



Guilt-Free **SWEET KETO TREATS**

15 Mouth Watering
Dessert Recipes



KONSCIOUS

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Imagine a diet where you can eat dessert... for dinner. Where even the most delicious and decadent treats can still be on the menu, and yet, despite these daily indulgences, it's possible to never gain back a single pound?





In fact, imagine enjoying your favorite dessert every night, even chocolate, and your surprise if you wake up the next day lighter on the scale.

Sounds crazy? Well not quite. You see, once your body makes the switch from burning sugar and carbohydrates to burning fat, a whole new world of delicious and incredible possibilities will be open to you.



You see, most desserts are filled with unhealthy trans-fats, loads of white, processed sugar and heaping amounts of man-made carbohydrates.



This stuff might taste great, for a while,
but these desserts are the perfect
recipe for poor health, sluggishness,
fatigue, wild blood sugar fluctuations
and weight gain.



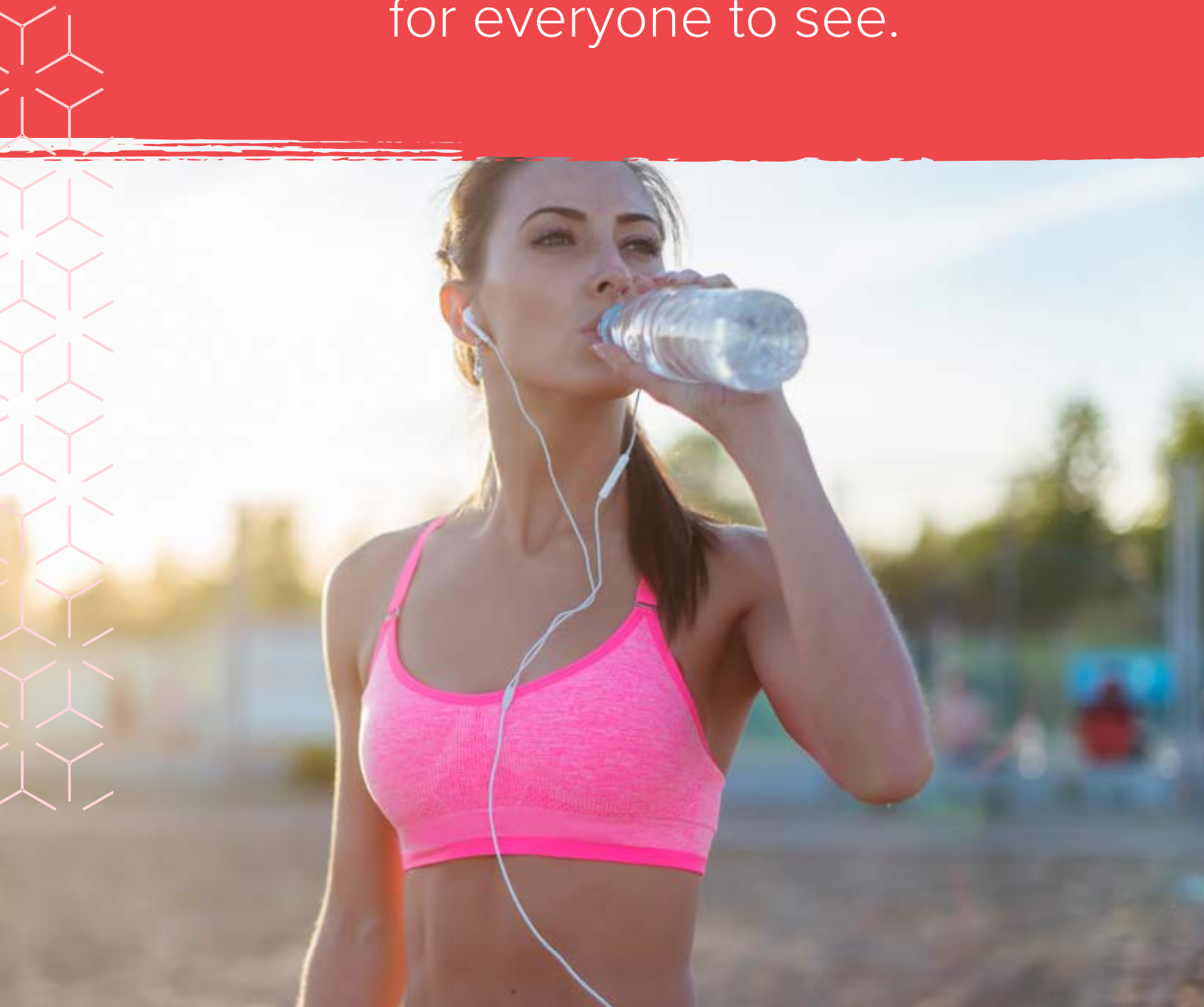
Pretty much the opposite of what
you're striving for and the reason why
you've decided to go keto, am I right?



