

# 18 Low-Carb & Keto No Bake Recipes





LOW CARB, KETO, GLUTEN & GRAIN FREE

# No-Bake Chocolate Peanut Butter Easter Eggs

**SERVINGS** 12    **PREP TIME** 1 hour    **COOK/CHILL** 1 hour    **TOTAL TIME** 2 hours

## INGREDIENTS

### Filling

- 3/4 cup peanut butter, no sugar added
- 2 tablespoons coconut oil
- 1 teaspoon vanilla extract
- 1/2 teaspoon Chocolate liquid stevia

### Coating

- 3.5 ounces sugar-free chocolate chips
- 1 tablespoon coconut oil

## INSTRUCTIONS

1. In a microwavable bowl melt peanut butter and coconut oil together for 30 seconds- 1 minute and stir until completely combined.
2. Stir in vanilla extract and stevia.
3. Taste and adjust if needed.
4. Fill egg molds half way each and freeze for 1 hour.
5. Remove from molds and set aside on parchment paper.
6. Make coating by melting the chocolate chips and coconut oil for 30 seconds in the microwave.
7. Stir until smooth.
8. Pour melted chocolate into the molds, half way up the molds.
9. Drop the frozen peanut butter eggs, pattern side face down into the chocolate and press down so the chocolate encases the peanut butter.
10. Spread chocolate with a spoon to completely cover if needed.
11. Store in the refrigerator.

## NUTRITIONAL INFO

- |                            |                   |                    |
|----------------------------|-------------------|--------------------|
| • Serving Size 1 egg       | • Cholesterol 1mg | • Carbs 4g         |
| • Calories per serving 161 | • Sodium 53mg     | • Dietary Fiber 1g |
| • Fat 14g                  | • Protein 5g      |                    |
| • Saturated Fat 6g         | • Sugars 1g       | • Net Carbs 3g     |



LOW CARB, KETO, GLUTEN & GRAIN FREE

# No-Bake Raspberry Easter Jello Eggs

SERVINGS 23 PREP TIME 15 min COOK/CHILL 2 hours TOTAL TIME 2hr15min

## INGREDIENTS

- 1.5 cups fresh raspberries (or 184g)
- 3 tablespoon gelatin, grass-fed
- 3 ounces water (or 90ml)
- 0.5 teaspoon Swerve powdered sweetener  
(0.5-1.5 teaspoon powdered sweetener or 2-3 drops liquid Stevia)
- Optional: Juice of 1/2 lime, or 1/2 teaspoon vanilla extract or  
1/2 teaspoon cinnamon powder

## INSTRUCTIONS

1. Place the grass-fed gelatin in a bowl. Add the water and allow to bloom (rest) while you make the berry concentrate.
2. Place the raspberries in a mixing bowl and process with a hand blender until like a puree.
3. Pour the berries into a muslin or cheese cloth or pass through a very fine sieve and squeeze out the juice into a bowl. Discard the pith.
4. Heat ½ the juice in pan over a low/ medium heat. Add the gelatin and stir until melted. Turn off heat and add the low-carb sweetener, optional lime, vanilla or cinnamon and the rest of the juice. (The reason to split the juice is to keep the vibrant color. If you add it all in at the beginning, the gelatin will discolor them brown!)
5. Using a piping tool, add the jello mix to your plastic mini egg molds or silicone molds. Depending on what size will alter the number of eggs you get from the mix. The silicone molds are slightly larger but easier to use.
6. Place the molds on a baking tray and into the fridge to firm up for about 2 hours, or until fully set.
7. Remove the Jello Eggs from the molds and stick the halves together by simply pressing them together.
8. Keep in the fridge in an airtight Tupperware for 4 - 5 days.

## NUTRITIONAL INFO

- |                          |                   |                    |
|--------------------------|-------------------|--------------------|
| • Serving Size 1 egg     | • Cholesterol 0mg | • Carbs 1g         |
| • Calories per serving 7 | • Sodium 2mg      | • Dietary Fiber 1g |
| • Fat 1g                 | • Protein 1g      |                    |
| • Saturated Fat 1g       | • Sugars 1g       | • Net Carbs 0g     |



LOW CARB, KETO, GLUTEN & GRAIN FREE

# No-Bake Coconut Butter Easter Bunnies

SERVINGS 12 PREP TIME 10 min COOK/CHILL 1 hour TOTAL TIME 1hr10min

## INGREDIENTS

- 1 cup softened coconut butter
- 2 tablespoons coconut oil
- 1 teaspoon pure vanilla extract
- 1 teaspoon vanilla liquid stevia

## INSTRUCTIONS

1. In a microwaveable bowl melt coconut butter with coconut oil.
2. Stir in vanilla extract and stevia.
3. Pour into silicone bunny molds.
4. Refrigerate or freeze until hardened about 30 minutes to an hour.
5. Store at room temperature or freeze or refrigerate until ready to serve.

