

Delicious and Easy Ketogenic Diet Desserts

Ultimate Cocoa Mug Cake

Serves: 1

Ingredients

- 2 tablespoons almond flour
- 1 tablespoon coconut flour
- ¼ teaspoon baking powder
- 2 tablespoons erythritol
- 1 egg
- 2 tablespoons butter, melted
- 2 tablespoons unsweetened dark cocoa powder
- 1 teaspoon espresso powder
- ½ teaspoon cinnamon
- ½ teaspoon vanilla extract
- Sugar-free whipped topping for garnish (optional)

Directions

1. Preheat the oven to 350°F and lightly oil an ovenproof mug or ramekin.
2. Combine the almond flour, coconut flour, baking powder, and erythritol together in the mug.
3. Add the egg and whisk until blended.
4. Next, add the melted butter, unsweetened dark cocoa powder, espresso powder, cinnamon, and vanilla extract. Mix well.
5. Place the mug or ramekin in the oven and bake for 20 minutes, or until it is set in the center.
6. Let it cool, and garnish with whipped topping, if desired.

Nutritional Information

Calories 432.6, Total Fat 40.5 g,
Total Carbs 11.5 g, Approx. Net Carbs 4.6 g, Dietary Fiber 6.9 g,
Sugars 1.1 g, Protein 13.5 g

Creamy Lime Pie

Serves: 8

Ingredients

- 1 ½ cups almond flour
- ½ cup erythritol, divided
- ½ teaspoon salt
- ¼ cup butter, melted
- 1 cup heavy cream
- 4 egg yolks
- ⅓ cup freshly squeezed key lime juice
- 1 tablespoon lime zest
- ¼ cup cold butter, cubed
- 1 teaspoon vanilla extract
- ¼ teaspoon xanthan gum
- 1 cup sour cream
- ½ cup cream cheese

Directions

1. Preheat the oven to 350°F.
2. In a bowl, combine the almond flour, ¼ cup of the erythritol, and salt.
3. Slowly add the melted butter to the mixture, and blend.
4. Press the mixture evenly into a pie dish.
5. Place the pie dish in the oven and bake for approximately 15 minutes, or until the crust is lightly browned. Remove it from the oven and allow it to cool.
6. In a saucepan, combine the heavy cream, egg yolks, remaining erythritol, lime juice and lime zest. Heat over medium, using a whisk to stir frequently, until the mixture begins to thicken, approximately 7-10 minutes.
7. Remove the saucepan from the heat and add the cold butter, vanilla extract, xanthan gum, sour cream, and cream cheese. Whisk until it is smooth and creamy.
8. Transfer the mixture into the pie shell.
9. Cover and refrigerate for at least 4 hours or overnight.

Nutritional Information

Calories 386.4, Total Fat 38.6 g,
Total Carbs 6.4 g, Approx. Net Carbs 4.2 g, Dietary Fiber 2.2 g,
Sugars 1.4 g, Protein 7.0 g

Orange Vanilla Soufflés

Serves: 4

Ingredients

- 2 eggs, separated
- 1 cup ricotta cheese
- ¼ cup erythritol
- 1 tablespoon orange zest
- 1 tablespoon orange juice
- 1 vanilla bean, scraped
- 1 tablespoon chia seeds

Directions:

1. Preheat the oven to 350°F and lightly oil four ramekins.
2. Place the egg whites in a bowl and beat on high with an electric mixture until frothy.
3. Add approximately one-half of the erythritol and continue beating until stiff peaks form.
4. In another bowl, combine the remaining erythritol, ricotta cheese, and egg yolks. Cream together until smooth.
5. To the egg yolk mixture, add the orange zest, orange juice, vanilla, and chia seeds. Mix well.
6. Carefully fold the egg yolk mixture into the egg white mixture.
7. Spoon the mixture into the ramekins.
8. Place the dishes in the oven and bake for 20-25 minutes.

Nutritional Information

Calories 158.0, Total Fat 11.5 g,
Total Carbs 3.3 g, Approx. Net Carbs 2.0 g, Dietary Fiber 1.3 g,
Sugars 0.3 g, Protein 10.8 g

Sweet Raspberry and Herb Mousse

Serves: 6

Ingredients

- 2 ½ teaspoons unflavored gelatin powder
- ½ cup hot lemon verbena tea
- 2 cups ricotta cheese
- 1 cup raspberries
- 1 tablespoon fresh mint, chopped
- 1 teaspoon lemon juice
- ½ teaspoon vanilla extract
- 20 drops liquid stevia
- 1 cup heavy cream

Directions

1. Place the unflavored gelatin in a small bowl. Pour the hot lemon verbena tea over the gelatin and stir until dissolved. Set the dish aside and let the mixture cool completely.
2. Next, combine the ricotta cheese, raspberries, fresh mint, lemon juice, vanilla extract, and liquid stevia in a bowl. Using an electric mixer, blend until combined and creamy.
3. Take the cooled gelatin and tea mixture and add it to the ricotta mixture. Blend until combined.
4. Next, add the heavy cream and mix on high until thickened and fluffy.
5. Spoon the mixture into chilled serving glasses.

Nutritional Information

Calories 289.6, Total Fat 25.4 g,
Total Carbs 6.0 g, Approx. Net Carbs 4.6 g, Dietary Fiber 1.4 g,
Sugars 0.3 g, Protein 10.2 g

Macaroons

Serves: 6

Ingredients

- 1 egg white
- ¼ cup erythritol
- ½ teaspoon salt
- ½ teaspoon cinnamon
- ¼ cup almonds, finely ground
- 1 cup unsweetened, shredded coconut, toasted
- ¼ cup 70% or higher cocoa content chocolate, chopped

Directions

1. Preheat the oven to 350°F and line a baking sheet with parchment paper.
2. Place the egg white in a bowl, and beat it with an electric mixer until frothy.
3. Add the erythritol, salt, and cinnamon and continue to mix.
4. Next, add the almonds, coconut, and chocolate. Mix well.
5. Place rounded spoonfuls onto the baking sheet.
6. Place the tray in the oven and bake for 15 minutes, or until golden.

Nutritional Information

Calories 119.5, Total Fat 11.1 g,
Total Carbs 5.9 g, Approx. Net Carbs 2.6 g, Dietary Fiber 3.3 g,
Sugars 1.1 g, Protein 2.8 g

Maple Pecan Bombs

Serves: 12

Ingredients

½ cup mascarpone cheese
½ cup almond butter
¼ cup butter
¼ cup powdered erythritol
1 tablespoon rum
2 teaspoons maple extract
½ cup pecans, chopped

Directions

1. Line 12 mini muffin tins with cupcake liners.
2. Place the mascarpone cheese, almond butter, butter, powdered erythritol, rum, and maple extract in a bowl.
3. Using an electric mixer, blend the ingredients together until creamy.
4. Stir in the pecans.
5. Spoon the mixture into the muffin tins.
6. Place them in the freezer for at least 4 hours before serving.

Nutritional Information

Calories 192.0, Total Fat 19.2 g,
Total Carbs 2.9 g, Approx. Net Carbs 1.4 g, Dietary Fiber 1.5 g,
Sugars 0.7 g, Protein 2.1 g

*****These recipes and more are found in Madison Miller's *Keto Dessert Cookbook: Easy Low Carb Ketogenic Diet Dessert Recipes*. To get your own copy, click on the cover below or click [here](#).**