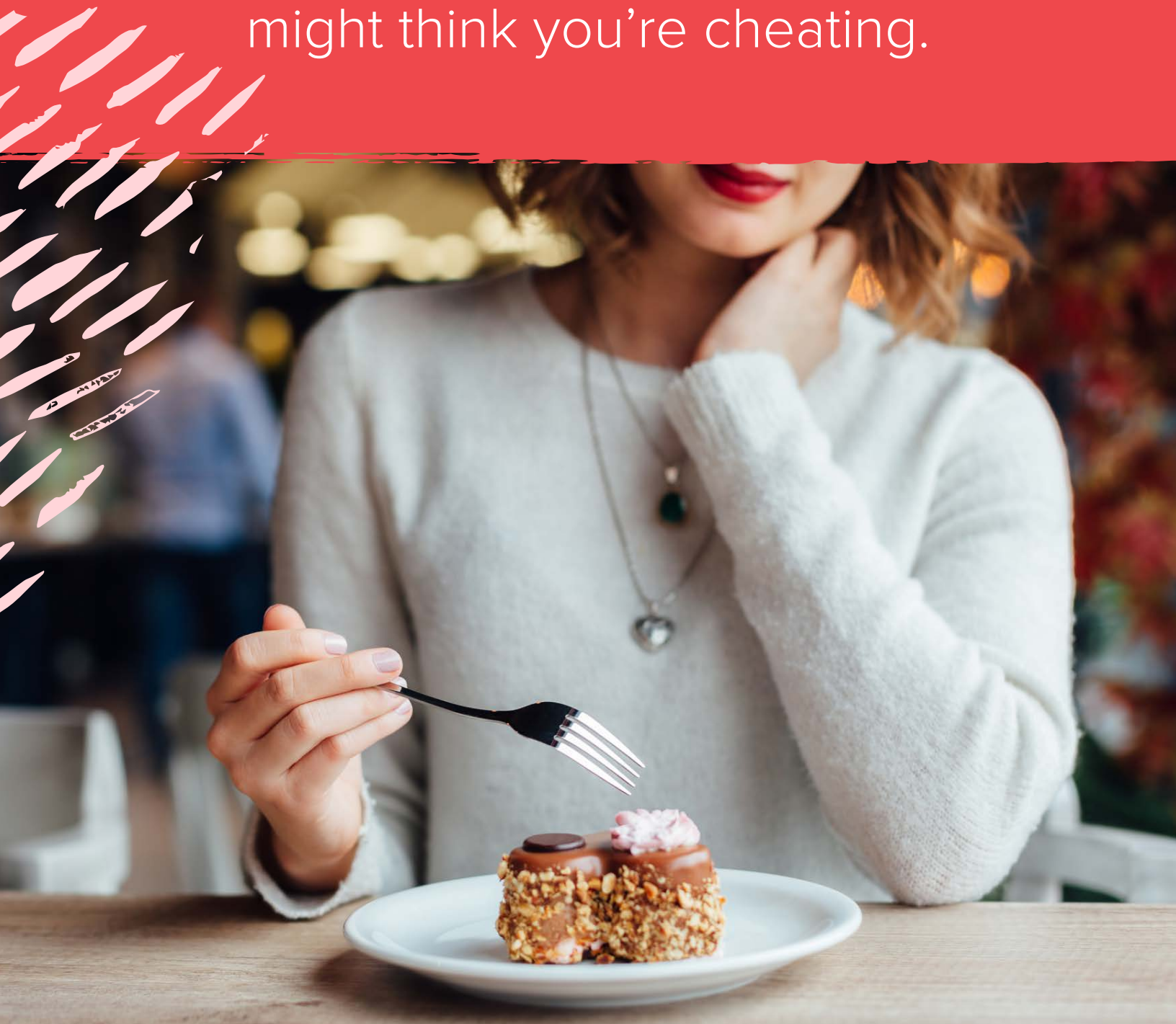
KETO IS ONE OF THE BEST
DECISIONS YOU MAY EVER MAKE
FOR YOUR HEALTH AND LIFE.