## NUTRITIONAL INFO

- |                            |                   |                    |
|----------------------------|-------------------|--------------------|
| • Serving Size 1 bunny     | • Cholesterol 0mg | • Carbs 4g         |
| • Calories per serving 112 | • Sodium 5mg      | • Dietary Fiber 1g |
| • Fat 11g                  | • Protein 1g      |                    |
| • Saturated Fat 0g         | • Sugars 1g       | • Net Carbs 3g     |



LOW CARB, KETO, GLUTEN & GRAIN FREE

# No-Bake Strawberry Cheesecake Jars

SERVINGS 4 PREP TIME 15 min COOK/CHILL 1 hours TOTAL TIME 1hr 15min

## INGREDIENTS

### Strawberry Layer

- 5.5 ounces strawberries, frozen
- 1 teaspoon water
- 1 tablespoon Swerve Confectioners, optional
- 1 teaspoon chia ground (optional - to make more jammy)

### Base

- 1/2 cup ground almonds
- 1 tablespoon butter, melted
- 1/2 tablespoon Swerve Confectioners
- 1/4 teaspoon vanilla

### Filling

- 1/2 cup cream cheese, full-fat, soft (or mascarpone)
- 1.5 tablespoons Swerve Confectioners
- 1/2 teaspoon vanilla
- 1/2 cup heavy cream

### Optional to serve

- 4 strawberries fresh

## INSTRUCTIONS

### Strawberry Layer

1. Add the strawberries, water and optional sweetener to non-stick pan. Simmer on a medium / low heat until thick stirring regularly, about 3 - 5 minutes. You can add a little more water if required but I try not to as the strawberries will release water as they cook and the less water you use then you don't need to add a thickener. Squash the strawberries with the back of a spatula. Turn off the heat and option to add ground chia to thicken if you prefer more of a jam. Allow to fully cool. Option to place in the fridge to speed this up.

### Base

1. Mix the base ingredients together in a bowl and use your fingers to press together to form a crumb.

### Filling

1. Add the cream cheese, low carb sweetener and vanilla to a mixing bowl. Mix using a hand whisk until smooth. In a clean bowl whisk the heavy cream until just below stiff peaks. Fold the cream through the cream cheese using a spatula and adjust sweetness to taste.

### To Layer

1. Layer the base into jars (keeping a little back to sprinkle on top at the end), followed by filling and topped with pureed strawberry. Top with the rest of the base and optional fresh strawberry.

## NUTRITIONAL INFO

- |                            |                    |                    |
|----------------------------|--------------------|--------------------|
| • Serving Size 1 jar       | • Cholesterol 39mg | • Carbs 7g         |
| • Calories per serving 317 | • Sodium 117mg     | • Dietary Fiber 2g |
| • Fat 30g                  | • Protein 5g       |                    |
| • Saturated Fat 8g         | • Sugars 3g        | • Net Carbs 5g     |



LOW CARB, KETO, GLUTEN & GRAIN FREE

# No-Bake Strawberry Cream Pie

**SERVINGS** 12 **PREP TIME** 20 min **COOK/CHILL** 2 hours **TOTAL TIME** 2hr20min

## INGREDIENTS

### Crust (First Layer)

- 1 cup sunflower seeds raw, unsalted
- 1 cup coconut shredded, unsweetened
- 1/4 teaspoon salt
- 1/4 cup butter, softened

### Filling (Second Layer)

- 1/4 teaspoon Berry liquid stevia (or Vanilla or clear)
- 1 teaspoon gelatin
- 4 oz strawberries
- 8 oz cream cheese, softened
- 1 tablespoon lemon juice
- 1/2 cup heavy cream
- 2 tablespoon water

### 3rd Layer

- 8 oz strawberries, sliced

### Topping (Last Layer)

- 1/2 teaspoon Vanilla liquid stevia
- 2 cups heavy cream

## INSTRUCTIONS

1. Place all crust ingredients into a food processor and pulse until they are the consistency of fine crumbs. Grease a 10-inch springform pan. Spread crust ingredients onto the bottom of the pan.
2. Place the water into a small saucepan and sprinkle the gelatin over it. Heat on low, stirring constantly until the gelatin completely dissolves. Allow to cool.
3. Place all the remaining filling ingredients, except heavy cream, into the food processor and process until smooth. Remove and place this filling mixture into a stand mixer and add heavy cream. Combine, on high, until mixture is whipped. Slowly blend in the cooled gelatin for another minute. Spread this mixture onto the crust. Lay sliced strawberries over the filling.
4. For the topping, pour the heavy cream into a stand mixer with Vanilla Crème Sweet Drops and blend until whipped. Taste and adjust Sweet Drops as needed. Smooth this over the strawberries. Refrigerate for 2 – 3 hours or overnight.

