

DIVALICIOUS RECIPES

40 Low Carb Desserts

A COLLECTION OF LOW CARB DESSERTS



BY ANGELA COLEBY



Hi there! I'm Angela,
the cook behind
Divalicious Recipes
Website.

Welcome to my collection of low carb and gluten free desserts. Following a low carb diet does not mean you cannot have your cake. You can still enjoy low carb cakes, cheesecakes and even low carb pastry desserts using low carb flours and sweeteners. Even your non low carb friends and family will enjoy them. I hope you enjoy the recipes as much as we did!

Angela Coleby

For more recipes, please visit Divalicious Recipes
www.divaliciousrecipes.com

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A top-down view of a round cherry pie with a lattice crust, resting on a green and white striped cloth. Several fresh cherries are scattered around the pie. A dark blue rectangular box with a white border is overlaid on the left side of the image, containing the word "INTRODUCTION" in white capital letters.

INTRODUCTION

INTRODUCTION

SUGAR SUBSTITUTES FOR LOW CARB DESSERTS

Wherever a sweetening is required in a recipe I have suggested erythritol simply as it's my personal sugar substitute of choice. Please feel free to substitute this with your sweetener of choice in the recipes.

Erythritol

Erythritol is a natural sugar substitute which occurs naturally in fruits and mushrooms. It is up to 70% sweet as normal sugar but has virtually no calories, very low on carbs, does not affect your blood sugar, has a low GI index and does not cause tooth decay. It looks like the normal granulated stuff though.

It is absorbed by the body into the blood but then is excreted out into the urine, and therefore unlikely to cause gastric side effect like other sugar substitutes. However, I must point out that it is not suitable for irritable bowel sufferers. You can use erythritol in place of sugar for all your baking. It works just as good as normal sugar. It actually looks like sugar and when I purchase it I often cheekily think to myself, they could be selling me normal sugar at twice the price. I will sometimes grind mine down into a powder with a hand processor to use in cooking. It will look like icing sugar and is easily to dissolve in some recipes.

It is not available in supermarkets but should be available in your local health shop. Failing that, online shopping is your friend!



BAKED
DESSERTS



Berry Cobbler

INGREDIENTS

2 cups (288g) Blackberries
1 cup (148g) Blueberries
1/2 cup (113.5g) Butter, softened unsalted
1/4 cup (50g) Erythritol sweetener of choice
2 Eggs
1/2 cup (56g) Almond Flour
1 teaspoon Vanilla essence
1/4 teaspoon Salt
1/2 teaspoon Baking powder



Nutritional Info - Per Serving

372 Calories, 32g Fat, 7g Protein, 17g Carbs, 7g Fibre, 10g Net Carbs



INSTRUCTIONS

1. Pre-heat the oven to 190C/375F degrees.
2. Place the fruit a baking dish.
3. Beat the butter and erythritol in a bowl until creamy.
4. Add the eggs, vanilla and salt and blend well.
5. Add the almond flour and baking powder and mix well.
6. Spoon the batter on top of the berries.
7. Bake for 30 minutes.
8. Eat and enjoy!

Servings: 4 Servings

A low carb comfort recipe.

Chocolate Blackberry Pudding

INGREDIENTS

1/2 cup (113g) Butter softened at room temperature
1/2 cup (100g) Erythritol
4 Eggs
1/4 cup (28g) Coconut flour
1/4 Cup (22g) Cocoa Powder unsweetened
18 Blackberries
2 Tablespoons Coconut milk
1/4 Teaspoon salt
1/2 Teaspoon Baking powder

INSTRUCTIONS

1. Preheat the oven to 190C/385F degrees.
2. In a bowl cream the butter and erythritol together until smooth.
3. Add the eggs and beat thoroughly.
4. Add the coconut flour, cocoa powder, salt and baking powder. Mix well.
5. Add the coconut milk and combine until smooth.
6. Grease/butter a pudding dish (the one I used was 6 inches x 10 inches).
7. Spoon the pudding mixture into the dish and smooth evenly.
8. Poke the blackberries into the pudding mixture, evenly.
9. Bake for 30 minutes until firm.
10. Serve and enjoy!

Servings: 4 Servings

Nutritional Info - Per Serving

555 Calories, 54g Fat, 9g Protein, 13g Carbs, 7g Fibre, 6g Net Carbs



Chocolate Hazelnut Torte

INGREDIENTS

1/2 cup (113.5g) Butter unsalted
2 oz (57g) Chocolate Dark
4 Eggs separated
1/2 cup (100g) Erythritol low carb sweetener
1 cup (112g) Hazelnut flour
1 teaspoon Vanilla extract
1/2 teaspoon Salt



INSTRUCTIONS

1. Preheat the oven to 180C/350F degrees.
2. Grease and line an 8 inch spring form cake pan with parchment paper.
3. Melt the butter and chocolate together in a bowl over simmering water (Bain Marie). Or you could zap it in the microwave.
4. In a bowl, whisk the egg yolks together with 2 tablespoons of the erythritol and the vanilla.
5. Add the chocolate mixture, then add the hazelnut flour, salt and 1/4 cup of the erythritol. Stir well.
6. In another bowl, whisk the egg whites to soft peaks with an electric whisk.
7. Add the remaining erythritol and whisk until you have stiff peaks.
8. Add 1/4 of the egg white mixture to the chocolate mixture and stir slowly.
9. Fold the remaining egg whites into the mixture.
10. Pour into the cake tin and bake for 35 to 40 minutes.
11. Eat and enjoy!

Servings: 8 Slices

Nutritional Info - Per Slice

255 Calories, 24g Fat, 5g Protein, 6g Carbs, 2g Fibre, 4g Net Carbs

Chocolate Raspberry Slice



Chocolate Raspberry Slice

INGREDIENTS

Sponge

1/4 cup (28g) coconut flour

4 eggs separated

1/4 cup (21g) cocoa powder unsweetened

1/2 cup (113g) butter softened

1/2 cup erythritol

1/2 teaspoon baking powder

1/2 teaspoon salt

Filling

4oz 113g cream cheese softened

6oz 170g raspberries

1/2 cup (60g) heavy/whipping cream

2 tablespoons erythritol ground

Servings: Makes 6 Slices

Nutritional Info - Per Slice

309 Calories, 28g Fat, 7g Protein, 10g Carbs, 5g
Fibre, 5g Net Carbs

INSTRUCTIONS

- 1. Make the Sponge**
- Preheat the oven to 180C/350F degrees.
- Cream the butter and the erythritol together.
- Add the egg yolks and mix well.
- Add the baking powder, coconut flour, salt and cocoa powder. Mix well.
- Whisk the egg whites until stiff peaks.
- Gently fold the egg whites into the cocoa mixture and blend thoroughly.
- Grease and line a rectangle baking tray with parchment paper.
- Spoon the cake mixture into the tin and smooth out evenly.
- Bake for 20 minutes until firm.
- Remove from the oven and allow to cool.
- 12. Make the Filling:**
- Blend the cream cheese, erythritol and raspberries together. (I use a hand blender but you could mash away with a fork if need be!).
- Whip the cream into stiff peaks.
- Gently fold the cream into the cream cheese mixture.
- 16. Assemble the Slice**
- Cut the sponge into half-length wise.
- Then cut the sponge into half, then two more slices either side. This should give you 6 slices.
- Spoon the raspberry mixture onto one half of the sponge mixture evenly.
- Place in the fridge for a couple of hours to firm up.
- Remove from the fridge and place the other half of the sponge on top of the cheesecake mixture.
- Separate the slices and smooth any overfilling edges.
- Eat and enjoy!

Coconut Blondie

INGREDIENTS

1/2 Cup (113g) Butter, unsalted softened
1/2 Cup (100g) Erythritol or sugar substitute
4 Eggs
1/2 Cup (56g) Coconut Flour
1/4 Cup (56g) Coconut Milk
1/2 Cup (30g) Desiccated Coconut
unsweetened
1 tablespoon vanilla extract
1/4 teaspoon baking powder
1/4 teaspoon salt



INSTRUCTIONS

1. Preheat the oven to 180C/350F degrees
2. Grease and line a 8 inch baking pan with parchment paper.
3. In a bowl, cream the butter and erythritol together until smooth.
4. Add the eggs, mixing into the batter, one a time.
5. Then add the vanilla extract and coconut milk and beat until smooth.
6. Next, add the coconut flour, desiccated coconut, baking powder and salt. Stir until smooth.
7. If the mixture is a bit too thick, add more coconut milk (coconut flour can vary between brands).
8. Spoon into the baking tin and bake for 25-30 minutes until firm and golden.
9. Allow to cool in the tin for at least 30 minutes.
10. Cut into squares and enjoy!