The keto lifestyle is filled with so many observed health benefits, like accelerated weight loss, better moods, deeper sleep and restorative patterns, healthier blood sugar levels, and a stronger, more youthful brain. The research and testimonials are out there for everyone to see.



What we love so much about the keto diet, is all the great food you get to eat - including dessert. Let's face it, we love dessert, and with a few simple swaps, you can turn almost any dessert you want into a keto-friendly, delicious treat that tastes so good, you might think you're cheating.



But in reality, you're still giving your body what it needs to burn fat and regulate your blood sugar levels. This is the real secret to break free from those annoying and powerful sugary, junk food cravings.



AND BELIEVE US, ONCE THIS HAPPENS,
WE PROMISE YOU'LL NEVER WANT TO GO
BACK TO THE OLD WAY OF DOING THINGS.

You see, there's nothing wrong with eating dessert every day, despite what many fitness experts might tell you. These Konscious Keto desserts are more than just food porn; they're specifically created to help supercharge your metabolism and get you into the fat-burning state of ketosis.

EACH ONE IS PACKED WITH BRAIN-BOOSTING NUTRIENTS, CLEVERLY DISGUISED TO SATISFY EVEN THE SWEETEST TOOTH.

Really, you can't go wrong.
We love dessert just as much as
you do, but this way, you don't
have to feel an ounce of guilt.



Enjoy this delicious resource we've put
together for the Konscious Keto-er just
like you and never feel guilty about
eating dessert again.

IRRESISTABLE KETO CHOCO PEANUT BUTTER SHAKE



Macros

Calories: 230
Fat: 21.5g
Total Carbs: 11.5g
Fiber: 2g
Sugar Alcohols: 6g
Net Carbs: 3.5g
Protein: 6g

IRRESISTABLE KETO CHOCO PEANUT BUTTER SHAKE

If you're a PB fan, you're going to love this super chocolatey keto butter shake that's packed with delicious keto macronutrients. With lots of healthy fats and moderate protein, you can drink this guilt-free and cure your sweet tooth in one serving. Serve as a deliciously keto and refreshing breakfast, or drink on the go as an easy meal replacement. The choice is up to you but we think this one is a home run.



PREP TIME
5m



TOTAL TIME
5m



MAKES
1 serving



SERVING SIZE
1 smoothie

PREPARATION: You will need a [high-speed blender](#) for this recipe.

INGREDIENTS:

- 1 ½ cups of ice
- 1 cup of [unsweetened vanilla almond](#), coconut, or hemp milk
- 1 - 2 tbsp of [unsweetened peanut butter](#)
- 1 scoop of [Keto Activate](#)
- 2 tbsp heavy cream
- ½ tsp [vanilla extract](#)
- 2 tsp Keto sweetener, such as Swerve
- Optional: 1 tbsp [MCT oil](#), 1 tbsp [collagen](#), 1 scoop vanilla whey protein powder

DIRECTIONS: Blend until smooth.

MIRACULOUS MINT KETO CHOCOLATE CHIP FRAPPE



Macros

Calories: 277
Fat: 25g
Total Carbs: 15.7g
Fiber: 6.9g
Sugar Alcohols: 6g
Net Carbs: 2.8g
Protein: 5g

MIRACULOUS MINT KETO CHOCOLATE CHIP FRAPPE

This mint-choc-chip frappe is heavenly. With almond or coconut milk - or our favorite, the super keto macadamia nut milk - you can get everything you need nutritionally in this power shake. Yet, it tastes like a mega-treat. Indulge with friends on an afternoon or take after you hit the gym to load up on energy. Either way, we know you'll love this refreshing blend. Add a scoop of MCT oil for an extra boost.



PREP TIME
5m



TOTAL TIME
5m



MAKES
1 serving



SERVING SIZE
1 smoothie

PREPARATION: You will need a [high-speed blender](#) for this recipe.

INGREDIENTS:

- 1 cup ice
- 1 ½ cup unsweetened coconut, almond, hemp, or [macadamia nut milk](#)
- 2 tbsp heavy cream
- ½ ripe avocado
- 1 cup baby spinach
- 1 scoop [Keto Activate](#)
- 2 tsp Keto sweetener, such as Swerve
- 1 - 2 tsp [peppermint extract](#)
- Optional: 1 tbsp [MCT oil](#)

DIRECTIONS: Blend until smooth.