## NUTRITIONAL INFO

- |                            |                    |                    |
|----------------------------|--------------------|--------------------|
| • Serving Size 1 slice     | • Cholesterol 98mg | • Carbs 7g         |
| • Calories per serving 368 | • Sodium 164mg     | • Dietary Fiber 2g |
| • Fat 36g                  | • Protein 5g       |                    |
| • Saturated Fat 19g        | • Sugars 2g        | • Net Carbs 5g     |

LOW CARB, KETO, GLUTEN & GRAIN FREE

# No-Bake Dairy-Free Cheesecake with Blackberry Syrup



www.SugarFreeMom.com

SERVINGS 10 PREP TIME 30min COOK/CHILL 4hours TOTAL TIME 4hr 30min

## INGREDIENTS

### Optional Blackberry Syrup

- 6 ounces fresh blackberries
- 1/2 cup water
- 1/4 tsp salt
- 1 tsp Monk Fruit Liquid sweetener
- 1/2 tsp xanthan gum

### Dairy Free Cheesecake

- 1 can (13.5oz) coconut milk full fat (Chilled overnight)
- 2 tsp vanilla extract
- 1/4 tsp salt
- 2/3 cup Monk Fruit powdered sweetener, divided
- 1/4 cup water
- 2 tsp gelatin, unflavored
- 16 oz dairy-free cream cheese, plain (I used Daiya)
- 1/2 cup coconut yogurt, plain (I used So Delicious)

## INSTRUCTIONS

### Cheesecake

1. Grease an 8-inch spring form pan. Set aside.
2. Canned coconut milk should be refrigerated overnight. When ready to make recipe, flip can over and open. Remove all but 1/4 cup of the coconut water, discard remaining liquid, but scoop out the cream. Place the coconut cream and 1/4 cup coconut water into a stand mixer. Use whisk attachment and mix on high speed until thickened, could take up to 10 minutes.
3. While it's mixing, add the vanilla extract, salt and 1/3 cup monk fruit sweetener. Set aside once thickened.
4. In a small sauce pan add water and sprinkle gelatin. Bring to a boil and stir until dissolved. Set aside to cool.
5. In another mixing bowl add the cream cheese, yogurt and 1/3 cup Monk Fruit sweetener. Use a hand mixer or stand mixer and blend on high until well combined. Taste and adjust sweetness if needed. On low speed, drizzle in the cooled gelatin until combined.
6. Fold in the whipped coconut cream. Pour mixture into pan and refrigerate for 3-4 hours or overnight. Serve as is or top with blackberry syrup if desired.

### Optional Blackberry Syrup (Nutrition Information does not include blackberry syrup)

1. Place blackberries and water in a small sauce pan over medium heat. Mash berries while mixture comes to a boil. Once there are no large berries and all well mashed, turn off heat. Place a fine mesh strainer over a bowl and pour in mashed berries. Use a spatula to mash berries against the mesh strainer to release all the juices so you will have a nice seedless syrup.
2. Return the strained blackberry juice to the sauce pan on the stove and heat over medium heat. Add salt, Monk Fruit sweetener and sprinkle xanthan gum. Bring to a boil, constantly stirring, about 5 minutes to thicken syrup. Remove from heat. Refrigerate for 30 minutes before pouring over chilled cheesecake.

## NUTRITIONAL INFO

- Serving Size 1 slice
- Calories per serving 191
- Fat 17g
- Saturated Fat 13g
- Cholesterol 0mg
- Sodium 255mg
- Carbs 8g
- Dietary Fiber 1g
- Sugars 1g
- Protein 2g
- Net Carbs 7g

Author: Brenda Bennett | SugarFreeMom.com



LOW CARB, KETO, GLUTEN & GRAIN FREE

# No-Bake Blueberry Cheesecake Bars

**SERVINGS** 9 **PREP TIME** 15 min **COOK/CHILL** 8 hours **TOTAL TIME** 8hr15min

## INGREDIENTS

### Almond Crumb Base

- 1 cup almond flour
- 1 tbsp Swerve confectioners (or 10g)
- 1/8 tsp salt
- 1/4 cup butter, melted (or 57g)

### Filling

- 12 ounces cream cheese, full fat (or 360g)
- 2/3 cup Swerve confectioners (or 106g)
- 2 tbsp lemon juice
- 1 tsp lemon zest (zest of 1 lemon)
- 1/8 tsp salt
- 1 cup heavy whipping cream

### Swirl

- 1 cup blueberries frozen (or 155g)
- 1 tbsp Swerve confectioners
- 1/2 tbsp water (1/2 - 1 tbsp)
- 1/4 tsp xanthan gum

## INSTRUCTIONS

### Base

1. Place all the dry base ingredients in a mixing bowl and stir to combine. Add the melted butter and mix to form a flakey crumb.
2. Line a 8 x 8 inch baking pan with greaseproof paper.
3. Press the base mix into the bottom and smooth with the back of a spoon to get neat edges.

