



10 guilt-free desserts
you can make with your
KETO SHAKE

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Allergen Warning: Konscious Keto cannot take into account all possible allergies. You are solely responsible for avoiding or modifying recipes as may be necessary to avoid allergic reactions.

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Sip, Sip, Hooray!

Wanna know the biggest secret in keto?

Sugar cravings happen, especially at the start of your journey.

No one tells you this because it's contradictory to the science of ketosis, but as humans, we're hard-wired to crave treats and pleasure. It's nature, so stop trying to fight it.

Not only are cravings totally normal, and happen to everyone, but giving into them from time to time can help make keto a life-long success story... *so long as you choose the right treats.*

Here at Konscious, we believe you should always have options.

So, you can either give in to temptation and eat something you'll instantly regret...

Or you can give your body a pacifier that metabolically acts as a treat but won't make you feel guilty or ashamed for indulging in something sweet.

[Keto Shake](#) was specifically crafted for people who are committed to a keto diet, and who want the ease and convenience of a keto dessert at a few second's notice.

Simply mix one scoop into an ice-cold glass of unsweetened almond milk or water, and enjoy the sensations of your sugar cravings melting away.

Hitting your perfect keto macros has never been easier. And, best of all, each of the delicious recipes in these books can be created in any of the following three delicious, dessert flavors.

Choose from [strawberry cheesecake](#), [creamy chocolate](#), and [banana creme brulee](#), to let your taste buds in on the full potential of this simple cookbook.

Here's to a new you coming soon!

From Konscious Keto

1

The Green Goddess Smoothie



Servings: 2



Ingredients:

- 8 oz unsweetened almond or coconut milk
- ½ ripe avocado
- A handful of organic baby spinach leaves
- 1 scoop [Keto Shake](#)
- ½ cup crushed ice



Directions:

Blend [Keto Shake](#), almond or coconut milk and avocado and spinach leaves in a blender. Add ice until the consistency is desirable.

Macros: Calories: 166.5 | Net Carbs: 3.5g | Fat: 12.5g



2

Decadent Chocolate Mousse



Servings: 2



Ingredients:

- ½ cup heavy whipping cream
- ¼ cup mascarpone or cream cheese
- 1 scoop [Keto Shake](#)
- Optional toppings: nuts, berries, unsweetened flaked coconut



Directions:

1. Beat heavy cream with an electric mixer until stiff peaks form.
2. Add mascarpone and [Keto Shake](#) to whipped cream.
3. Mix with an electric mixer until fully combined.
4. Top with keto whipped cream, nuts, coconut and berries, if desired.

Macros: Calories: 416.5 | Net Carbs: 3g | Fat: 41g

3

Satisfying Strawberry Shortcake



Servings: 1



Ingredients:

- 1 scoop [Keto Shake](#)
- ½ tsp baking powder
- 1 tbsp coconut flour
- 1 free-range egg
- 3 tbsp unsweetened almond milk, coconut milk, or heavy cream
- Keto whipped cream and berries, for serving



Directions:

1. Grease microwave-safe bowl or ramekin with cooking spray (or oven-safe if using the oven).
2. Whisk the [Keto Shake](#), baking powder and coconut flour in a small bowl. Whisk in egg and milk.
3. Pour into greased bowl or ramekin until about ¾ full. Microwave 60 seconds or bake in an oven at 350° degrees for about 10 - 12 minutes. Top with keto whipped cream if desired.

Macros: Calories: 295 | Net Carbs: 7.7g | Fat: 19g

4

Luxuriously Rich Chocolate Shake



Servings: 1



Ingredients:

- ½ cup crushed ice
- ½ ripe avocado
- 8 oz unsweetened coconut or almond milk
- 1 scoop [Keto Shake](#)



Directions:

Blend [Keto Shake](#) and avocado, ice, and almond milk together in a blender until smooth.

Macros: Calories: 323 | Net Carbs: 2g | Fat: 25g

5

Whipped Strawberry Cheesecake



Servings: 2



Ingredients:

- 1 cup cold heavy whipping cream
- 1 scoop [Keto Shake](#)



Directions:

1. Beat the whipping cream with an electric mixer until stiff peaks form. Add [Keto Shake](#) and beat until well combined.
2. Serve with fresh berries or on your favorite keto dessert!

Macros: Calories: 494.5 | Net Carbs: 6g | Fat: 49.5g

6

Chocolate Peanut Butter Smoothie Bowl



Servings: 2



Ingredients:

- ½ cup crushed ice
- ½ ripe avocado
- 2 tbsp natural peanut or almond butter
- ½ cup unsweetened almond milk or coconut milk
- 1 scoop [Keto Shake](#)
- Optional: nuts, berries, nut butter, unsweetened coconut flakes, 85% dark chocolate or sugar-free chocolate chips



Directions:

Blend ice, avocado, nut butter, almond milk, and [Keto Shake](#) in a blender. Garnish with desired toppings.

