

11

EASY LOW CARB DESSERT RECIPES

go ahead treat yourself!



by Denise Z. Wright



My Life Cookbook

Hi,

My name is Denise and I'm a low carb blogger at **My Life Cookbook**. I've been following a low carb lifestyle for about 7 years now. One thing that I really miss when eating low carb is sweets of any kind. But now I know how to make keto desserts and snacks and turns out it's pretty easy!

In this ebook I have 11 very easy low carb dessert recipes that will definitely satisfy your sweet tooth. These recipes don't require too many ingredients and there is very little if any baking.

However they are all delicious! I hope you enjoy them as much as I do.

Denise

PS For more delicious low carb recipes please visit my blog:
<http://mylifecookbook.com>

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Nutritional information for these recipes is provided as a courtesy and is approximate only. You should always do your own calculations if you are concerned about the accuracy of any recipe. I use the Lose It app for all of my nutritional information.

Please also note that nutritional information for sweeteners have been eliminated from my calculations if they add no calories nor net carbs.

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Maple Bacon No Bake Cheesecake

This maple bacon cheesecake is outrageously good! So creamy and decadent you won't believe it's a no bake low carb dessert.

INGREDIENTS

- 1 cup raw pecans
- 2 slices bacon, cooked
- 6 tablespoons cream cheese at room temperature
- 3/4 cup heavy cream
- 5 tablespoons Swerve sweetener
- 1 teaspoon vanilla extract
- 2 teaspoons maple extract



INSTRUCTIONS

1. In a food processor add your pecans and cooked bacon and grind until it becomes sticky.
2. Add this mixture to the bottom of each jar but save a bit for sprinkling on top.
3. Press down to pack in the mixture.
4. In a large mixing bowl add your cream cheese and Swerve sweetener. Cream until well mixed.
5. Add in the cream and extracts and mix until light and fluffy.
6. Add the cream cheese mixture to an icing bag or ziplock bag with a corner cut off, and carefully add it to the jars. You can also just spoon them in.
7. Top with the rest of the pecan mixture and refrigerate until ready to eat.
8. Serves 4.

460 cal / 46.3g fat / 6.3g carbs / 3g fiber / 7.0g protein = 3.3g net carbs

Low Carb Pumpkin Pie Pudding

This healthy low carb pumpkin pie pudding is the perfect afternoon snack or dessert. It takes only a few minutes to make so if you love pumpkin pie, this healthy pudding is an easy treat.

INGREDIENTS

1/2 avocado

1/2 cup pumpkin, pure, not pie filling

1/4 teaspoon cinnamon

1/2 teaspoon pumpkin spice

1/2 cup almond milk

Liquid vanilla stevia to taste

coconut cream, optional for whipped topping



INSTRUCTIONS

1. Add all ingredients to a blender and blend on high until smooth and creamy
2. If you want it sweeter, I like to use liquid vanilla stevia but you can use any sweetener you wish. Amount will differ depending on your sweet tooth.
3. Spoon into dishes and refrigerate until ready to eat.
4. For the coconut whipped topping, add just the coconut cream (not the water in the can) and a bit of vanilla stevia to a large bowl and using a hand mixer, whip until nice and creamy. Keep refrigerated.
5. Note: nutritional information does not include coconut whipped topping.
6. Serves 2.

113 cals / 8.4g fat / 9.8g carbs / 6.4g fiber / 2.3g protein = 3.4g net carbs

Blueberry Keto Cheesecake Tarts

These blueberry keto cheesecake tarts are topped with a sweet blueberry sauce that is perfect for the holiday season. With a few ingredients you can easily make these tasty, bite size low carb treats to take to a party or to have on hand for yourself.