### Filling

1. In a clean mixing bowl, add the cream cheese, Swerve, lemon juice, zest and salt. Mix with an electric mixer to combine. Taste and adjust the sweetness to your liking.
2. In a separate bowl, whip the cream until thick (but don't over whisk or it gets super stiff, you want it just under when it splits).
3. Fold the cream through the cream cheese with a spatula to combine.

### Swirl

1. In a small saucepan, add the frozen berries, Swerve and water.  
(Depending on how icy your blueberries are will depend on the amount of water. Start with 1/2 tbsp and add more if needed. The blueberries will release water as they cook.)  
Simmer on a medium heat for about 5 minutes until the sauce thickens and you can squash some of the blueberries with the back of a spatula. Turn off heat, add the xanthan and allow to fully cool to thicken.

### Assembly

1. Spoon the cheesecake filling on top of the base and smooth the top with a silicone spatula. Add dollops of cooled blueberries and swirl with a toothpick or the tip of a sharp knife.
2. Place in the fridge to fully set, about 8 hours, or overnight. About an hour before serving place into the freezer to firm up and to make slicing easier. Slice into 9 bars with a sharp knife.

### Storage

1. Fridge and option to place in the freezer a little before eating to make it firmer.

## NUTRITIONAL INFO

- |                            |                    |                    |
|----------------------------|--------------------|--------------------|
| • Serving Size 1 bar       | • Cholesterol 55mg | • Carbs 7g         |
| • Calories per serving 344 | • Sodium 234mg     | • Dietary Fiber 2g |
| • Fat 33g                  | • Protein 5g       |                    |
| • Saturated Fat 17g        | • Sugars 3g        | • Net Carbs 5g     |





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# No-Bake Raspberry Cheesecake Mousse

SERVINGS 6 PREP TIME 10 min COOK/CHILL 1 hour TOTAL TIME 1hr 10min

## INGREDIENTS

- 8 oz cream cheese, softened
- 1 cup raspberries, fresh or frozen, thawed, and drained
- 1 cup heavy cream
- 1 tsp vanilla extract
- 1 tsp Berry liquid stevia  
or 1/2 cup Swerve confectioners

## INSTRUCTIONS

1. In a stand mixer, cream the cream cheese until smooth in texture.
2. Add the raspberries and blend until combined.
3. Pour heavy cream into cream cheese and raspberries and blend on high until it becomes whipped in texture.
4. Once whipped, add the vanilla extract and Berry liquid stevia and blend again.
5. Pipe into 6 serving dishes and top with raspberries, if desired.
6. Keep refrigerated until ready to serve.
7. Makes 3 cups total.

## NUTRITIONAL INFO

- |  |                     |                    |
|--|---------------------|--------------------|
| • Serving Size 1/2 cup                     | • Saturated Fat 16g | • Dietary Fiber 1g |
| • Calories per serving 275<br>from fat 234 | • Cholesterol 41mg  | • Sugars 2g        |
| • Fat 26g                                  | • Sodium 121mg      | • Protein 2g       |
|  | • Carbs 4g          | • Net Carbs 3g     |



LOW CARB, KETO, GLUTEN & GRAIN FREE

# No-Bake Key Lime Cheesecake Jars

SERVINGS 4    PREP TIME 15 min    COOK/CHILL 0 min    TOTAL TIME 15 min

## INGREDIENTS

### Crust

- 1/4 cup coconut flour
- 1 tablespoon Swerve Confectioners sweetener
- 1 teaspoon vanilla extract
- 1/2 teaspoon lime zest
- 4 tablespoons butter, softened

### Cheesecake

- 3.5 ounces avocado (or 1 small)
- 4 ounces cream cheese, softened
- 1 tablespoon lime juice
- 1/2 teaspoon lime zest
- 1/2 - 1 teaspoon lemon liquid stevia (or to taste)
- pinch salt
- 1/2 cup heavy cream

### Optional topping

- 1/2 cup sugar-free whipped cream

## INSTRUCTIONS

1. Mix the crust ingredients together in a bowl and use a fork to press together to form crumbs. Place some of the mixture to the bottom of 4 jars. Save a little for sprinkling over the top.
2. Add the avocado, cream cheese, lime juice, zest, sweetener and salt to a mixing bowl. Mix using a hand electric mixer or stand mixer until smooth. In a clean bowl whisk the heavy cream until just below stiff peaks. Fold the cream through the cream cheese using a spatula and adjust sweetness to taste.
3. Evenly divide the cheesecake filling over the crumb in each jar. Top each with a sprinkle of crumb topping and sugar free whipped cream if desired.