Servings: 9 Squares

Nutritional Info - Per Square

189 Calories, 17g Fat, 4g Protein, 6g Carbs, 4g Fibre, 2g Net Carbs

Strawberry & Cream Cheese Cobbler

INGREDIENTS

1/2 cup (56g) almond flour
1/2 cup (113.5g) butter, unsalted softened
1/2 cup (100g) erythritol low carb sweetener
2 eggs medium
1 teaspoon vanilla extract
1/2 teaspoon baking powder
1/4 teaspoon salt
4 oz (113g) cream cheese cut into small pieces
8 strawberries cut into halves

Servings: 6 Servings



INSTRUCTIONS

1. Preheat the oven to 190C/380F
2. In a bowl mix the butter and erythritol together until smooth
3. Beat in the eggs and vanilla extract
4. Add the almond flour, salt and baking powder until you have a smooth batter.
5. Pour the batter into a baking dish.
6. Place the strawberries on top of the batter.
7. Scatter the cream cheese pieces over the top.
8. Cover the baking dish with foil and bake for 45-50 minutes until firm and golden. Remove the foil after 25 minutes of baking. (The crust rises up and around the fruit, but fruit may peek out of top).
9. Eat and enjoy!

Nutritional Info - Per Serving

264 Calories, 26g Fat, 5g Protein, 4g Carbs, 1g Fibre, 3g Net Carbs



Strawberry Cream Roll



Strawberry Cream Roll

INGREDIENTS

6 eggs separated

1/3 cup (40g) coconut flour

1/2 cup (100g) Erythritol or sugar substitute

1/2 teaspoon baking powder

1/2 teaspoon vanilla extract

Filling

1/2 cup (30g) heavy/whipping cream

4 tablespoons Strawberry chia jam

Servings: 8 Slices



INSTRUCTIONS

1. Preheat the oven to 180C/350F degrees
2. Grease and line a rectangle baking tin with parchment paper.
3. Beat the egg whites until stiff peaks form.
4. In another bowl, beat the egg yolks and erythritol together.
5. Add the coconut flour, baking powder and salt.
6. Gently fold in the egg whites and combine thoroughly.
7. Pour into the baking tin and smooth evenly.
8. Bake for 15 minutes until firm and golden.
9. Remove from the oven and place on another piece of parchment paper.
10. Using the parchment paper on the top (will be the one used for baking), gently roll up the cake.
11. Watch your hands and don't burn yourself! Best to let it cool slightly before rolling. This is to keep the sponge in the correct shape before adding the filling.
12. Allow to cool.
13. Gently unroll the cake, remove the top layer of parchment paper and spread the strawberry jam evenly over the sponge.
14. Spread the cream on top of the strawberry jam.
15. Using the outer layer of parchment paper roll up the sponge again.
16. Eat any excess filling that squeezed out!
17. Slice, eat and enjoy!

Nutritional Info - Per Slice

122 Calories, 8g Fat, 6g Protein, 7g Carbs, 4g Fibre, 3g Net Carbs



CAKES



Blueberry Cream Cheese Crumble Cake



Blueberry Coffee Cake

INGREDIENTS

CAKE

- 1/2 cup (60g) Coconut flour
- 5 Eggs separated
- 1/2 cup (100g) erythritol
- 1/2 cup (113g) Butter, unsalted softened
- 1/4 teaspoon salt
- 1/2 teaspoon baking powder
- 1 teaspoon vanilla extract

CREAM CHEESE FILLING

- 8 oz (226g) Cream Cheese softened
- 1/4 cup (50g) erythritol
- 1 Egg
- 1 teaspoon Vanilla extract
- 1 Lemon - juice & zest

STREUSAL/CRUMBLE TOPPING

- 1/3 cup (40g) Coconut flour
- 1/3 cup (33g) erythritol
- 1/4 cup (56g) Butter, unsalted soft, cut into pieces
- 1 teaspoon Cinnamon
- 1 cup Blueberries

Servings: 10 slices

Nutritional Info - Per Slice

283 Calories, 24g Fat, 7g Protein, 11g Carbs, 5g Fibre,
6g Net Carbs

INSTRUCTIONS

CAKE LAYER

1. Preheat the oven to 180C/375F degrees.
2. Grease and line an 8 inch springform cake tin with parchment paper.
3. In a bowl, mix the erythritol and butter together until soft and blended.
4. Add the egg yolks and vanilla extract and stir thoroughly.
5. Add the coconut flour, salt, baking powder and beat until combined.
6. In another bowl, whisk the egg whites until stiff.
7. Gently fold the egg whites into the cake mixture.
8. Spoon the mixture into the baking tin and smooth evenly.

CREAM CHEESE LAYER

1. In a bowl, add the softened cream cheese and beat with the erythritol (or sugar substitute).
2. Add the egg, vanilla extract, lemon juice, zest and beat until smooth.
3. Spoon this mixture over the cake mixture into the cake tin and smooth evenly.
4. Scatter the blueberries over the cream cheese mixture.

STREUSAL/CRUMBLE TOPPING

1. For the topping, place the coconut flour, cinnamon and erythritol in a bowl and mix until combined.
2. Add the butter and mix with your hands, gently, so that the mixture looks like breadcrumbs.
3. Scatter the topping over the blueberries.
4. Bake for 40-45 minutes until firm and the top is cooked.
5. Remove from the oven, allow to cool, then place in the fridge to firm.

Chocolate Mousse Cake



Chocolate Mousse Cake

INGREDIENTS CAKE

1/2 cup (60g) coconut flour
5 eggs separated
1/2 cup (100g) erythritol
1/2 cup (113g) butter, unsalted softened
1/2 teaspoon baking powder
1/3 cup (29g) cocoa powder unsweetened
5 tablespoons coconut milk
2 tablespoons rum (optional)

MOUSSE

1.5 cups (257g) whipping cream
1 1/4 cups (225g) chocolate chips semi sweet
3 tablespoons rum (optional)

GANACHE TOPPING

1/2 cup (119g) whipping cream
1/2 cup (80g) chocolate chips semi sweet

Servings: 12 slices

Nutritional Info - Per Slice

428 Calories, 35g Fat, 6g Protein, 16g Carbs, 6g
Fibre, 10g Net Carbs

INSTRUCTIONS

MAKING THE CAKE

1. Preheat the oven to 180C/350F degrees
2. Grease and line an 8 inch springform cake tin with parchment paper
3. In a bowl, mix the butter and erythritol and blend well.
4. Add the egg yolks and coconut milk. Combine until smooth.
5. Add the dry ingredients to the wet mixture and whisk until smooth
6. In a bowl, whisk the egg whites until stiff. Fold into the cake mixture.
7. Spoon the cake mixture into the cake tin and smooth over evenly with a spoon.
8. Bake for 30 minutes until firm.
9. Remove from the oven and allow to cool

MAKE THE MOUSSE

1. Melt the chocolate in a Bain Marie (or you could zap it in the microwave).
2. In another bowl, whip the cream until stiff peaks
3. Fold the cream into the melted chocolate and mix gently.
4. Add the rum and stir.
5. Spoon over the cake sponge evenly.
6. Chill for at least 2 hours until firm.

MAKE THE GANACHE TOPPING

1. Make the ganache topping by bringing the cream to a boil in a pan.
2. Break up the chocolate and place in a bowl.
3. Pour the cream over the chocolate and whip until smooth.
4. Let cool slightly and then slather over the chocolate mousse.
5. Return to the fridge and chill for at least an hour.

