. Place ramekins into a large ovenproof dish; pour water into ovenproof dish until it covers half way up the ramekins.
- Bake for 30-35 minutes.

## ***Nutritional Information:***

Total servings - 6

Per serving:

Fat: 29g
Carbohydrates: 3g
Protein: 4g
Calories: 272

# Walnut & Berry Mousse

## Ingredients:

- 2 cups whipping cream.
- 1 lime (zested).
- 3 oz strawberries (fresh & chopped).
- 2 oz walnuts (chopped).
- ¼ tsp vanilla extract.

## Instructions:

- Whisk cream until it forms soft peaks; mix in vanilla and lime zest.
- Stir in strawberries and nuts.
- Place in the fridge for 4 -5 hours until set firm.

## ***Nutritional Information:***

Total servings - 8

Per serving:

Fat: 28g
Carbohydrates: 3g
Protein: 3g
Calories: 257

# Ultimate Indulgence Chocolate Brownies

## Ingredients:

- 3 large eggs.
- ½ cup almond flour.
- ¼ cup cocoa powder (unsweetened).
- 5 oz butter (unsalted).
- 2 oz dark chocolate.
- 1 ½ tsp stevia.
- ½ tsp baking powder.

## Instructions:

- Preheat oven at 165 degrees.
- Add chocolate and butter to a large microwave-safe bowl; melt in the microwave, stirring every 20 seconds until completely melted.
- Let stand for a few minutes until slightly cool and stir in stevia and eggs.
- Whisk in flour, cocoa powder and baking powder; whisk until smooth.
- Grease a baking tray and gently pour in the mixture.
- Bake for 15-20 minutes until cooked through.
- Cool for 1 hour before serving.

## ***Nutritional Information:***

Total servings - 16

Per serving:

Fat: 14g
Carbohydrates: 3g
Protein: 3g
Calories: 127

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