## NUTRITIONAL INFO

- |                            |                    |                    |
|----------------------------|--------------------|--------------------|
| • Serving Size 1 jar       | • Cholesterol 61mg | • Carbs 8g         |
| • Calories per serving 374 | • Sodium 206mg     | • Dietary Fiber 3g |
| • Fat 36g                  | • Protein 3g       |                    |
| • Saturated Fat 13g        | • Sugars 2g        | • Net Carbs 5g     |

LOW CARB, KETO, GLUTEN & GRAIN FREE

# No-Bake Key Lime Pie Bars

SERVINGS 18 PREP TIME 20min COOK/CHILL TIME 3hrs TOTAL TIME 3hr20min

## INGREDIENTS

### Crust

- 2 cups coconut shredded, unsweet
- 1/2 cup sunflower seeds unsalted, raw
- 1/4 teaspoon salt
- 1/4 cup Swerve sweetener
- 1/2 cup butter, softened

### Filling

- 3 limes (or 1/2 cup)
- 1.5 teaspoon gelatin, unflavored
- 2 avocados ripe
- 4 ounces cream cheese, room temperature
- 1/4 cup sour cream
- 1 cup heavy cream
- zest of 1 lime
- 1/2 teaspoon pure stevia extract
- 1/2 teaspoon lemon liquid stevia
- optional topping: 2 cups whipped cream

## INSTRUCTIONS

1. In a food processor add all crust ingredients and process until combined.
2. Press mixture into a greased 9 by 13 baking dish. Set aside.
3. In a small sauce pan add lime juice and gelatin and bring to boiling.
4. Reduce heat to low and stir constantly until gelatin is dissolved. Cool 2 minutes.
5. In a stand mixer beat avocados and cream cheese until combined well.
6. Add the rest of the ingredients into the stand mixer and beat on high until whipped in texture and all incorporated.
7. Pour in the cooled lime and gelatin mixture and beat until combined.
8. Pour this mixture onto the crust in the baking dish.
9. Refrigerate uncovered for 2-3 hours.
10. Add optional whipped cream if desired.
11. Keep refrigerated until ready to serve.

## NUTRITIONAL INFO

- |                            |                    |                    |
|----------------------------|--------------------|--------------------|
| • Serving Size 1 piece     | • Cholesterol 40mg | • Carbs 6g         |
| • Calories per serving 211 | • Sodium 109mg     | • Dietary Fiber 2g |
| • Fat 20g                  | • Protein 2g       |                    |
| • Saturated Fat 11g        | • Sugars 1g        | • Net Carbs 4g     |



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# No-Bake Coffee Cheesecake

**SERVINGS** 12 **PREP TIME** 20min **COOK/CHILL** 3hours **TOTAL TIME** 3hr 20min

## INGREDIENTS

### Crust

- 3/4 cup unsweetened shredded coconut
- 1/2 cup sunflower seeds, unsalted raw
- 1/4 cup unsweetened cocoa powder
- 1/4 cup Swerve sweetener
- 1/4 tsp salt
- 4 tbsp butter, room temp

### Filling

- 3/4 cup coffee, hot
- 2.5 teaspoons gelatin
- 16 ounces cream cheese, room temp
- 2 tsp coffee extract
- 2 tsp vanilla liquid stevia
- 1/4 tsp salt
- 1 cup heavy whipping cream

### Topping

- 2 ounces 85 % dark chocolate
- 1 tbsp coconut oil

## INSTRUCTIONS

1. Place coconut and sunflower seeds into food processor and blend until ground well.
2. Add the rest of the crust ingredients into food processor and process until smooth.
3. Press crust mixture with hands onto the bottom of an 8 inch spring form pan. Set aside.
4. Pour hot brewed coffee into a bowl or cup.
5. Pour in gelatin and stir until dissolved. Set aside to come to room temperature.
6. Add cream cheese into a stand mixer and blend on high until smooth.
7. Add the cooled coffee and gelatin, extract, stevia and salt. Blend on high until incorporated.
8. Pour in the heavy whipping cream and blend on high until mixture looks whipped and thickened about 5 minutes.
9. Pour onto crust in pan.
10. Refrigerate for 3 hours or overnight.
11. When ready to serve, melt chocolate and coconut oil in a small microwavable bowl for 30 seconds, stir till smooth then pour over cheesecake.