Cinnamon Slices

INGREDIENTS

½ cup coconut flour

½ cup melted butter

5 eggs

½ cup erythritol (or other sugar substitute)

½ teaspoon baking powder

2 teaspoons vanilla essence

½ teaspoon salt

Cinnamon Swirl

2 tablespoons cinnamon

2 tablespoons erythritol (or other sugar substitute)

2 tablespoons melted butter

3 oz cream cheese, softened

2-3 tablespoons water (optional depending on batter texture)

Servings: 8 Slices

Nutritional Info - Per Slice

234 Calories, 20g Fat, 6g Protein, 7g Carbs, 4g Fibre, 3g Net Carbs



INSTRUCTIONS

1. Pre-heat the oven to 200C/400F degrees.
2. Blend the butter, eggs, erythritol and vanilla essence.
3. Add the coconut flour, baking powder and salt. Whisk until the batter is smooth
4. Mix the tablespoons of erythritol and butter with the cream cheese. Blend together until smooth (I used a fork, then moved to a spoon).
5. Grease a square baking tin and line it with parchment paper.
6. Spoon the cake mixture into the tin.
7. Add the cinnamon mixture on top of the cake mixture and using a spoon, swirl the mixture into the cake mixture. Make your own patterns!
8. Bake for 30 minutes until firm.
9. Cut into 8 slices.

Coconut Cake



Coconut Cake

INGREDIENTS

Cake:

- 1/2 Cup (60g) coconut flour
- 2 teaspoons cream coconut
- 4 tablespoons coconut milk
- 5 eggs separated
- 1/2 cup (100g) Erythritol
- 1/2 cup (113g) Butter softened at room temperature
- 1/2 teaspoon vanilla extract
- 1/4 cup (21g) desiccated coconut unsweetened
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt

Frosting:

- 3 tablespoons coconut milk
- 8 oz (226g) cream cheese softened at room temperature
- 1/2 cup (113g) butter softened at room temperature
- 2 tablespoons erythritol ground, preferable

Decoration:

- 1/2 cup (43g) desiccated coconut unsweetened

Servings: 8 Slices

INSTRUCTIONS

Make the Cake:

1. Preheat the oven to 200C/400F degrees.
2. Grease a square baking tin and line with parchment paper.
3. In a bowl, beat the butter and erythritol together until combined.
4. Add the egg yolks, vanilla extract and coconut milk and cream. Mix thoroughly.
5. Add the coconut flour, salt and baking powder. Stir well.
6. In a separate bowl, whisk the egg whites until stiff.
7. Gently fold the egg whites into the cake batter.
8. Pour into the cake tin and bake for 20 minutes until golden and firm.
9. Remove from the oven and allow to cool.

To Make the Frosting:

1. Beat the cream cheese, butter and erythritol together. Add the coconut milk to lightly thin out.
2. Beat until smooth. You may want to use a hand blender to smooth any lumps out.

Assemble the cake:

1. Place one half of the cake onto of a serving plate.
2. Spoon frosting over the half evenly until covered.
3. Place the other half on top.
4. Cover the top and edges of the cake with the rest of the frosting.
5. Sprinkle and press the desiccated coconut onto the frosting.
6. Slice and serve!.

Nutritional Info - Per Slice

454 Calories, 43g Fat, 8g Protein, 12g Carbs, 5g Fibre, 7g Net Carbs

Flourless Chocolate Cake

INGREDIENTS

- 2 1/2 cups (437g) chocolate 70% cocoa solids minimum
- 1/2 cup (113g) butter, unsalted
- 6 medium eggs separated
- 1/2 cup (100g) erythritol, powdered low carb sweetener
- 1 tablespoon vanilla extract

INSTRUCTIONS

1. Preheat the oven to 180C/350F degrees.
2. Line a 20 cm springform cake tin with baking parchment.
3. Melt the chocolate with the butter over a Bain Marie or in the microwave. Stir until smooth and set aside to slightly cool.
4. Whisk the egg whites until stiff. In another bowl, whisk the egg yolks and erythritol until the mixture is thick and pale.
5. Add the melted chocolate mixture to the egg yolk mixture and stir well.
6. Gently fold in the egg whites and stir until the chocolate mixture is combined.
7. Put the mixture into the cake tin and bake for 25 minutes until set in the centre. Cool in the tin.
8. Place in the fridge for at least 8 hours or overnight.



Only 5 ingredients make this cake

Servings: 16 small slices

Nutritional Info - Per Slice

243 Calories, 19g Fat, 4g Protein, 13g Carbs, 3g Fibre, 10g Net Carbs

Ginger Cake

A moist ginger cake

INGREDIENTS

1/2 cup (60g) Coconut flour
1/2 cup (113g) Butter softened
1/2 cup (100g) Erythritol low carb
sweetener
4 tablespoons Coconut milk
5 Eggs
1 teaspoon Baking powder
1/2 teaspoon Salt
1 tablespoon Ginger, fresh grated
1 tablespoon Ginger, ground
1 teaspoon Cinnamon
1/4 teaspoon Cloves, ground
1 teaspoon Nutmeg, ground
1/2 teaspoon All spice
1/4 cup Water

Servings: 8 Slices

Nutritional Info - Per Slice

208 Calories, 18g Fat, 5g Protein, 8g Carbs,
4g Fibre, 4g Net Carbs

INSTRUCTIONS

1. Preheat the oven to 200C/400F degrees.
2. Grease a 1lb loaf tin and line the bottom with parchment paper.
3. Whisk the eggs and butter together until combined.
4. Add the erythritol and continue to whisk.
5. Add the coconut flour, baking powder and spices. Whisk thoroughly.
6. Gradually add the coconut milk and water until you have a smooth mixture.
7. Pour into the cake tin, spread out evenly and bake for 40 to 50 minutes.
8. Eat and enjoy!



Lemon Cheesecake Cake



Lemon Cheesecake Cake

INGREDIENTS

Cheesecake Filling

8 oz Cream cheese softened

1/4 cup Erythritol

1 Egg

1/4 cup Whipping cream or heavy cream

1 tablespoon Vanilla extract

Cake

6 Eggs separated

1/3 cup Coconut flour

1/2 cup Erythritol

1/2 teaspoon Baking powder

1 Lemon juice & rind

Servings: 8 Slices

Nutritional Info - Per Slice

175 Calories, 13g Fat, 8g Protein, 6g Carbs,
3g Fibre, 3g Net Carbs

A low carb cake with a cheesecake filling

INSTRUCTIONS

1. FILLING
2. Pre-heat the oven to 180C/350F degrees.
3. Grease and line the cake tin with parchment paper. It must be the same tin that you will use for the cake too.
4. In a bowl beat the cream cheese until smooth.
5. Add the egg and mix thoroughly.
6. Add the erythritol, cream and vanilla and blend well.
7. Pour into the cake tin (or tins) and spread evenly.
8. Bake for 1 hour
9. Remove from the oven and allow to cool.
10. Once cool, remove the cheesecake from the tin, wrap in foil or parchment paper and place in the freezer for at least 4 hours, but ideally overnight.
11. CAKE
12. Preheat the oven to 180C/350F degrees.
13. Grease and line a cake tin (or tins) with parchment paper.
14. Beat the egg yolks with the erythritol until combined.
15. Add the coconut flour, lemon juice, lemon rind and baking powder. Mix thoroughly.
16. In another bowl, whisk the egg whites until stiff and firm.
17. Gently fold the egg whites into the cake mixture and combine well.
18. Spoon the cake mixture into the cake tin evenly.
19. Bake for 20 minutes until the sponge is firm.
20. Remove from the oven and allow to cool.
21. Slice in half (if you are using just the one tin)
22. ASSEMBLE THE CAKE
23. Remove the frozen cheesecake filling from the freezer.
24. Put one sponge on a plate and place the frozen cheesecake on top.
25. Place the other sponge on top.
26. Decorate as you desire. Slice and enjoy!

Lemon Mousse Cake

INGREDIENTS

Cake Sponge

- 1/3 cup (40g) coconut flour
- 6 eggs separated
- 1/2 cup (100g) erythritol
- 1/2 teaspoon baking powder
- 1 teaspoon vanilla extract

Lemon Mousse

- 3 Eggs
- 2 lemons – juice & rind
- 1/4 cup (50g) erythritol
- 1 cup (238g) whipping/heavy cream
- 1 packet gelatine or agar agar

Servings: 8 Slices



INSTRUCTIONS

To Make the Cake

1. Preheat the oven to 180C/350F degrees.
2. Grease and line two sponge tins (I used an 8-inch spring form tin twice)
3. Whisk the egg whites until stiff peaks form.
4. Beat the egg yolks with the erythritol.
5. Add the vanilla extract, baking powder and coconut flour. Whisk until combined.
6. Gently fold in the egg whites.
7. Pour into the cake tins and bake for 15 minutes until golden and firm.
8. Set aside to cool.