RIDICULOUS RASPBERRY KETO SMOOTHIE



Macros

Calories: 180
Fat: 14g
Total Carbs: 15.5g
Fiber: 4.5g
Sugar Alcohols: 6g
Net Carbs: 5g
Protein: 3g

RIDICULOUS RASPBERRY KETO SMOOTHIE

This ridiculously raspberry [Konscious](#) smoothie is perfectly keto and contains antioxidant-rich raspberries that compliment your keto lifestyle goals. Ideal as a quick snack or light meal replacement, this very berry smoothie is refreshing and delicious. Add a scoop of [Keto Activate™](#) to blast through your day (or workout!). The blend of exogenous ketones, MCT oil, and heavy cream will add a pep in your step.



PREP TIME
5m



TOTAL TIME
5m



MAKES
1 serving



SERVING SIZE
1 smoothie

PREPARATION: You will need a [high-speed blender](#) for this recipe.

INGREDIENTS:

- 1 ½ cups of ice
- ½ cup of fresh or frozen raspberries
- 2 tsp Keto sweetener, such as Swerve
- 2 tbsp heavy cream
- ½ tsp [vanilla extract](#)
- 1 ¼ cup of [unsweetened vanilla almond](#), coconut, or hemp milk
- 1 scoop [Keto Activate](#)
- Optional: 1 tbsp [MCT oil](#), 1 tbsp [collagen powder](#)

DIRECTIONS: Blend until smooth.

AMAZINGLY KETO ACAI BOWL



Macros

Calories: 390

Fat: 37.5g

Total Carbs: 8g

Fiber: 1.5g

Sugar Alcohols: 0g

Net Carbs: 6.5g

Protein: 2.5g

AMAZINGLY KETO ACAI BOWL

Are you too busy for breakfast? This Keto Acai bowl takes only 5 minutes and you can have a delicious “can’t believe it’s keto” breakfast, loaded with healthy fats to fuel your busy day!

Here are some tips and tricks to get you blending your way to greatness!

First, you will need to place a can of full fat coconut milk in the refrigerator for at least 24 hours prior to making your acai bowl. This will cause the fat to solidify and separate from the water. You could substitute a low carb yogurt for the coconut milk, just be sure to read labels and make sure it fits your macros.

When you are ready to make your bowl, place a frozen acai packet in a cup or bowl of hot water, just to thaw enough to remove from the plastic. Open the can and scoop out that delicious coconut milk fat into a blender or Nutribullet, and discard the water. Add the acai to the blender. Blend together with a little keto friendly sweetener. I do a few drops of liquid stevia in this recipe. If you don’t like stevia, feel free to substitute a ½ tsp or so of Swerve. Sweetener is always a personal preference, so go easy and taste and adjust as necessary until you find your perfect blend.

Be sure not to overmix in the blender, as the coconut milk will start to thin. If it is too thin, you can place it in the refrigerator again for 15 minutes or so.

Now for the fun part! Pour the acai/coconut milk blend into a bowl and garnish however you like! Some suggestions for toppings are unsweetened shredded coconut, slivered almonds, walnuts, pecans, Lilly’s sugar free chocolate chips, fresh berries, or chia seeds. This also makes a very tasty dessert! Enjoy!



PREP TIME
5m



TOTAL TIME
10m



MAKES
2 servings



SERVING SIZE

PREPARATION: You will need a [high-speed blender](#) for this recipe.

INGREDIENTS:

- 1 Trader Joe's Acai packet
- 1 can full-fat coconut milk, refrigerated overnight
- 5 - 10 drops of [liquid stevia](#), to taste
- Keto topping suggestions: unsweetened shredded coconut, almonds, blackberries, strawberries, raspberries, and chia seeds

DIRECTIONS:

Step 1

Place the can of coconut milk in the refrigerator overnight before making your bowl. Do not shake the can. You want the solids to separate from the liquid.

Step 2

When you are ready to make your bowl, place frozen acai packet in a bowl of hot water to thaw enough to remove it from the package.

Step 3

Empty the acai into a blender. Remove coconut milk from the fridge and open the can. Notice that the top is solid and yogurt-like. Scoop the solidified coconut milk into the blender, discard liquid remaining in the bottom of the can.

Step 4

Blend acai, coconut milk, and stevia until combined. Do not over mix; it will become too thin.

Step 5

Pour the mixture into a bowl, and top with desired toppings. We use unsweetened shredded coconut, almonds, blackberries, strawberries, raspberries, and chia seeds.

