

# Low CARB Desserts





# Raspberry Gelatin Dessert

## A Summer Luxury

Sprinkle the gelatin powder into a bowl of the cold water to dissolve. Steep the raspberry tea in the boiling water. Add the Swerve powder and lemon zest to the tea. Pour raspberry tea into the gelatin mixture and stir, then ladle into dessert cups (1 cup).

Place raspberries into a bowl and sprinkle with a tablespoon of sweetener. Set aside and try not to eat them.

Place dessert cups on a large baking tray and stretch one sheet of plastic wrap over all. Place in refrigerator to set. Once partially set, spoon the sweetened raspberries into each cup. They should suspend in the partially set gelatin. Re-cover with plastic and return to the fridge for another 2 hours. Don't stick your finger in the gelatin as it sets...that's gross. Serve with whipped cream.

### You Will Need

- 1 1/2 cups boiling water
- 2 1/2 tablespoon unsweetened gelatin
- 3/4 cup cold water
- 4 tea bags of unsweetened raspberry tea
- 1/4 cup Swerve or no-sugar sweetener\*
- 4 cups raspberries
- 1 separate tablespoon of sweetener to side
- 1 tablespoon lemon zest
- Unsweetened whipped cream

# RASPBERRY CREAM DESSERT

## Simple & Fancy

Pour the cream into a mixing bowl. Use a hand-held mixer to blend the cream on medium. Continue to whip the cream until stiff peaks form.

\*This part takes a few minutes so try not to eat all the raspberries while this is taking shape (then you only have cream dessert)\*

Pour the raspberries into a blender or food processor and blend until smooth. Use a rubber spatula to fold the raspberry mixture into the whipped cream.

If you like, you can layer this in parfait glasses with extra whipped cream.

## You Will Need

2 cups fresh or frozen raspberries

1 cup heavy cream

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# Blackberry Popsicles

## Sweet & Dark

Peel the avocados and scoop out flesh. Place in a blender with all other ingredients. Puree until smooth. Spoon this mixture into popsicle molds. (These can be purchased online, in department stores or you can make your own using wooden popsicle sticks and small paper cups. Ice cube trays work well).

Place on a tray and store in the freezer for 3 to 4 hours or until frozen solid. To thaw, dip popsicle into a bowl of warm water and tug gently on the popsicle stick until the edges loosen away from the sides.

Eat and enjoy before your kids find out!

## You Will Need

- 2 cups heavy cream
- 1/2 cup Swerve or other no-sugar sweetener
- 1/2 teaspoon vanilla extract
- 1 cup blackberries
- 2 avocados, ripe but not brown
- 1 teaspoon cinnamon



# **NUTTY BUDDY CHOCOLATE BOMBS**

## **Worth the Belly Ache**

In a medium bowl, stir (vigorously) the peanut butter and softened butter. Once smooth (and your arm is killing you) add the remaining ingredients.

Stir in the cocoa powder, Swerve, and vanilla. Use a tablespoon to spoon a small amount into paper cup molds or into mini cupcake pans.

Place entire tray in the freezer and let sit for an hour. Move to the refrigerator and store for your next munchie attack. Don't tell your spouse.

## **You Will Need**

- 1/2 cup peanut butter
- 2 tablespoons butter
- 2 tablespoons unsweetened cocoa powder
- 1 teaspoon vanilla extract
- 1 to 2 tablespoons Swerve sweetener\*

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\*Stevia (original) or Monk Fruit

# STRAWBERRY MOUSSE

It's even fun to say

Add all ingredients to a food processor (or blender). Pulse until smooth. You can also chop the berries into chunks and use a hand mixer to blend the ingredients in a large mixing bowl (but that is a lot of work so just buy a blender).

Chill for several hours before serving.

Slice extra strawberries. Spoon mousse into single serving cups and top with the sliced berries.

Garnish each with a mint leaf to increase the fancy factor.

## You Will Need

- 2 cups strawberries (green hat removed)
- 2 more cups strawberries to serve
- 2 tablespoons Swerve or no-sugar sweetener\*
- 1 cup heavy cream
- 1 cup cream cheese, softened
- 1 teaspoon vanilla extract
- 1 teaspoon salt
- mint leaves for garnish (optional)

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# FUDGE. CHOCOLATE FUDGE

## A Classic Sin

Start by combining the cream, butter and swerve and bringing to a quick boil in a small sauce pan.

(I would stir constantly to prevent a burnt disaster).

Remove from heat and let simmer until a thick golden liquid forms. Combine with cocoa powder, salt and vanilla, and stir well.