To Make the Mousse

1. Heat up the lemon juice, add the gelatine (or agar agar) and rind and stir until combined.
2. Beat the eggs with the erythritol. Add the lemon mixture and stir well.
3. Whip the cream into stiff peaks.
4. Fold the cream into the lemon mixture and stir well.

To Assemble the Cake

1. Place one sponge in the bottom of the spring form cake tin.
2. Pour the mousse on top and spread out evenly.
3. Place the other sponge on top of the mousse gently.
4. Put into the fridge for at least 4 hours, allowing the mousse to set.
5. Remove the cake from the spring form tin.
6. Slice, eat and enjoy!

Nutritional Info - Per Slice

154 Calories, 28g Fat, 8g Protein, 6g Carbs, 2g Fibre, 4g Net Carbs

Lemon Slices

INGREDIENTS

Cake

- 1/2 Cup (60g) Coconut Flour
- 1/2 Cup (113g) Butter, melted
unsalted
- 1/2 Cup (100g) Erythritol
- 5 Eggs
- 1/2 teaspoon Baking powder
- 1/4 teaspoon Salt
- 1 teaspoon Vanilla Extract
- 2 Lemons Juice & Rind

Topping

- 6 oz (170g) Cream cheese softened
- 3 oz (85g) Butter softened, unsalted
- 1 Lemon Juice & Rind
- 1/4 cup (50g) Erythritol

Servings: 8 Slices

Nutritional Info - Per Slice

314 Calories, 29g Fat, 6g Protein, 8g Carbs,
4g Fibre, 4g Net Carbs

INSTRUCTIONS

1. Preheat the oven to 200C/400F degrees.
2. Blend together the butter, eggs, erythritol, lemon juice, lemon rind and vanilla.
3. Add the coconut flour, baking powder, salt and whisk until there are no lumps and it is a smooth batter.
4. Pour into a parchment paper lined baking tin. I use a 8 inch square tin.
5. Bake for 20 minutes and allow to cool.
6. Blend the topping ingredients until smooth. I used a hand blender but feel free to do an upper arm workout and try it with a fork/spoon!
7. Slather the topping over the cake.
8. Cut into 8 slices or smaller squares.



Lemon Strawberry Cake

INGREDIENTS

1/2 cup (60g) coconut flour
5 eggs, separated
1/2 cup (100g) erythritol
1/2 cup (113g) butter, unsalted
softened
1/4 teaspoon salt
1/2 teaspoon vanilla extract
2 lemons – juice & grated rind
1/2 teaspoon baking powder
3 tablespoons coconut milk
8 strawberries, topped & cut in half



INSTRUCTIONS

1. Preheat the oven to 180C/375F degrees.
2. Grease and line a 8 inch springform cake tin with parchment paper.
3. In a bowl, mix the erythritol and butter together until soft and blended.
4. Add the egg yolks and vanilla extract and stir thoroughly.
5. Add the coconut flour, coconut milk, salt, baking powder, lemon juice and rind and beat until combined.
6. In another bowl, whisk the egg whites until stiff.
7. Gently fold the egg whites into the cake mixture.
8. Spoon the mixture into the baking tin and smooth evenly.
9. Gently push the strawberry halves into the cake mixture. Get creative with a pattern!
10. Bake for 35-40 minutes until firm.
11. Allow to cool, then slice, eat and enjoy!

Servings: 8 Slices

Nutritional Info - Per Slice

199 Calories, 17g Fat, 5g Protein, 8g Carbs, 4g Fibre, 4g Net Carbs

Mixed Berry Cake

INGREDIENTS

- 1/2 cup (60g) Coconut flour
- 5 Eggs separated
- 1/2 cup (100g) Erythritol
- 1/2 cup (113g) Butter softened
- 1/4 teaspoon salt
- 1/2 teaspoon Vanilla extract
- 3 tablespoons Coconut milk
- 1 cup (155g) Mixed berries
blueberries/blackberries
- 1/2 teaspoon Baking powder

INSTRUCTIONS

1. Preheat the oven to 180C/350F degrees.
2. Grease and line a 2lb loaf tin (9 x 5 1/2 x 3 inches)
3. In a bowl, whisk the egg yolks, erythritol and butter together.
4. Add in the coconut milk and vanilla and mix.
5. Add the coconut flour, baking powder and salt and mix well.
6. In a separate bowl whisk the egg whites until stiff.
7. Fold the egg whites into the cake mixture.
8. Stir in the berries.
9. Spoon the cake mixture into the tin and bake for 40-50 minutes until the cake is firm.



Servings: 10 Slices

Nutritional Info - Per Slice

165 Calories, 14g Fat, 7g Protein, 7g Carbs,
3g Fibre, 4g Net Carbs

Pumpkin Cake

INGREDIENTS

- 1 cup (116g) Pumpkin canned, unsweetened
- 1 1/2 cups (168g) Almond flour
- 1/2 cup (100g) Erythritol
- 1 teaspoon Baking powder
- 1 teaspoon Vanilla essences
- 1/2 teaspoon Cinnamon
- 1/2 teaspoon Mixed spice
- 1/4 teaspoon Nutmeg ground
- 1/4 teaspoon Salt
- 5 eggs



INSTRUCTIONS

1. Preheat the oven to 150C/300 F degrees.
2. Grease a 8×4' inch loaf pan well.
3. In a bowl, mix the pumpkin, erythritol, baking powder, vanilla, salt and spices.`
4. Beat in the eggs and then add the almond flour.
5. Pour into the loaf pan and bake for 60 minutes until firm and a toothpick comes out clean.
6. Cool completely.
7. Eat and enjoy!

Servings: 10 Slices

Nutritional Info - Per Slice

124 Calories, 10g Fat, 6g Protein, 5g Carbs,
2g Fibre, 3g Net Carbs

Raspberry Almond Crumble Cake



Raspberry Almond Crumble Cake

INGREDIENTS

CAKE

- 1/2 cup (113g) butter softened
- 1/4 cup (50g) erythritol
- 4 eggs separated
- 2 teaspoons baking powder
- 2 cups (224g) almond flour
- 1/2 teaspoon salt
- 1 teaspoon almond extract

TOPPING

- 4 oz (113g) cream cheese
- 2 tablespoons erythritol
- 1 egg
- 1 teaspoon vanilla extract
- 1/4 cup (30g) raspberries

CRUMBLE

- 1/2 cup (56g) almond flour
- 2 tablespoons butter cut into cubes
- 1/4 cup (50g)
- 1/4 cup (35g) almonds slices or chopped

Servings: 10 Slices

INSTRUCTIONS

CAKE

1. Preheat the oven to 180C/375F degrees.
2. Grease and line an 8 inch springform cake tin with parchment paper.
3. In a bowl, mix the erythritol and butter together until soft and blended.
4. Add the egg yolks and almond extract and stir thoroughly.
5. Add the almond flour, salt, baking powder and beat until combined.
6. In another bowl, whisk the egg whites until stiff.
7. Gently fold the egg whites into the cake mixture.
8. Spoon the mixture into the baking tin and smooth evenly.

CREAM CHEESE LAYER

1. In a bowl, add the softened cream cheese and beat with the erythritol.
2. Add the egg and vanilla extract and beat until smooth.
3. Spoon this mixture over the cake mixture into the cake tin and smooth evenly.
4. Scatter the raspberries over the cream cheese mixture.

CRUMBLE TOPPING

1. For the topping, place the almond flour and erythritol in a bowl and mix until combined.
2. Add the butter and mix with your hands, gently, so that the mixture looks like breadcrumbs.
3. Scatter the topping over the raspberries.
4. Bake for 40-45 minutes until firm and the top is cooked.
5. Remove from the oven, allow to cool, then place in the fridge to firm.