## NUTRITIONAL INFO

- |  |                     |                    |
|--|---------------------|--------------------|
| • Serving Size 1 slice                     | • Saturated Fat 20g | • Dietary Fiber 2g |
| • Calories per serving 337<br>from fat 288 | • Cholesterol 51mg  | • Sugars 1g        |
| • Fat 32g                                  | • Sodium 256mg      | • Protein 5g       |
|  | • Carbs 6g          | • Net Carbs 4g     |



LOW CARB, KETO, GLUTEN & GRAIN FREE

# No-Bake Lemon Coconut Truffles

SERVINGS 6 PREP TIME 10 min COOK/CHILL 1 hour TOTAL TIME 1hr10min

## INGREDIENTS

- 4 ounces cream cheese, softened
- 2 tablespoons coconut oil, melted
- 2 tablespoons coconut cream from the can (see note below)
- pinch salt
- 1 tbsp lemon juice
- 1-2 tsp lemon liquid stevia (or to taste)
- 2 tablespoons coconut shredded, unsweetened

### Outer coating

- 1/2 tbsp lemon zest
- 1/4 cup coconut shredded, unsweetened

## INSTRUCTIONS

1. In a stand mixer blend the cream cheese and coconut oil until smooth.
2. Blend in the coconut cream, salt, lemon juice and lemon stevia.
3. Taste and adjust lemon juice and stevia to your liking.
4. Stir in shredded coconut and refrigerate mixture for 30 minutes.
5. In a small bowl mix the outer coating ingredients together.
6. Using a 1/2 tablespoon, spoon out refrigerated mixture and form into 18 balls rolling each in the coating mixture then placing on a parchment lined baking sheet.
7. Best if kept refrigerated until ready to serve.

### Recipe Notes

\*Coconut "cream" can be found after opening a can of coconut milk and leaving it uncovered in the refrigerator overnight. The watery liquid will sink to the bottom and then you can spoon out the thickened "cream" of the milk. Some cans will not even need this step done. I like the brand Native Forest, I found at Whole Foods and the "cream" was 3/4 of the entire can. Other brands I've purchased have only produced about 1/2 or less and the rest of the liquid I save for a smoothie.

\*If you don't have canned coconut milk to make the cream, you could try coconut butter but the consistency and taste will differ. The coconut butter will make these a bit drier in texture and more dense. The coconut cream keeps these nice and light.

## NUTRITIONAL INFO

- |                            |                    |                    |
|----------------------------|--------------------|--------------------|
| • Serving Size 3 truffles  | • Cholesterol 20mg | • Carbs 2g         |
| • Calories per serving 139 | • Sodium 61mg      | • Dietary Fiber 0g |
| • Fat 14g                  | • Protein 1g       |                    |
| • Saturated Fat 10g        | • Sugars 1g        | • Net Carbs 2g     |



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# No-Bake Lemon Cheesecake Mousse

SERVINGS 5 PREP TIME 10 min COOK/CHILL 1 hours TOTAL TIME 1hr 10min

## INGREDIENTS

- 8 ounces mascarpone cheese or cream cheese, softened
- 1/4 cup lemon juice (or 2 lemons)
- 1 cup heavy cream
- 1/2-1 teaspoon lemon liquid stevia
- 1/8 teaspoon salt

## INSTRUCTIONS

1. Add cheese and lemon juice to a stand mixer and blend until smooth. Set aside.
2. With an electric hand mixer, whip the heavy cream until stiff peaks form, then add the stevia and salt.
3. Add this whipped cream back to the stand mixer to combine with cheese mixture. Blend on high until well incorporated.
4. Taste and adjust sweetener if needed.
5. Pipe into 5 serving glasses and sprinkle on lemon zest, if desired.
6. Refrigerate one hour or until ready to serve.

## NUTRITIONAL INFO

- |  |                       |                    |
|--|-----------------------|--------------------|
| • Serving Size 1/2 cup                     | • Saturated Fat 16.7g | • Dietary Fiber 0g |
| • Calories per serving 277<br>from fat 266 | • Cholesterol 89mg    | • Sugars 0.3g      |
| • Fat 29.6g                                | • Sodium 138mg        | • Protein 3.7g     |
|  | • Carbs 1.7g          | • Net Carbs 1.7g   |

LOW CARB, KETO, GLUTEN & GRAIN FREE

# No-Bake Peanut Butter Cup Cheesecake

SERVINGS 12 PREP TIME 25 min COOK/CHILL 3 hours TOTAL TIME 3hr25min

## INGREDIENTS

### Crust

- 1 1/4 cup almond flour
- 1/4 cup cocoa powder, unsweetened
- 4 tbsp butter, melted
- 1/4 cup Swerve sweetener

### Optional Toppings

- 6 low-carb peanut butter cups, chopped
- 2 oz sugar-free chocolate, melted

### Filling

- 1/4 cup water
- 1 tsp gelatin
- 1 cup heavy cream
- 1 tsp vanilla extract
- 1 tsp vanilla liquid stevia
- 1 cup peanut butter, unsweetened
- 16 oz cream cheese, softened
- 1/2 tsp Toffee flavored liquid stevia