Note

If you find it is too thin, you may try blending with ½ cup ice, ½ cup frozen berries or ½ avocado. Unsweetened coconut yogurt may be substituted for coconut milk, as well.

WAKE ME UP KETO MOCHA FRAPPE



Macros

Calories: 141
Fat: 14g
Total Carbs: 9g
Fiber: 1.5g
Sugar Alcohols: 6g
Net Carbs: 1.5g
Protein: 2g

WAKE ME UP KETO MOCHA FRAPPE

Everyone goes mad for mocha! This [Konscious](#) frappe was created out of our love for coffee and brings to life our [Keto Activate™](#) exogenous ketones, into a daily keto coffee that will give you tons of energy and mental focus. We used MCT oil for an extra kick, but you can omit this or use coconut oil if you find MCT oil too potent. Drink once or twice a day as needed to continue to burn fat and feel fantastic.



PREP TIME
5m



TOTAL TIME
5m



MAKES
1 serving



SERVING SIZE
1 smoothie

PREPARATION: You will need a [high-speed blender](#) for this recipe.

INGREDIENTS:

- 1 ½ cups ice
- ½ cup [cold brew iced coffee](#)
- 2 tsp keto friendly sweetener, such as Swerve
- 2 tbsp heavy cream
- 1 cup [unsweetened vanilla almond milk](#)
- 1 scoop [Keto Activate](#)
- Optional: 1 tbsp [MCT oil](#), 1 tbsp collagen powder

DIRECTIONS: Blend until smooth.

CHOCOLATE KETO AVOCADO PUDDING



Macros

Calories: 314.4
Fat: 26.4g
Total Carbs: 31.8g
Fiber: 13g
Sugar Alcohols: 14.4g
Net Carbs: 4.4g
Protein: 5.6g

CHOCOLATE KETO AVOCADO PUDDING

I must warn you, this pudding is extremely delicious! You won't believe that it is primarily comprised of delicious, healthy avocado! Even my 8 year old picky eater loves it! There are a lot of avocado pudding recipes out there, and through trial and error, I have found this to be the best!

Here are some pointers to ensure your pudding will be super decadent and delicious:

First, make sure your avocados are "just ripe". You don't want them overly ripe and mushy, alternatively if they are too hard, they will not create a smooth pudding like texture. Test them by squeezing gently, and if they give just a little, they are perfect! You also want the flesh to be nice and green. The recipe calls for 4 avocados, but I would buy 6 just in case you get a rotten avocado, or two. Avocados tend to be a tricky fruit with a very short ripening window.

I strongly suggest using a food processor for this recipe. If you don't have one, you can use a blender or hand mixer, although the processor will create the smoothest texture.

The secret to this recipe comes from the combination of cocoa powder and baker's chocolate. Many recipes call for just one or the other, this recipe combines the two for a perfectly balanced chocolate taste. As you see in the recipe, sweetener is a matter of taste. I suggest adding little by little and tasting until you reach your desired sweetness.

This pudding taste best chilled in the refrigerator for about an hour. This will result in better texture and taste. It is absolutely delicious on its own or you can get fancy with toppings! Keto whipped cream is chocolate avocado pudding's best friend! This would be an impressive dessert for any dinner party topped with whipped cream, nuts, and berries.



PREP TIME
10m and 1 hr chill time



TOTAL TIME
10m



MAKES
5 servings



SERVING SIZE
approximately ½ cup

PREPARATION:

You will need a [food processor](#) or [high-speed blender](#) for this recipe.

INGREDIENTS:

- 4 ripe avocados
- ¼ cup unsweetened almond or coconut milk
- 5 tbsp unsweetened cacao or cocoa powder
- 2 tsp [vanilla extract](#)
- ¼ tsp of salt
- 3 oz [dark chocolate](#) or [bittersweet chocolate](#)
- ½ cup - 1 cup [powdered erythritol](#)

DIRECTIONS:

Step 1

Remove avocado flesh from skin and place in a food processor.

Step 2

Add the almond or coconut milk, cocoa powder, vanilla, and salt.

Step 3

Process until well combined.

Step 4

Melt the 3 ounces dark chocolate in a microwave for 30 seconds, or until completely melted. Mix erythritol into melted chocolate. Add this to the avocado mixture in the food processor.

Step 5

Process until smooth. Remove top of the food processor, scrapes sides of the bowl.