Nutritional Info - Per Slices

316 Calories, 29g Fat, 10g Protein, 7g Carbs, 3.5g Fibre, 3.5g Net Carbs

Dairy Free Spiral Cake



Spiral Cake

INGREDIENTS

Sponge:

- 1/3 cup (40g) coconut flour
- 6 eggs separated
- 1/2 cup (100g) erythritol
- 1/2 teaspoon baking powder
- 1/2 teaspoon vanilla extract

Filling:

- 1 avocado skin & seed removed
- 1/3 cup (28g) cocoa powder
- 1 tablespoon coconut milk
- 2 teaspoons erythritol, ground

Servings: 8 Slices

Nutritional Info - Per Slice

124 Calories, 7g Fat, 6g Protein, 9g Carbs, 4g Fibre, 5g Net Carbs

This is a dairy free low carb cake

INSTRUCTIONS

1. Preheat the oven to 180/350F degrees
2. Grease and line a rectangle baking tin with parchment paper.
3. Whisk the egg whites until stiff.
4. In another bowl, beat the egg yolks with the erythritol (or sugar substitute).
5. Add the coconut flour, baking powder and vanilla extract.
6. Gently fold in the egg whites and blend thoroughly.
7. Pour into the baking tin and smooth out the mixture evenly.
8. Bake for 15 minutes until golden and firm.
9. Turn the sponge onto a piece of parchment paper.
10. Using the parchment paper that the sponge was cooked on, gently roll the sponge up from the long end.
11. Allow to cool.
12. Make the filling by blending all of the ingredients together. I use a hand blender but a food processor would do.
13. Gently unroll the sponge and remove the top layer of parchment paper.
14. Spoon about two thirds of the filling evenly over the sponge.
15. Using the bottom parchment paper roll the sponge back up.
16. Remove the parchment paper from the sponge.
17. Cut the sponge evenly into 8 (or 4) slices.
18. Take a slice and place it on a plate, rolled up.
19. Take the next slice and then gently winding it around the first slice. Repeat until all slices are used. If any break, it doesn't matter, but place it into position.
20. Slather the remaining filling mixture around the outside of the cake and decorate as you wish.



CHEESECAKES



Blueberry Cheesecake



Blueberry Cheesecake

INGREDIENTS

Crust

- 1/2 cup (113g) Butter unsalted, softened
- 4 oz (113g) Cream cheese softened
- 1/4 teaspoon salt
- 1 egg
- 1/2 cup (60g) coconut flour

Filling

- 16 oz (453g) Cream cheese softened
- 1/2 cup (100g) Low carb sweetener
- 1 cup (238g) Cream, heavy/whipping
- 1 cup (148g) blueberries
- 1 lemon, juice

Topping

- 1/2 cup (74g) Blueberries
- 1 sachet gelatine/agar agar
- 2 tablespoons water

Servings: 10 Slices

Nutritional Info - Per Slice

314 Calories, 28g Fat, 6g Protein, 10g Carbs, 3g
Fibre, 7g Net Carbs

INSTRUCTIONS

Crust

1. Mix the cream cheese and butter in a bowl and blend well. Add the salt and coconut flour and mix well.
2. Line a springform cake tin with parchment paper.
3. Spoon the cream cheese mixture into the tin and press down.
4. Bake for about 20 minutes at 180C/350F until golden brown.
5. Cool and set aside

Topping

1. In a saucepan add the blueberries and water.
2. Bring to the boil and slightly mash the blueberries with a fork.
3. Remove from the heat and add the gelatine.
4. Stir thoroughly and set aside to slightly cool.

Cheesecake Filling

1. In a bowl add the cream cheese and sweetener and beat until smooth.
2. Blend the blueberries and lemon juice in a food processor or blender.
3. Add the blueberries to the cream cheese and stir until blended.
4. Whisk the cream until thick in another bowl.
5. Fold the cream into the cream cheese mixture.
6. Spoon on top of the cheesecake base
7. Pour the topping over the cheesecake mixture and smooth evenly.
8. Place in the fridge for at least 4 hours or overnight.

Coconut Cheesecake Bars



Coconut Cheesecake Bars

INGREDIENTS

BASE

1 1/2 cups (140g) Almond flour
1/4 cups (30g) Coconut flour
3 tablespoons Erythritol
5 tablespoons Butter, melted unsalted
1/4 teaspoon Salt

CHEESECAKE

16 oz (453g) Cream cheese softened
3/4 cup (150g) Erythritol
1 tablespoon Vanilla extract
1/2 teaspoon Salt
3 Eggs
1 cup (240g) Coconut cream
1/2 cup (119g) Cream Whipping/Heavy

Servings: 9 Squares

Nutritional Info - Per Square

369 Calories, 34g Fat, 9g Protein, 8g Carbs,
3g Fibre, 5g Net Carbs

INSTRUCTIONS

BASE

1. Preheat the oven to 180C/350F degrees.
2. Cover the bottom of an 8- inch cake tin with silver foil, ensuring that it comes up to the sides too. You don't want any water to get into the tin when baking it! (I used a square tin but you could use a circular one).
3. In a bowl, mix the almond flour, coconut flour, butter, erythritol and salt together until blended. Almost like breadcrumbs.
4. Press this mixture down into the cake tin. Smooth out evenly and bake for 15-20 minutes until golden.
5. Cool and place in the fridge.

CHEESECAKE

1. Beat the cream cheese in a bowl using an electric mixer or whisk until smooth and fluffy.
2. Add the erythritol and beat until smooth.
3. Add the eggs, one at a time, making sure the mixture is smooth.
4. Add the vanilla, salt, coconut cream and heavy cream. Whisk until smooth.
5. Pour the filling into the cake tin on top of the base.
6. Place the cake tin into a large baking pan and fill with hot water so it comes up to about 2/3rds of the side of the cake tin.
7. Bake for an hour and 20 minutes until the cheesecake is firm to the touch.
8. Cool in the oven with the door slightly open to avoid cracking. Then chill overnight (will power IS required here!)
9. Remove from the tin, decorate, eat and enjoy!

Baked Lemon Cheesecake

INGREDIENTS

BASE

- 1/4 cup hazelnuts ground
- 1 1/4 cup almond flour
- 5 tablespoons butter, unsalted
unsoftened
- 3 tablespoons erythritol low carb
sweetener
- 1 tablespoon ginger, ground

FILLING

- 24 oz cream cheese softened
- 1 cup erythritol low carb sweetener
- 3 medium eggs
- 1/4 cup lemon juice
- 1 lemon zest



INSTRUCTIONS

1. Preheat the oven to 180C/350F degrees.

MAKE THE BASE

1. Cover the bottom of a 7-inch cake tin with silver foil, ensuring that it comes up to the sides too. You don't want any water to get into the tin when baking it! Line it with parchment paper too.
2. Mix the hazelnut nuts, almond flour, ginger, erythritol and butter together and blend well.
3. Press down into the cake tin and place in the fridge to firm.

MAKE THE FILLING

1. Beat the cream cheese in a bowl using an electric mixer or whisk until smooth and fluffy.
2. Add the erythritol and beat until smooth.
3. Add the eggs, one at a time, making sure the mixture is smooth.
4. Add the lemon peel and juice and blend well.
5. Pour the filling into the cake tin on top of the chilled base.
6. Place the cake tin into a large baking pan and fill with water so it comes up to about 2/3rds of the side of the cake tin.
7. Bake for an hour and 15 minutes until the cheesecake is firm to the touch.
8. Cool and chill overnight Or a minimum of 4 hours (will power IS required here!)
9. Remove from the tin, garnish, eat and enjoy!

Servings: 8 Slices

Nutritional Info - Per Slice

175 Calories, 13g Fat, 7g Protein, 9g Carbs, 4g Fibre, 5g Net Carbs

Peanut Butter Brownie Cheesecake

INGREDIENTS

Brownie Base

1/4 cup (30g) coconut flour

4 eggs

1/4 cup (21g) cocoa powder unsweetened

1/2 cup (100g) erythritol

1/2 cup butter (113g) softened, unsalted

1/2 teaspoon salt

1/2 teaspoon baking powder

Cheesecake Topping

1.5 cups (387g) peanut butter smooth

16 oz (453g) cream cheese softened

1/4 cup (50g) erythritol

1 cup (238g) cream whipping/heavy

INSTRUCTIONS

Make the brownie base

1. Pre-heat the oven to 180C/350F degrees.
2. Beat the eggs and erythritol in a bowl until blended and light in colour.
3. Add the butter and mix until blended
4. Add the remaining ingredients and whisk until the mixture is smooth and is an even chocolate colour.
5. Place the brownie mixture into a greased, parchment line spring form cake tin (I use a 8 inch size)
6. Bake for 20-25 minutes until firm.
7. Remove from the oven and allow to cool.

Make the Cheesecake

1. In a bowl, beat the cream cheese and erythritol together until the cream cheese is smooth.
2. Add the peanut butter and blend until the peanut butter colour is smooth and even throughout.
3. In another bowl, whip the cream until stiff.
4. Fold the cream into the peanut butter mixture.
5. Spoon on top of the brownie base then place in the fridge for at least 5 hours or overnight to set.