INGREDIENTS

- 1 cup Swerve sweetener
- 2 packages cream cheese, softened
- 2 eggs
- 1 teaspoon vanilla
- 1 cup blueberries
- 2 tablespoons water
- 2 tablespoons Torani sugar free raspberry*



INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. In a mixing bowl, add the cream cheese and Swerve sweetener. Using a hand mixer, beat until nice and creamy.
3. Next add the vanilla and eggs and mix until well blended.
4. Add foil cups to muffin tin and then spoon mixture into cups. This recipe made 15 tarts for me.
5. Place in the middle rack of the oven and cook for 30- 35 minutes. Check towards the end to make sure it's not burning but you do want it to set up. Take out of the oven and cool off. Then refrigerate for 1 hour.
6. Meanwhile add the blueberries and water to a small sauce pan. Cook until the blueberries breakdown and create a sauce. About 10 minutes.
7. When done add the sugar free syrup and mix well. Let cool. Then take out the cheesecakes out of the refrigerator and top with the blueberry topping. Keep refrigerated until ready to eat.
8. NOTE** You can use sweetener instead of the Torani sugar free syrup. If so add to the blueberries from the start so it can dissolve and cook down with the berries.
9. Yields 15 tarts.

121 cals / 11.3g fat / 2.6g carbs / 0.3g fiber / 2.7 protein = 2.3g net carbs

Easy Spice Tea Cookies

These sugar free low carb cookies are now my go to cookie on a low carb diet. Only a few ingredients, a few minutes to make and 0.8g net carbs per cookie!

INGREDIENTS

- 1 cup raw walnuts
- 1/2 teaspoon baking soda
- 1 egg
- 3 tablespoons powdered Swerve sweetener
- 2 tea bags Celestial Seasonings Gingerbread Spice Tea (use the tea from the bags)



INSTRUCTIONS

1. Preheat oven to 375°F degrees.
2. In a food processor add your nuts and process until it becomes a batter but not yet a smooth nut butter.
3. Dump the tea out of the teabags and add the rest of your ingredients. Pulse until well mixed.
4. Cover a cookie sheet with parchment paper or silicone mat.
5. Spoon out batter, about a tablespoon each. Cookies will spread during baking.
6. Bake for 8 minutes. Check to make sure they are nice and brown but not too crunchy.
7. Store in a sealed container thou I like to freeze mine.
8. Yields 10 cookies.
9. Note: You can use a different brand of tea but I like this one because it has a lot of flavor and no caffeine.

87 cals / 8.5g fat / 1.6g carbs / 0.8g fiber / 2.6g protein = 0.8 net carbs

Low Carb Molten Chocolate Cake

This low carb molten chocolate cake takes less than 5 minutes to make because you make it in the microwave. This easy, low carb dessert would be perfect when you have a chocolate craving.

INGREDIENTS

- 2 tablespoons butter
- 2 tablespoons cocoa
- 2 tablespoons Swerve sweetener
- 1 egg yolk
- 2 tablespoons heavy cream
- 1/4 bar chocolate** (~6-7 grams 85% dark chocolate)
- 10 drops liquid vanilla stevia



INSTRUCTIONS

1. Add butter to a ramekin and microwave for 30 seconds.
2. Add in cocoa powder, Swerve sweetener, stevia, and cream. Mix well.
3. Next add in egg yolk and mix well again. Take the small piece of chocolate and break into small pieces. Add to the center of ramekin and push in with finger.
4. Microwave for 30 seconds. Let stand for a few minutes and then eat. The middle should be melty and the sides should be cooked. Do not cook for more than 30 seconds.
5. ** I used a 1/4 of a bar of Moser Roth 85% cacao chocolate that I get at Aldi. If you are substituting another chocolate make sure it is low in carbs. You only need a little, tiny bit. You can also forgo this step completely and it will still be delicious.
6. Yields 1 cake.

with chocolate bar

423 cals / 42.8g fat / 9.7g carbs / 4.7g fiber / 4.3g protein = 5g net carbs

without

383 cals / 39.6g fat / 7.5g carbs / 4g fiber / 3.6g protein = 3.5g net carbs

Easy 3 Ingredient Peanut Butter Fudge

If you love peanut butter, this keto peanut butter fudge recipe is going to be your new best friend! You only need 3 ingredients and a few minutes to make this tasty, sugar free fudge. Store it in the freezer for a quick low carb snack!