Step 6

Taste pudding and adjust erythritol and almond/coconut milk for desired sweetness and consistency. Blend one last time until smooth.

Step 7

Spoon into bowls and chill in a refrigerator for at least an hour.

Optional: top with Keto whip cream, berries, nuts, or nut butter.

DELICIOUSLY KETO WHIPPED CREAM



Macros

Calories: 102.6

Fat: 10.7g

Total Carbs: 3g

Fiber: 0g

Sugar Alcohols: 2.2g

Net Carbs: 0.8g

Protein: 0.9g

DELICIOUSLY KETO WHIPPED CREAM

This sweet and creamy keto-friendly whipped cream whips up super quick and serves as the perfect compliment to all of your sweet dishes. From cookies to cake to fresh berries, you'll want to add this keto whipped cream to all of your favorite desserts and sweet breakfast options.



PREP TIME
10 - 15m



TOTAL TIME
10 - 15m



MAKES
16 servings



SERVING SIZE
2 tbsp

PREPARATION: You will need a [hand mixer](#) or [stand mixer](#) for this recipe.

INGREDIENTS:

- 2 cups heavy whipping cream
- ¼ to ½ cup of powdered erythritol, such as Swerve
- 1 tsp [vanilla extract](#)

DIRECTIONS:

Step 1 Add the ingredients to a large, deep bowl. Using a [hand mixer](#) or [stand mixer](#), mix ingredients on medium high-high speed until it thickens to a whipped cream consistency.

Step 2 Increase speed of mixer as the mixture thickens, as not to splatter cream.

Step 3 Taste and adjust sweetener to your liking.

Optional: Add a scoop of nut butter or cocoa powder for flavored whipped cream!

LOVE MY LEMON KETO POUND CAKE



Macros

Calories: 286.1
Fat: 25.5g
Total Carbs: 27.7g
Fiber: 2.5g
Sugar Alcohols: 22.5g
Net Carbs: 2.6g
Protein: 7.8g

LOVE MY LEMON KETO POUND CAKE

Who doesn't love pound cake? This lemony and moist cake is a spin on a classic that will keep you in ketosis and satisfy your sweet cravings at the same time. Using both lemon juice and lemon zest, this cake is packed with lemon flavor and proves that you can indeed have your cake and eat it too!



PREP TIME
20m



TOTAL TIME
1 - 1.5h



MAKES
16 servings



SERVING SIZE
1 slice

PREPARATION: You will need a [tube pan](#) or [loaf pan](#) for this recipe

INGREDIENTS:

For the Pound cake:

- 2 ½ cups [almond flour](#)
- ½ cup unsalted butter softened
- 1 ½ cups [erythritol](#), powder form
- 8 eggs, room temperature
- 1 ½ tsp [vanilla extract](#)
- 2 tbsp fresh lemon juice
- ½ tsp salt
- 8 oz cream cheese
- 1 ½ tsp baking powder
- 1 tbsp lemon zest

For the Glaze:

- 1 cup [powdered erythritol](#)
- ½ tsp [vanilla extract](#)
- Juice of 1-2 lemons
- Lemon zest to taste
- 1-3 tbsp heavy cream

DIRECTIONS FOR THE POUND CAKE:

Step 1

Preheat oven to 350° F.

Step 2

Cream together the grass-fed butter and erythritol until smooth.

Step 3

Add the softened chunks of cream cheese and blend together until smooth. Add the eggs, lemon juice, zest, and vanilla extract with the blended ingredients. Blend with a hand mixer until smooth.

Step 4

In a medium-sized bowl, mix together the almond flour, baking powder, and salt.

Step 5

Slowly add the ingredients from the medium-sized bowl into the batter. Use a hand blender to blend the clumps until very smooth.

Step 6

Pour batter into a loaf pan or cake pan, we used a tube pan. Bake for 45 - 60 minutes at 350° F or until fully cooked.

DIRECTIONS FOR THE GLAZE:

Step 1

Mix the erythritol, vanilla, butter, and zest.