Servings: 10 Slices

Nutritional Info - Per Slice

513 Calories, 47g Fat, 16g Protein, 12g Carbs, 5g Fibre, 7g Net Carbs



Strawberry Cheesecake

INGREDIENTS

BASE

1 1/4 cups (140g) almond flour
1/4 cup (21g) cocoa powder unsweetened
1/4 cup (21g) desiccated coconut unsweetened
1/2 cup (113g) butter, unsalted melted
1/4 teaspoon salt

1/2 cup (100g) erythritol

CHEESECAKE FILLING

2 cups (288g) strawberries chopped
1/4 cup (59ml) water
1 sachet gelatine or vegetarian alternative
1 cup (238g) cream, whipping or heavy
16 oz (453g) cream cheese softened
1/2 cup (100g) erythritol, ground



INSTRUCTIONS

MAKE THE CRUST

1. Line an 8 or 9 inch spring form cake tin with parchment paper.
2. In a bowl, mix crust ingredients together.
3. Press the crust into the tin and keep in the fridge whilst you make the cheesecake.

MAKE THE CHEESECAKE

1. Boil the strawberries in a saucepan with the water, simmer for 5 minutes.
2. Remove from the heat and gently mash with a fork.
3. Stir the gelatine into the strawberry mixture.
4. In a bowl, whip the cream to thick peaks
5. In another bowl, beat the cream cheese and erythritol until smooth.
6. Stir in the strawberry mixture.
7. Fold the cream mixture and gently stir until an even pink colour.
8. Fold the cream mixture and gently stir until an even pink colour.
9. Place in the fridge for at least 4 hours, preferably over night

Servings: 10 Slices

Nutritional Info - Per Slice

271 Calories, 26g Fat, 4g Protein, 6g Carbs, 2g Fibre, 4g Net Carbs

Tiramisu Cheesecake



Tiramisu Cheesecake

INGREDIENTS

BASE

4 eggs

1/2 cup (100g) erythritol

1/2 cup (113g) butter unsalted & softened

1 cup (112g) almond flour

1/3 cup (28g) cocoa powder unsweetened

2 tablespoons coffee

1/2 teaspoon baking powder

1/2 teaspoon salt

2 tablespoons rum optional

CHEESECAKE

8 oz (226g) mascarpone cheese

16 oz (453g) cream cheese

1/2 cup (100g) erythritol

1/3 cup (79g) coffee -instant

1/4 cup (60g) rum optional

TOPPING

3/4 cup (178g) cream heavy/whipping

2 tablespoons cocoa powder unsweetened

Servings: 10 Slices

Nutritional Info - Per Slice

432 Calories, 40g Fat, 9g Protein, 6g Carbs, 2g Fibre, 4g Net Carbs

INSTRUCTIONS

BASE

1. Pre-heat the oven to 180C/350F degrees.
2. Beat the eggs and erythritol in a bowl until blended and light in colour.
3. Add the butter and mix until blended
4. Add the remaining ingredients and whisk until the mixture is smooth and is an even chocolate colour.
5. Place the mixture into a greased, parchment line spring form cake tin (I use an 8 inch size tin)
6. Bake for 20-25 minutes until firm.
7. Remove from the oven and sprinkle the rum over the sponge.
8. Set aside to cool

CHEESECAKE

1. In a bowl, beat the cream cheese and mascarpone together until the mixture is smooth.
2. Add the erythritol, coffee and rum and mix until smooth
3. Spoon on top of the cake base then place in the fridge for at least 3 hours or overnight to set.

TOPPING

1. Whip the cream until thick peaks
2. Pipe the cream on top of the cheesecake.
3. Using a sieve, gently cover the cream with the cocoa powder, shaking it over evenly.



CUPCAKES



Lemon Cupcakes

INGREDIENTS

1/2 cup (113g) butter, unsalted melted
1/2 cup (100g) erythritol
4 eggs
1 lemon juice & zest
1/2 cup (60g) coconut flour
1/2 teaspoon baking powder
1/2 teaspoon salt
1/4 cup (62g) water (optional)

TOPPING

4 oz (113g) Cream cheese softened
1/4 cup (56g) butter, unsalted softened
2 tablespoons erythritol, ground
1 tablespoon lemon juice

INSTRUCTIONS

1. Pre-heat the oven to 200C/400F degrees.
2. Blend together the butter and erythritol,
3. Add the eggs one at a time and mix.
4. Add the lemon zest and juice
5. Add the coconut flour, baking powder and salt, and whisk until there are no lumps and there is a smooth batter.
6. Add the optional water if the batter is too thick.
7. Add the optional water if the batter is too thick.
8. Pour the mixture into cupcake cases.
9. Bake for 20 minutes until firm. Remove from the oven and allow to cool.
10. Blend the topping ingredients until smooth. I used a hand blender but feel free to do an upper arm workout and try it with a fork/spoon!
11. Slather the topping over the lemon cakes



Servings: 10 Cupcakes

Nutritional Info - Per Cupcake

210 Calories, 19g Fat, 4g Protein, 6g Carbs,
3g Fibre, 3g Net Carbs

Mint Chocolate Cupcakes

INGREDIENTS

- 1/4 cup (56g) butter, unsalted softened
 - 1/4 cup (50g) erythritol
 - 3 eggs medium
 - 1/4 cup (30g) coconut flour
 - 1/4 cup (21g) cocoa powder unsweetened
 - 1/2 teaspoon salt
 - 1/2 teaspoon baking powder
 - 2 tablespoons coconut milk
- Frosting**
- 4 oz (113g) cream cheese
 - 1/4 cup (56g) butter, unsalted softened
 - 2 tablespoons erythritol ground
 - 2 drops green food colouring
 - 1/4 teaspoon peppermint extract



INSTRUCTIONS

MAKE THE CUPCAKES

1. Preheat the oven to 180C/350F degrees.
2. Whisk the butter and erythritol together until smooth
3. Gradually add the eggs, one at a time and continue to whisk
4. Add the coconut flour, salt, baking powder, cocoa powder and coconut milk and whisk until smooth.
5. If the batter seems too thick add more coconut milk.
6. Place the batter into cupcake cases 3/4 of the way up and bake for 20 minutes until the tops spring back lightly when touched.
7. Allow to cool

MAKE THE FROSTING

1. Mix the cream cheese and butter together until blended
2. Add the erythritol, peppermint extract and green food colouring until soft with no lumps. (Mix with a blender if it's easier).
3. Smother or pipe the cupcakes with the mint frosting
4. Decorate with a couple of chocolate chips (Optional)

Servings: 6 Cupcakes

Nutritional Info - Per Muffin

259 Calories, 24g Fat, 6g Protein, 7g Carbs, 3.5g Fibre, 3.5g Net Carbs

Peanut Butter Frosted Cupcakes

INGREDIENTS

CUPCAKES

3 Eggs

1/4 cup (56g) Butter unsalted

1/2 teaspoon Vanilla extract

1/4 cup (50g) Erythritol

1/4 cup (30g) Coconut flour

1/2 cup (43g) Cocoa powder

1/4 teaspoon Salt

1/2 teaspoon baking powder

2 tablespoons coconut milk

TOPPING

1/2 cup (113g) Butter, unsalted softened

4 oz (113g) Cream cheese softened

1/4 cup (65g) Peanut butter smooth

2 tablespoons Erythritol ground

1 teaspoon Vanilla extract

1/4 cup (60g) Whipping/heavy cream

Servings: 6 Cupcakes

Nutritional Info - Per Cupcake

462 Calories, 44g Fat, 10g Protein, 12g Carbs,
6g Fibre, 6g Net Carbs

INSTRUCTIONS

BAKE THE CUPCAKES

1. Preheat the oven to 180C/350F degrees.
2. Whisk the eggs well and then add in the melted butter.
3. Add the coconut flour, baking powder, cocoa powder, erythritol, coconut milk and vanilla and whisk until smooth.
4. If the batter seems too thick add more coconut milk.
5. Place the batter into cupcake cases 3/4 of the way up and bake for 20 minutes until the tops spring back lightly when touched.
6. Allow to cool

MAKE THE TOPPING

1. Mix the cream cheese and butter together until blended
2. Add the peanut butter, cream, erythritol, vanilla extract and butter until soft with no lumps. (Mix with a blender if it's easier).
3. Smother or pipe the cupcakes with the peanut butter frosting