## INSTRUCTIONS

1. Place all the crust ingredients into a food processor and process until fine crumbs. Press into an 8 inch spring form pan lined with parchment. Set aside.
2. To make the filling, boil the water and gelatin and continue to simmer and stir until it's completely dissolved. Set aside to cool.
3. Pour the heavy cream, vanilla extract and vanilla stevia into a stand mixer and blend on high until whipped. Remove from bowl and set aside.
4. To the same bowl of the stand mixer add the peanut butter, cream cheese and toffee stevia. Blend on high until smooth. Drizzle in the cooled gelatin and mix again then add the whipped cream and blend on high until well combined. Pour into crust.
5. Refrigerate for 3 hours. When ready to serve, add optional toppings if desired. Enjoy!

## NUTRITIONAL INFO

- |  |                     |                    |
|--|---------------------|--------------------|
| • Serving Size 1 slice                     | • Saturated Fat 16g | • Dietary Fiber 3g |
| • Calories per serving 368<br>from fat 315 | • Cholesterol 52mg  | • Sugars 2g        |
| • Fat 35g                                  | • Sodium 156mg      | • Protein 8g       |
|  | • Carbs 7g          | • Net Carbs 4g     |



LOW CARB, KETO, GLUTEN & GRAIN FREE

# No-Bake Butterscotch Cheesecake Mousse

SERVINGS 6 PREP TIME 10 min COOK/CHILL 2 hours TOTAL TIME 2hr10min

## INGREDIENTS

- 8 ounces cream cheese, room temp
- 2 tsp maple extract
- 1 tsp vanilla stevia
- 1/3 cup Sukrin fiber gold syrup
- pinch salt
- 1 cup vanilla protein powder
- 1 cup heavy whipping cream

## INSTRUCTIONS

1. Place all ingredients into a stand mixer except heavy whipping cream.
2. Blend on high, scrape down sides, until smooth.
3. Change to whisk attachment and pour in heavy cream.
4. Blend on high 5 minutes or until thickened and whipped in texture. (mixture will also thicken as it sets in the fridge).
5. Spoon into a pastry bag to swirl into glasses.
6. Place in the refrigerator 2-3 hours or overnight.
7. Keep refrigerated until ready to serve.

## NUTRITIONAL INFO

- |  |                       |                      |
|--|-----------------------|----------------------|
| • Serving Size 1/2 cup                     | • Saturated Fat 12.2g | • Dietary Fiber 0.5g |
| • Calories per serving 251<br>from fat 170 | • Cholesterol 46mg    | • Sugars 2.5g        |
| • Fat 18.9g                                | • Sodium 199mg        | • Protein 9.5g       |
|  | • Carbs 3.5g          | • Net Carbs 3g       |





LOW CARB, KETO, GLUTEN & GRAIN FREE

# No-Bake Peanut Butter Cheesecake Mousse Pie

SERVINGS 12 PREP TIME 20 min COOK/CHILL 2 hours TOTAL TIME 2hr20min

## INGREDIENTS

### Crust

- 3/4 cup unsweetened shredded coconut
- 1/4 cup unsweetened cocoa powder
- 1/2 cup sunflower seeds raw, unsalted
- 4 tablespoons butter, melted
- 1/4 teaspoon salt
- 1/4 cup erythritol

### Filling

- 8 ounces cream cheese, softened
- 1/2 cup unsweetened peanut butter
- 1 teaspoon vanilla extract
- 1 teaspoon vanilla liquid stevia
- 2 cups heavy cream

### Optional Chocolate Syrup Topping

- 1/2 cup unsweetened cocoa powder
- 4 tablespoons coconut oil, softened
- 3 tablespoons Swerve confectioners

## INSTRUCTIONS

1. Combine all crust ingredients in a food processor and blend until incorporated to a fine crumb.
2. Spread crust mixture into the bottom and sides of an 8 inch pie plate. Set aside.
3. In a stand mixer, blend the cream cheese until smooth then add the peanut butter, vanilla extract and stevia until combined well, no lumps.
4. Pour in the heavy cream into a large bowl and use an electric mixer to blend on high until whipped. Fold the whipped cream into the peanut butter mixture.
5. Taste and adjust sweetener if needed.
6. Spread filling mixture into crust and refrigerate 2 hours.
7. When ready to serve, whisk together the optional chocolate syrup ingredients until smooth. Heat coconut oil slightly to make syrup liquidy when pouring over pie.
8. Serve additional syrup on the side for extra on individual pieces if desired.
9. Keep pie refrigerated. Chocolate syrup does not need refrigeration.