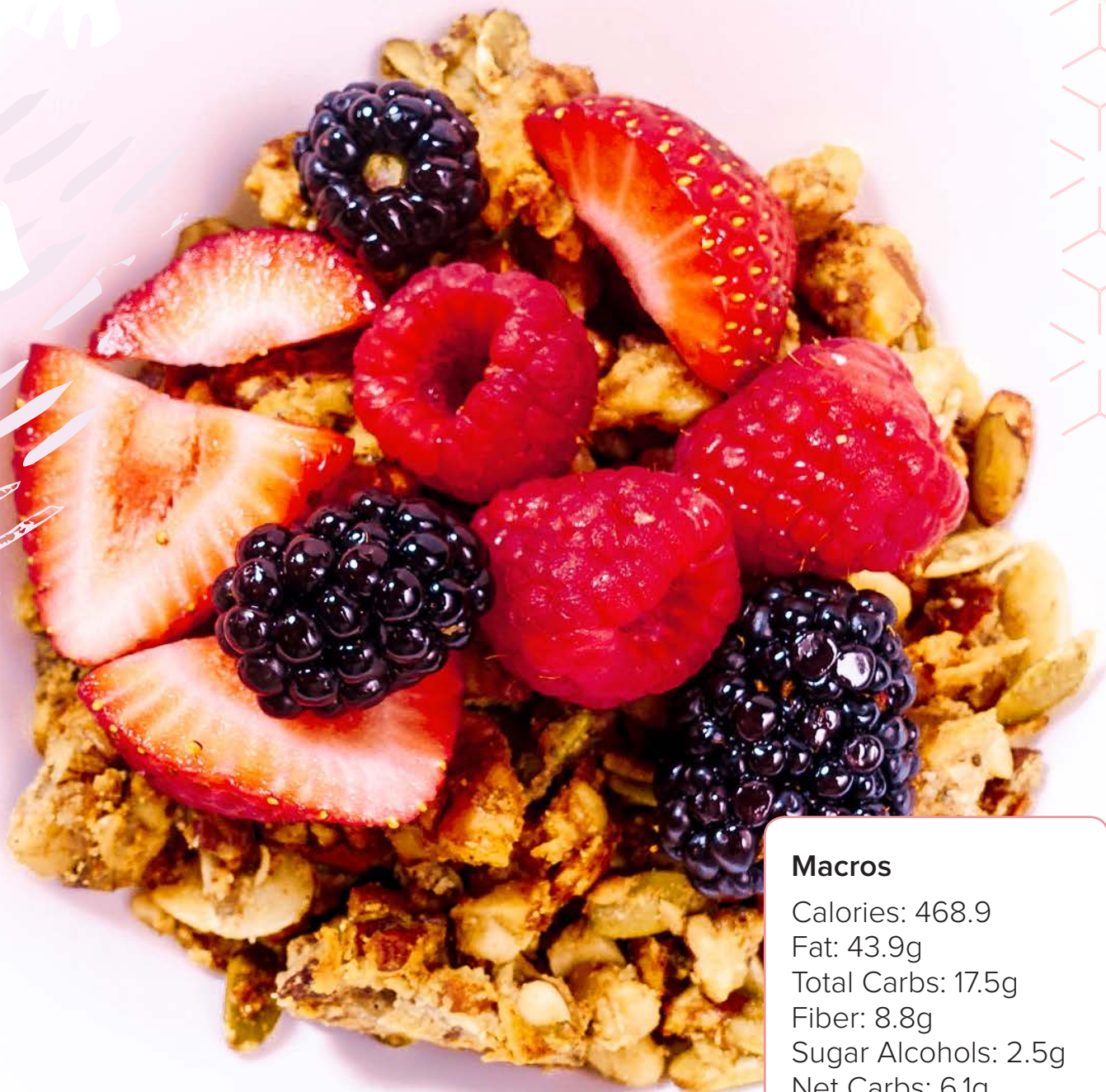
Step 2

Add lemon juice a little bit at a time until glaze becomes desired consistency. The glaze should be thin enough to pour.

Step 3

Wait until the pound cake is fully cooled before pouring the glaze on top.

CRUNCHTASTIC KETO GRANOLA

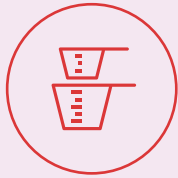


Macros

Calories: 468.9
Fat: 43.9g
Total Carbs: 17.5g
Fiber: 8.8g
Sugar Alcohols: 2.5g
Net Carbs: 6.1g
Protein: 10.4g

CRUNCHTASTIC KETO GRANOLA

As the name suggests, this granola recipe packs some serious crunch, thanks to nuts like pecans and almonds and superfood seeds like flax and chia. This low carb granola is great as an on-the-go snack but can also be eaten as a cereal with nut milk or used as a topping for keto-friendly yogurt.