Rosewater Cupcakes

INGREDIENTS

2 Cups (224g) almond flour

1 teaspoon baking powder

1/4 teaspoon salt

1/2 cup (113g) butter melted

4 eggs

1/4 cup water

1/4 cup (50g) erythritol

1-2 tablespoons rose water

Topping

1/2 cup (113g) butter softened

1/4 cup (50g) erythritol

2 tablespoons coconut milk

1 teaspoon rose water essence

2-3 drops red food

colouring/raspberry juice for pink
colouring

1 oz pistachio nuts roughly chopped

Servings: 9 Cupcakes

Nutritional Info - Per Cupcake

359 Calories, 35g Fat, 8g Protein, 6g Carbs,
3g Fibre, 3g Net Carbs



INSTRUCTIONS

1. Preheat the oven to 180C/350F degrees.
2. Mix the almond flour, baking soda and salt together.
3. In another bowl mix the butter, water, eggs, erythritol and rosewater.
4. Combine the wet and dry ingredients together and stir well.
5. Pour the mixture into cupcake cases in a muffin/cupcake tin.
6. Bake for 20 to 23 minutes until firm.
7. Whilst the cakes are cooling make the butter cream topping
8. Blend the butter and erythritol in a bowl until smooth and creamy.
9. Add the coconut milk a tablespoon at a time.
10. Add the food colouring and rosewater and blend until smooth.
11. Smother (or pipe if you are neater) the butter cream over the top of the cupcakes.
12. Sprinkle the pistachio nuts over the butter cream.
13. Eat and enjoy!



HOLIDAY
DESSERTS



Chocolate Pecan Torte

INGREDIENTS

1/2 cup (113g) Butter unsalted
1/3 cup (29g) Cocoa powder unsweetened
4 Eggs separated
1/4 cup (50g) granulated erythritol
1 cup (99g) Pecans finely ground



INSTRUCTIONS

1. Preheat the oven to 170C/325F degrees.
2. Melt the butter in a saucepan and add the cocoa powder. Leave to cool.
3. Beat the egg yolks until pale then add the erythritol.
4. Add the cocoa mixture and the ground pecans. Mix well.
5. In another bowl whisk the egg whites to a stiff peak. Gently fold in the cocoa mixture.
6. Pour into a greased cake tin and bake for 18-22 minutes until the top is firm.
7. Cool in the pan for 5 minutes then remove.
8. Eat and enjoy!

Servings: 8 Slices

Nutritional Info - Per Slice

235 Calories, 24g Fat, 5g Protein, 4g Carbs, 2g Fibre, 2g Net Carbs

Chocolate Yule Log



Chocolate Yule Log

INGREDIENTS

Sponge

6 eggs separated
1/3 cup (40g) coconut flour
1/2 cup (100g) erythritol
1/3 cup (29g) cocoa powder, unsweetened
1/2 teaspoon baking powder
1/2 teaspoon ground nutmeg
1/2 teaspoon salt

Filling

1/2 cup (119g) heavy/whipped cream, (whipped into stiff peaks)
2 tablespoons cranberry chia jam optional

Topping

4 oz (113g) butter unsalted, softened
1/4 cup (50g) erythritol
6 oz (170g) cream cheese, softened
1/4 cup (21g) cocoa powder, unsweetened

Servings: 8 Slices

Nutritional Info - Per Slice

272 Calories, 24g Fat, 8g Protein, 10g Carbs,
4g Fibre, 6g Net Carbs

INSTRUCTIONS

1. Preheat the oven to 180C/350F degrees.
2. Grease and line a long rectangle baking tin with parchment paper. My tin is about 8 inches by 12 inches.
3. Whisk the egg whites until stiff.
4. In another bowl whisk the egg yolks and erythritol together.
5. Add the remaining cake ingredients to the egg yolk mixture and combine well.
6. Fold in the egg whites to the cake mixture.
7. Spoon into the baking tin and smooth evenly.
8. Bake for 20 minutes until firm.
9. Remove from the oven and place a piece of parchment paper over the cake whilst still warm (be careful not to burn yourself!).
10. Remove the cake from the tin, keeping the parchment paper on the bottom of the tin so that the cake has parchment paper either side of it.
11. Gently roll the cake from the smaller edge into a swiss roll shape. This will make it easier to unroll and fill later.
12. Set aside to cool.
13. Once the cake is cool, gently unroll the cake from the parchment paper and spread with the cranberry chia jam. Add an even layer of the whipped cream.
14. Gently roll the cake back into the swiss roll shape.
15. Place in the fridge for at least 30 minutes to help keep its shape.
16. Make the topping by blending the butter and cream cheese together until smooth.
17. Add the erythritol and cocoa powder and beat until smooth and blended.
18. Smoother the topping all over the cake.
19. Keep in the fridge to firm up the topping.
20. Eat and enjoy!

Cranberry Cream Cheese Loaf

INGREDIENTS

1/2 cup (100g) erythritol
1/2 cup (113g) Butter, unsalted softened
8 oz (226g) Cream cheese softened
4 Eggs
1 teaspoon Vanilla extract
1/2 cup (60g) Coconut flour
1/2 teaspoon Baking powder
1/2 teaspoon Salt
1 cup (100g) Cranberries

INSTRUCTIONS

1. Preheat the oven to 180C/350F degrees.
2. Grease and line a 2lb loaf tin with parchment paper.
3. Whisk the butter and sweetener together.
4. Add the cream cheese and whisk until smooth.
5. Add the eggs and vanilla and continue to whisk.
6. Next, add the dry ingredients, the coconut flour, baking powder and salt. Whisk until combined.
7. Gently fold in the cranberries.
8. Spoon the mixture into the tin and bake for 60 minutes.
9. If the top starts to brown too much towards the end of baking, cover the top with foil and continue to bake.
10. Allow to cool in the baking tin.
11. Slice, eat and enjoy!



Servings: 10 Slices

Nutritional Info - Per Slice

153 Calories, 13g Fat, 4g Protein, 6g Carbs,
3g Fibre, 3g Net Carbs

Gingerbread Swiss Roll



Gingerbread Swiss Roll

INGREDIENTS

6 eggs separated
1/3 cup (40g) Coconut flour
½ cup (100g) Erythritol
½ teaspoon baking powder
½ teaspoon salt
1 teaspoon Vanilla extract
1 tablespoon Ginger ground
1 teaspoon Cinnamon
1/4 teaspoon Cloves ground
1 teaspoon Nutmeg ground
1/2 teaspoon All spice

Filling

1/2 cup (30g) whipped cream
Cranberries to decorate – optional

Servings: 10 Slices

Nutritional Info - Per Slices

86 Calories, 6g Fat, 4g Protein, 4g Carbs, 2g Fibre, 2g
Net Carbs

INSTRUCTIONS

1. Preheat the oven to 180C/350F degrees
2. Grease and line a rectangle baking tin with parchment paper.
3. Beat the egg whites until stiff peaks form.
4. In another bowl, beat the egg yolks and erythritol together.
5. Add the coconut flour, baking powder, salt, vanilla, ginger, cinnamon, nutmeg and all spice. Combine well.
6. Gently fold in the egg whites and combine thoroughly.
7. Pour into the baking tin and smooth evenly.
8. Bake for 20 minutes until firm and golden.
9. Remove from the oven and place on another piece of parchment paper.
10. Using the parchment paper on the top (will be the one used for baking), gently roll up the cake.
11. Watch your hands and don't burn yourself! Best to let it cool slightly before rolling. This is to keep the sponge in the correct shape before adding the filling.
12. Allow to cool.
13. Whip the cream until stiff.
14. Gently unroll the cake, remove the top layer of parchment paper and spread the whipped cream evenly over the sponge.
15. Using the outer layer of parchment paper roll up the sponge again.
16. Eat any excess filling that squeezed out!
17. Decorate as you wish.
18. Slice, eat and enjoy!

Mascarpone Pumpkin Pie

INGREDIENTS

1 cup (245g) pumpkin puree canned,
low sugar
1/2 cup (100g) erythritol
2 eggs medium
8 oz (226g) mascarpone cheese
1 teaspoon lemon juice
1 tablespoon pumpkin spice
1 teaspoon vanilla extract

INSTRUCTIONS

1. Preheat the oven to 190C/350 degrees.
2. Beat the pumpkin puree and erythritol with an electric mixer. Mix well.
3. Add the eggs and blend.
4. Add the spices, vanilla essence and lemon juice and blend.
5. Finally, add the mascarpone and blend until smooth.
6. Pour into an pie dish and bake for 55 minutes.
7. Chill for at least 2 hours before serving (although it does taste good warm from the oven)
8. Decorate with whipped cream or topping of your choice
9. Eat and enjoy!