INGREDIENTS

1 cup peanut butter, no sugar added

1 cup butter, softened

2 cups Swerve powdered sweetener



INSTRUCTIONS

1. Add the butter and Swerve to a mixing bowl. Cream together.
2. Add in the peanut butter and mix until nice and creamy.
3. Spoon into a baking dish and either freeze or refrigerate until hardened. It should take about 2 hours.
4. When it has hardened, cut into squares, place in a sealed container and store in the refrigerator or freezer. The fudge can get soft so I don't recommend keeping it out on the counter.
5. This recipe made 28 pieces of fudge and the nutritional information is for 1 piece.

112 cals / 11.2g fat / 2g carbs / 0.9g fiber / 2.4g protein = 1.1g net carbs

Strawberry Cheesecake Bites

These **strawberry cheesecake bites** are a little bit of low carb heaven. They taste like strawberry pretzel salad rolled up in one low carb bite. Only a few ingredients needed to make these and they are only 1.7g net carbs per bite!

INGREDIENTS

6 strawberries, finely chopped

1/2 cup raw pecans, chopped

1 tablespoon butter

1/2 teaspoon salt

1 package sugar free cheesecake pudding (1 oz size)

1 cup heavy whipping cream



INSTRUCTIONS

1. In a skillet, melt butter and sprinkle salt over pecans and toast. Place in a bowl and let cool.
2. Add pudding mix and heavy whipping cream to a mixing bowl and beat on high until thick and creamy.
3. Mix in strawberries and set in the refrigerator for 1/2 hour.
4. Take out of refrigerator and using a spoon take a scoop out of the cheesecake mixture and loosely make a ball shape. Roll around in pecans and set on a plate. Do this with the rest of the mixture.
5. Set plate in the freezer for 15 minutes to firm up and then store in the refrigerator.
6. Yields 18 cheesecake bites.

75 cals / 7.3g fat / 2.1g carbs / 0.4g fiber / 0.4g protein = 1.7g net carbs

Jelly Bean Flavored Gelatin Snacks

If you like sugar free jello, you will love these low carb jelly bean gelatin snacks! Easy to make and virtually no calories and very few carbs. And there is the added benefit of using healthy gelatin!

INGREDIENTS

1/4 cup cold water

1/2 tablespoon unflavored gelatin

1/4 cup Torani sugar free syrup of choice**

1/4 cup boiling water

1 tablespoon lemon juice

3 tablespoons cold water



INSTRUCTIONS

1. Add 1/4 cup cold water and gelatin to a pyrex measuring cup. Whisk well.
2. Pour in Torani sugar free syrup and then the 1/4 cup of boiling water. Whisk until the gelatin dissolves.
3. Add in the lemon juice and the 3 tablespoons of cold water. Mix and then pour into containers.
4. Refrigerate for 1 or 2 hours until set.
5. Yields 3 servings.
6. **NOTE: To get that jelly bean flavor please use fruit flavored sugar free syrups. Torani has such a huge select and I use their sugar free syrups a lot. For this recipe I used strawberry, lemon, lime, watermelon and blue raspberry flavors to mimic jelly beans.

7 cals / 0.7g carbs / 1.8g protein = 0.7g net carbs

Toasted Coconut Chocolate Candy

This low carb toasted coconut chocolate candy is the perfect thing for when you are watching your carbs. So easy to make and store in the freezer for a quick, cool treat. Only 2.2g net carbs for 10 pieces!