Pour into a flat pan and sprinkle in coconut flakes and macadamia nuts. (To prevent throwing out your pan in utter frustration, line this pan with wax paper.)

Press the nuts in and let your fudge set in the refrigerator for about 2 hours until you're ready to enjoy.

Slice into small squares and serve.

Fudge transports nicely in a parchment-lined candy tin with cover (but don't put it in the front seat with you or it won't make it to the next stop light).

## You Will Need

1 cup heavy cream

2 tablespoons butter

1/3 cup Swerve

1 teaspoon vanilla

1/3 cup unsweetened cocoa powder

1/4 teaspoon salt

1/3 cup coconut flakes

1/3 cup macadamia nuts, chopped

# CHOCOLATE BROWNIES

## The Ultimate Indulgence

Preheat oven to 350 degrees. Grease the bottom and sides of a 9x9 inch baking pan.

In a blender or food processor, combine all ingredients and blend until smooth.

Pour the chocolate brownie batter into the greased baking pan and place in the oven to bake for about 18 to 25 minutes or until a toothpick inserted into the middle comes out clean.

Remove from oven and let cool for at least 15 minutes before cutting into squares and serving.

## You Will Need

**2 avocados**

**2 tablespoons coconut oil**

**1 large egg**

**½ teaspoon vanilla**

**2 cups almond flour**

**4 tablespoons cocoa powder**

**¼ teaspoon baking soda**

**1 teaspoon baking powder**

**¼ teaspoon salt**

**¼ cup Swerve (or other no-sugar sweetener)\***

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# Lemon Bars

## Pinky-Out Sophistication

Preheat oven to 350 degrees.

Line a 9x9 square baking pan with parchment paper. Add almond flour, sweetener, salt and melted butter to the pan and use a fork to mix it well and then press into the bottom to form a crust.

In a medium mixing bowl, combine zest and juice of lemons with egg, flour, sweetener, vanilla and salt. Whisk together until well blended and then pour over the crust. Bake at 350 degrees for 18-22 minutes or until a toothpick inserted comes out clean. Let cool for about half an hour, then carefully slice a piece for your guests and eat the rest yourself.

## You Will Need

### Crust:

1/3 cup butter, melted  
1 cup almond flour  
2 tablespoons Swerve or non-sugar sweetener\*  
1/4 teaspoon salt

### Filling:

3 lemons, zest and juice  
3/4 cup almond flour  
4 eggs  
1/2 cup Swerve or non-sugar sweetener  
1/2 teaspoon vanilla  
1/4 teaspoon salt

# LEMON CHEESECAKE

## Good Enough to NOT Share

Preheat oven to 300 degrees. Mix together the almond flour, salt, nutmeg and cinnamon. Use a fork to stir in melted butter and press into the bottom of a 9-inch spring form pan. Set aside.

Combine cream cheese, sour cream, eggs, Swerve, vanilla and lemon zest. Blend using a hand mixer on medium until smooth. Pour over the almond flour crust and use a rubber spatula to get every last bit off the sides of the bowl and into the cheesecake pan.

Bake in a preheated, 300 degree oven for 70 to 90 minutes. Remove from oven before middle sets, and let cool for about 15 minutes before cutting and serving.

### You Will Need

- 2 cups almond flour
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ cup melted butter (yes real butter)
- 3 8-oz. Packages full-fat cream cheese
- ¾ cup full-fat sour cream
- 3 eggs
- 1 cup Swerve or no-sugar sweetener\*
- 1 teaspoon vanilla
- zest of one lemon

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# CHOCOLATE FRIGGIN CAKE

## Good Enough to Swear

Preheat oven to 350 degrees and prepare a 9x9 inch baking pan by greasing the bottom and sides with butter or coconut oil.

Combine almond flour, coconut oil, salt, baking soda and baking powder in a small bowl and set aside.

To a larger mixing bowl, add the butter and Swerve and use a hand mixer to combine, gradually adding in eggs and vanilla.

Once thoroughly mixed, sprinkle in flour mixture a little at a time until smooth and well blended.

Pour the chocolate cake batter into the pan and bake for about 20 minutes at 350 degrees or until a toothpick inserted into the middle comes out clean.

To make the frosting, combine 2 sticks of butter with Swerve and cream. Whip with a hand mixer until it looks like frosting.

## You Will Need

2 cups almond flour

¼ cup unsweetened cocoa powder

2/3 cup Swerve

1 teaspoon baking soda

1 teaspoon baking powder

¼ teaspoon salt

2 eggs

1 tablespoon coconut oil

¼ cup cream

1 teaspoon vanilla

Frosting:  
1 cup butter, soft  
1 cup Swerve  
½ cup cream

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