## NUTRITIONAL INFO

- |  |                     |                    |
|--|---------------------|--------------------|
| • Serving Size 1 slice                     | • Saturated Fat 24g | • Dietary Fiber 3g |
| • Calories per serving 422<br>from fat 360 | • Cholesterol 30mg  | • Sugars 1g        |
| • Fat 40g                                  | • Sodium 181mg      | • Protein 6g       |
|  | • Carbs 8g          | • Net Carbs 5g     |



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# No-Bake Peppermint Patty Bites

**SERVINGS** 40 **PREP TIME** 15 min **COOK/CHILL** 3 hours **TOTAL TIME** 3hr15min

## INGREDIENTS

### Cookie Layer

- 1/2 cup 70g raw unsalted sunflower seeds
- 1 cup (70g) shredded unsweetened coconut
- 1/2 cup 40g unsweetened cocoa powder
- 4 tablespoon butter, softened
- 1/4 teaspoon salt
- 1/4 cup (50g) Swerve sweetener

### Peppermint Layer

- 1 cup (175g) softened coconut oil
- 3 tablespoon heavy cream
- 1 teaspoon peppermint liquid stevia
- 1 teaspoon peppermint extract
- 1/4 cup (50g) Swerve Confectioners sweetener

### Outer Coating

- 8 ounces (230g) sugar-free chocolate chips (I used Lily's Sweets)
- 1 tablespoon soft coconut oil
- crushed sugar-free candy canes for garnish

## INSTRUCTIONS

1. Place the cookie layer ingredients into a food processor. Blend and/or pulse until combined well.
2. Taste the cookie layer for sweetness, add more if needed. Set aside.
3. Prepare the peppermint layer in a stand mixer. Place all ingredients in the mixer and blend on high until smooth. Taste and adjust sweetness if needed.
4. If you are using a candy mold, fill them half way with the peppermint batter then press in the cookie batter level with the top of each mold. Freeze for 1 hour.
5. If you are using an 8 by 8 pan, place parchment paper in the pan and have enough hanging over the edges to easily remove later.
6. Press the cookie batter onto the parchment as evenly as possible.
7. Spread the peppermint batter over the cookie batter. Refrigerate for 30 minutes.
8. Melt the chocolate and coconut oil together for 1 minute intervals in a microwavable bowl until smooth.
9. If using mold, remove pieces from mold and coat each in chocolate. Remove excess chocolate using a fork and place on baking sheet lined with parchment paper. Sprinkle on crushed candy canes.
10. If using 8 by 8 pan, remove by lifting sides of parchment paper. Cut into bite sized pieces. I made 40. Freeze pieces for 30 minutes before coating with chocolate and sprinkling with crushed candy canes.
11. Keep refrigerated until serving.

## NUTRITIONAL INFO

- |                           |                   |                    |
|---------------------------|-------------------|--------------------|
| • Serving Size 1 piece    | • Cholesterol 4mg | • Carbs 3.8g       |
| • Calories per serving 84 | • Sodium 23mg     | • Dietary Fiber 1g |
| • Fat 8.5g                | • Protein 0.7g    |                    |
| • Saturated Fat 6g        | • Sugars 0g       | • Net Carbs 2.8g   |



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# No-Bake Raspberry Cheesecake Bites

SERVINGS 40 PREP TIME 15 min COOK/CHILL 3 hours TOTAL TIME 3hr 15min

## INGREDIENTS

- 8 ounces cream cheese, softened
- 1/2 cup Swerve sweetener confectioners
- 2 tablespoons heavy cream
- 1 teaspoon vanilla liquid stevia
- pinch salt
- 3 teaspoons raspberry extract
- few drops of natural red food coloring
- 1/4 cup coconut oil, melted
- 10 ounces 85% dark chocolate, melted (or Lily's sugar-free chocolate)

## INSTRUCTIONS

1. In a stand mixer blend the cream cheese and Swerve together until smooth.
2. Add the cream, stevia, salt and raspberry extract, natural food coloring until combined well.
3. Slowly add in the coconut oil and continue to blend on high until it's incorporated.
4. Scrape down the edges of the bowl to make sure it's all mixed well.
5. Refrigerate this mixture for 1 hour.
6. Using a 1 1/4 inch mini cookie scoop, scoop batter into a parchment lined baking sheet.
7. Should make 40 balls.
8. Freeze these for 1 hour before coating with melted chocolate.
9. Drop one cheesecake bite into melted chocolate at a time and place on lined pan.
10. Refrigerate for another hour.
11. Must be kept refrigerated until ready to serve.

## NUTRITIONAL INFO

- |                           |                   |                    |
|---------------------------|-------------------|--------------------|
| • Serving Size 1 truffles | • Cholesterol 6mg | • Carbs 1g         |
| • Calories per serving 59 | • Sodium 18mg     | • Dietary Fiber 0g |
| • Fat 6g                  | • Protein 1g      |                    |
| • Saturated Fat 4g        | • Sugars 1g       | • Net Carbs 1g     |