INGREDIENTS

- 1/2 cup coconut flakes, unsweetened
- 1/2 cup coconut oil
- 1/4 cup cocoa powder, unsweetened
- 1/4 tablespoons Swerve sweetener



INSTRUCTIONS

1. Add your coconut flakes to a dry skillet and turn the heat on to medium.
2. Continuously stir until the coconut starts to toast and brown. Turn off heat and pour onto a paper towel to stop the browning.
3. In a small saucepan, add the coconut oil, cocoa and Swerve. Whisk until well combined and everything has dissolved.
4. Add around 1/2 teaspoon of coconut flakes to each section of your candy mold. My molds made 38 pieces so I divided up my coconut flakes accordingly.
5. Pour the chocolate sauce over top the coconut and set into the freezer.
6. Freeze for 4 hours and they are done.
7. Store in a container in the freezer or refrigerator.
8. Yields 38 small candies.

1 candy

26 cals / 3.4g fat / 0.5g carbs / 0.3g fiber / 0.1g protein = 0.2g net carbs

Fathead Fruit Pizza

This keto fathead fruit pizza is a delicious low carb dessert that is perfect for a party. A gluten free fruit pizza crust and low carb berries for a dessert that only has 4.1g net carbs per piece!



INGREDIENTS

2 cups mozzarella cheese, shredded

8 oz cream cheese

1 egg

5 Tablespoons Swerve sweetener

1/4 cup coconut flour

1/2 cup strawberries, sliced

1/4 cup blueberries

1 Tablespoon sugar free apricot preserves, (I used Nature's Hollow)

Fathead Fruit Pizza

INSTRUCTIONS

1. Preheat oven to 400° F.
2. In a bowl, add the coconut flour, 1 tablespoon of Swerve and mix well. Set aside.
3. In a microwave safe bowl, add 1 oz of cream cheese and the all of the mozzarella cheese.
4. Microwave for about 1 minute then mix well. Should be like a stick dough and cream cheese is melted. If not, heat up again for 15-30 seconds.
5. Add the coconut flour mixture to the cheese mixture along with the egg and mix well until the egg is fully incorporated.
6. Take out of bowl and form into a large ball. Place onto a parchment lined cookie sheet.
7. Spray cooking oil on the top of another piece of parchment paper or wax paper and lay on top of the ball. Using a rolling pin make dough into a pizza shape.
8. Bake in the oven for 16-18 minutes until crust is cooked. Will not be brown but firm to the touch.
9. Take out and let cool.
10. In the meantime take the rest of the Swerve and the cream cheese and mix well.
11. When crust has cooled, spread cream cheese mixture on top and decorate with strawberries and blueberries.
12. Take the preserves and add a tablespoon of water. Microwave for 30 seconds and mix well.
13. Brush preserves over the whole pizza.
14. Keep refrigerated until ready to serve.
15. Yields 8 pieces. The nutritional information below is for 1 piece.

216 cals / 17.3g fat / 5.6g carbs / 1.5g fiber / 9.3g protein = 4.1g net carbs

Easy Chocolate Mocha Panna Cotta

This chocolate mocha panna cotta is an easy low carb treat to whip up and one that you can feel good about eating. Only 3.5g net carbs and Paleo too!

INGREDIENTS

- 1 1/2 cup almond milk
- 1 tablespoon gelatin
- 1 cup coconut milk
- 1/3 cup Swerve sweetener
- 2 teaspoon instant coffee granules
- 3 Tablespoons cocoa powder
- 6 drops stevia optional



INSTRUCTIONS

1. In a large bowl, add 1/2 cup of almond milk and sprinkle the gelatin evenly over the milk.
2. While that is soaking, add your coconut milk, almond milk, coffee granules, Swerve, cocoa powder and stevia to a sauce pan.
3. Mix and bring to a simmer and turn off the heat.
4. Add your hot mixture and the gelatin mixture to a blender and blend on high for a minute.
5. Pour into bowls and refrigerate until set (about 2 hours or more)
6. Yields 4 servings.

151 cals / 13.5g fat / 5.4g carbs / 1.9g fiber / 2.9g protein = 3.5g net carbs

I hope you enjoyed these low carb dessert recipes.

I am always adding more and more low carb recipes to my blog ([My Life Cookbook.com](http://MyLifeCookbook.com)) so please stop by and check them out. I hope you enjoy the recipes and wish you good luck on your low carb journey!

Sincerely,

Denise