Macros: Calories: 244.5 | Net Carbs: 3g | Fat: 20g

7

Heavenly Keto Strawberry Mousse



Servings: 2



Ingredients:

- ½ cup heavy whipping cream
- ¼ cup mascarpone or cream cheese
- 1 scoop [Keto Shake](#)
- Optional toppings: nuts, berries, unsweetened flaked coconut



Directions:

1. Beat heavy cream with an electric mixer until stiff peaks form.
2. Add mascarpone and [Keto Shake](#) to whipped cream.
3. Mix with an electric mixer until fully combined.
4. Top with keto whipped cream, nuts, coconut and berries, if desired.

Macros: Calories: 416 | Net Carbs: 5g | Fat: 41g

8

Ultimate Chocolate PB Cheesecake Fat Bombs





Servings: 16



Ingredients:

- 8 oz cream cheese, softened
- ½ cup natural peanut butter or almond butter
- 2 scoops [Keto Shake](#)
- 1 tsp vanilla extract
- ½ cup sugar-free chocolate chips, such as Lily's brand (optional)
- Optional: ¼ cup crushed pecans or almonds nuts



Directions:

1. Beat cream cheese, nut butter, Keto Shake, and vanilla with an electric mixer in a large bowl. Fold in chocolate chips.
2. Line a cookie sheet with parchment paper, make sure sheet will fit in your freezer. Use a cookie scoop to scoop dough and roll into a ball with your hands.
3. Roll in nuts, if desired and place on prepared cookie sheet. Freeze for 30 minutes until set. Store in freezer for up to 2 months in an air-tight container or freezer bag.

Macros: Calories: 118 | Net Carbs: 1.6g | Fat: 10.6g

9

Mini Strawberry Keto Cheesecakes



Servings: 12



Ingredients:

- 1 ¼ cup almond flour
- 1 tbsp erythritol
- ¼ cup salted butter, melted
- 16 oz cream cheese, room temperature
- 1 scoop of [Keto Shake](#)
- ½ cup sour cream, room temperature
- 2 large pastured eggs
- 1 tbsp lemon juice
- 1 tsp vanilla extract
- ½ cup powdered erythritol
- Optional: berries, nuts, coconut, or sugar-free chocolate chips



Directions:

1. Preheat oven to 350° Use a standard size silicone muffin pan or line a regular muffin pan with muffin liners.
2. In a medium mixing bowl combine the almond flour and 1 tbsp erythritol. Add melted butter to the bowl and mix until the almond flour is coated and is the texture of wet sand.
3. Divide the mixture evenly amongst the 12 wells in the muffin pan. Use a spoon to evenly press the mixture down into the bottom of each muffin liner.
4. Bake the crust for 5 minutes.
5. In a large mixing bowl, using a hand mixer, beat eggs and erythritol together. Add cream cheese a little at a time and a scoop of [Keto Shake](#). Beat thoroughly until all is added. Add vanilla, lemon juice, and sour cream. Beat again.
6. Divide the cheesecake mixture evenly between all 12 wells in the muffin pan. If using a silicone muffin pan, place it on top of a baking sheet.
7. Bake for 25 - 30 minutes at 350 degrees or until the cheesecakes are set. They will still be a little jiggy in the center. Allow to cool on the counter for 20 minutes.
8. Optional: Top with berries, nuts, coconut, or sugar-free chocolate chips.

Macros: Calories: 252 | Net Carbs: 4.6g | Fat: 22g



10

Chocolate Peanut Butter Brownies



Servings: 16



Ingredients:

- $\frac{3}{4}$ cup avocado oil
- 2 scoops [Keto Shake](#)
- 3 large free-range eggs
- $\frac{1}{2}$ tsp pure vanilla extract
- $\frac{1}{4}$ cup fine almond flour
- $\frac{1}{2}$ tsp baking powder
- $\frac{1}{4}$ tsp salt
- Optional: $\frac{1}{4}$ cup chopped nuts or chocolate chips



Directions:

1. Preheat oven to 325°F degrees. Grease a 9-inch square baking pan.
2. In a large bowl, whisk avocado oil, [Keto Shake](#), eggs and vanilla. Add the almond flour, baking powder, and salt. Whisk again. Fold in the nuts and/or chocolate chips, if desired.
3. Pour batter into prepared pan and bake for about 20 minutes. Let cool in pan on a wire rack before topping with peanut butter topping.

For the Peanut Butter Topping



Ingredients:

- 3 tbsp grass-fed butter
- ½ cup natural peanut butter
- ½ tsp pure vanilla extract
- ¼ cup powdered erythritol or monk fruit sweetener
- Optional: ¼ cup sugar-free chocolate chips, such as Lily's



Directions:

1. Melt the butter and peanut butter together in the microwave for about a minute or until melted. You could also do this over a stovetop. Add vanilla extract and whisk in the sweetener little by little.
2. Let cool about 5 - 10 minutes. Pour over cooled brownies and top with chocolate chips, if desired. Refrigerate until set (about an hour).

Macros: Calories: 203 | Net Carbs: 1.5g | Fat: 20g

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