Servings: 8 Slices

Nutritional Info - Per Slice

144 Calories, 14g Fat, 4g Protein, 2g Carbs,
0.4g Fibre, 1.6g Net Carbs

Pumpkin Coffee Cake



Pumpkin Coffee Cake

Servings: 10 Slices

INGREDIENTS

Cake

5 Eggs separated
1/2 Cup (60g) Coconut flour
1/2 Cup (100g) Erythritol
1/2 Cup (113g) Butter, unsalted
softened
1/4 teaspoon Salt

1/2 teaspoon Baking powder
1 teaspoon Vanilla extract
1 Cup (245g) Pumpkin puree

1 teaspoon Pumpkin spices

Cream Cheese Filling

8 oz (224g) Cream cheese softened
1/4 cup (50g) Erythritol Or Sweetener
1 Egg

1 teaspoon Vanilla extract

Crumble Topping

1/3 Cup (38g) Coconut flour
1/3 Cup (71g) Erythritol
1/4 Cup (56g) Butter, unsalted
softened
1 teaspoon Cinnamon

INSTRUCTIONS

CAKE LAYER

1. Preheat the oven to 180C/375F degrees.
2. Grease and line an 8 inch springform cake tin with parchment paper.
3. In a bowl, mix the erythritol and butter together until soft and blended.
4. Add the egg yolks and vanilla extract and stir thoroughly. Then add the pumpkin.
5. Add the coconut flour, pumpkin spices, salt, baking powder and beat until combined.
6. In another bowl, whisk the egg whites until stiff.
7. Gently fold the egg whites into the cake mixture.
8. Spoon half of the mixture into the baking tin and smooth evenly.

CREAM CHEESE LAYER

1. In a bowl, add the softened cream cheese and beat with the erythritol (or sugar substitute).
2. Add the egg and vanilla extract and beat until smooth.
3. Spoon this mixture over the cake mixture into the cake tin and smooth evenly.
4. Add the other half of the cake mixture over the cream cheese layer and smooth.

STREUSAL/CRUMBLE TOPPING

1. For the topping, place the coconut flour, cinnamon and erythritol in a bowl and mix until combined.
2. Add the butter and mix with your hands, gently, so that the mixture looks like breadcrumbs.
3. Scatter the topping over the cake mixture.
4. Bake for 40-45 minutes until firm and the top is cooked.
5. Remove from the oven, allow to cool, then place in the fridge to firm.

Nutritional Info - Per Slice

278 Calories, 24g Fat, 7g Protein, 10g Carbs, 5g Fibre, 5g Net Carbs



LOW CARB
PASTRY
DESSERTS



Blueberry Galette

INGREDIENTS

PASTRY

- 1 cup (112g) almond flour
- 1/2 cup (60g) coconut flour
- 1 teaspoon xanthan gum
- 3 oz (80g) butter unsalted
- 3 tablespoons erythritol
- 2 oz (56g) cream cheese
- 1 egg medium
- 1/2 teaspoon salt
- 1 egg, beaten (pastry wash)

FILLING

- 1 cup (148g) blueberries



INSTRUCTIONS

1. Preheat the oven to 200C/400F degrees.
2. Place all the pastry ingredients in a food processor and blitz until you have a combined dough.
3. Remove the pastry from the food processor and form into a dough.
4. Place the dough on a piece of parchment paper and roll into a circle, using another layer of parchment paper on top (the dough will be a bit sticky)
5. Spoon the blueberries onto the centre of the dough leaving a large edge around the berries (about an inch)
6. Gently fold the edges of the pastry over the circle of the berries, folding the dough over to create a "crust".
7. Brush the pastry edges with the beaten egg and bake for 25-30 minutes until golden. If you make smaller individual galettes the cooking time may be reduced.
8. Serve with a dollop of whipped cream.

Servings: Makes 8 Slices

Nutritional Info - Per Slice

213 Calories, 19g Fat, 6g Protein, 11g Carbs, 5g Fibre, 6g Net Carbs

Cherry Pie



Cherry Pie

INGREDIENTS

PASTRY

3 cups (336g) almond flour

1/4 cup (40g) coconut flour

2 teaspoon xanthan gum

1 teaspoon baking powder

1 teaspoon salt

2 eggs

4 tablespoons (56g) butter, unsalted

2 oz (56g) cream cheese

3 tablespoons (44g) erythritol

FILLING

2 cups (276g) cherries, fresh pitted

3 tablespoons (44g) erythritol

2 teaspoons xanthan gum

1/2 cup (125g) water

Servings: Makes 8 Slices

Nutritional Info - Per Slice

362 Calories, 30g Fat, 12g Protein, 16g

Carbs, 7g Fibre, 9g Net Carbs

INSTRUCTIONS

FILLING

1. Place the cherries, erythritol, xanthan gum and water into a small saucepan and bring to the boil.
2. Stir well to ensure the xanthan gum is evenly dispersed and taste for sweetness. Add more erythritol if you want it sweeter.
3. Remove from the heat and set aside to cool and thicken.

PASTRY

1. Place the flours, baking powder, xanthan gum, egg, butter, salt, baking powder and erythritol into a food processor and blend until you have a dough.
2. Form the dough into a ball with your hands, cover with parchment paper and place in the fridge. Chill for 45 minutes.

ASSEMBLY

1. Preheat the oven to 180C/375F degrees.
2. Lightly butter a pie dish.
3. Remove the pastry from the fridge and cut into half.
4. Place one half on a sheet of parchment paper and cover it with another layer of parchment paper.
5. Roll out gently into a circle slightly larger than the pie dish.
6. Remove the top layer of parchment paper, then using a hand under the bottom parchment paper place the pastry into the pie dish. If it breaks or cracks, repair it with your hands.
7. Spoon the cherry filling into the pie dish.
8. Take the second half of the dough and either repeat the rolling as above for a complete lid or roll out and cut into strips to make a lattice lid.
9. Bake for 40 minutes until the top of the pie is lightly golden and firm.

Coconut Strawberry Tarts



Coconut Strawberry Tarts

INGREDIENTS

CRUST

- 1/2 cup (60g) coconut flour
- 1/2 cup (113g) butter unsalted
- 1/2 cup (100g) erythritol
- 1 teaspoon vanilla extract

1 egg

FILLING

- 1 1/2 cup (127g) Desiccated coconut unsweetened
- 2 eggs
- 1 teaspoon vanilla extract
- 1/2 cup (100g) erythritol
- 1/4 cup (56g) butter, unsalted melted

STRAWBERRY LAYER

- 1/2 cup (72g) strawberries sliced
- 2 tablespoons water
- 2 tablespoons erythritol

Servings: 6 Tarts

417 Calories, 38g Fat, 6g Protein, 13g Carbs, 8g Fibre, 5g Net Carbs

INSTRUCTIONS

PASTRY

1. Place the pastry ingredients in a food processor and blend until smooth and a dough appears.
2. Remove the dough and shape into a ball. Cover with parchment paper and place in the fridge for 30 minutes to chill.

FILLING

1. In a bowl, beat the eggs until fluffy
2. Add the erythritol, melted butter and vanilla.
3. Add coconut and stir until combined.

STRAWBERRY LAYER

1. In a small saucepan add the strawberries, erythritol and water.
2. Bring to the boil and then simmer for 5 minutes until cool.
3. Remove from the heat and gently mash.
4. If the mixture is too runny, add 1/2 teaspoon xanthan gum to thicken
5. ALTERNATIVELY use 2 tablespoons strawberry chia jam

TO ASSEMBLE

1. Lightly grease either a muffin tin or small tart cases. (I used silicone cases)
2. Remove the pastry from the fridge and cut into 6 even pieces.
3. Shape the pastry piece into a ball and then press the pastry into the case, spreading it out evenly.
4. Spoon the strawberry mixture on the bottom of the pastry case.
5. Add the coconut mixture and fill up to the top of the pastry case.
6. Bake at 190C/375F degrees for 25-35 minutes until the top of the tart is golden and firm.

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Disclaimer

The recommendations given in this book are intended solely as education and information. Always consult a medical practitioner before embarking on a diet.

The nutritional information has been calculated using the Self Nutritional Data website.

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Angela