PREP TIME
5m



COOK TIME
20 - 25m



MAKES
8 servings



SERVING SIZE
approximately ½ cup

PREPARATION:

- You will need [parchment paper](#) for this recipe.

INGREDIENTS:

- ¾ cup almonds, chopped
- 1 cup pecans, chopped
- 1 cup walnuts, chopped
- ½ cup pumpkin seeds, chopped
- ¼ cup sliced almonds, chopped
- 1 tbsp [chia seeds](#)
- 1 tbsp [flax seeds](#)
- ½ cup [almond flour](#)
- ½ cup [unsweetened flaked coconut](#)
- 1 large egg
- ⅓ cup butter, melted
- ½ cup sugar-free maple syrup, such as Lakanto brand
- 1 tsp cinnamon

DIRECTIONS:

Step 1

Preheat your oven to 325° F.

Step 2

Chop all the seeds and nuts into 4 - 5 pieces each where possible. Place into a large bowl. Add the rest of the ingredients into the bowl.

Step 3

On a baking tray with parchment paper, place the granola into an even layer. Place in the oven for 15 minutes.

Step 4

Once the timer goes off, pull it out and stir all the ingredients around, making sure that the edges don't burn. Keep putting it in the oven in 5 to 10 minute intervals so that the mixture doesn't burn.

Step 5

20 minutes should be enough to make this granola crunchy, but depending on your oven it might be more or less, so please keep an eye on it.

HANDS OFF MY CHOC-CHIP KETO COOKIE



Macros

Calories: 139.8

Fat: 12.9g

Total Carbs: 12.7g

Fiber: 3.8g

Sugar Alcohols: 6.6g

Net Carbs: 2.3g

Protein: 3.4g



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HANDS OFF MY CHOC-CHIP KETO COOKIE

Classic chocolate chip cookies get a keto-friendly makeover with this quick and easy recipe. Traditional chocolate chips are replaced with the sugar-free version while granulated sugar is replaced by powdered erythritol to ensure you remain in ketosis while catering to your sweet tooth.



PREP TIME
15m



COOK TIME
8 - 12m



MAKES
30 servings



SERVING SIZE
1 cookie

PREPARATION:

- You will need an [electric mixer](#) for this recipe.

INGREDIENTS:

- ¾ cup of softened butter
- 1 cup [erythritol](#), powdered
- 2 eggs
- 2 tsp [vanilla extract](#)
- 3 cups [almond flour](#)
- ½ tsp baking soda
- ½ tsp kosher salt
- ¾ tsp [xanthan gum](#), optional
- 1 ½ cup sugar-free chocolate chips

DIRECTIONS:

Step 1

Preheat oven to 350° F.

Step 2

Add softened butter and erythritol in a stand mixer or hand mixer, mix on medium until combined.

Step 3

Add 2 eggs and vanilla and mix until combined.

Step 4

Combine almond flour, baking soda, salt, and xanthan gum in a medium bowl.

Step 5

Add dry ingredients to wet ingredients and mix until combined.

Step 6

Fold in sugar-free chocolate chips.

Step 7

Scoop cookies onto a lined baking sheet (you may need two depending on how big your sheets are). Bake for 8 - 12 minutes.

Step 8

Let cool on the cookies sheets for about 10 minutes or until firm enough to transfer to cooling racks.

Optional: Add ½ cup chopped nuts

Tip: If cookies are too flat, chill the dough half hour before baking on the next round.

DOUBLE CHOCTASTIC KETO COOKIES



Macros

Calories: 129.7
Fat: 11.7g
Total Carbs: 12.2g
Fiber: 4.2g
Sugar Alcohols: 5.4g
Net Carbs: 2.6g
Protein: 3.1g

DOUBLE CHOCOLASTIC KETO COOKIES

Get ready for chocolate overload with this keto-friendly dessert option. Made with cocoa powder and sugar-free chocolate chips, these cookies have plenty of rich chocolate flavor but with none of the guilt.



PREP TIME
15m



COOK TIME
9 - 12m



MAKES
30 servings



SERVING SIZE
1 cookie

PREPARATION:

- You will need an [electric mixer](#) and [cookie scoop](#) for this recipe.
- Line a baking sheet with [parchment paper](#).

INGREDIENTS:

- $\frac{3}{4}$ cup of [grass-fed butter](#), softened
- $\frac{1}{3}$ cup of [coconut flour](#)
- 2 cups of almond flour
- $\frac{3}{4}$ cup [erythritol](#) sweetener, powdered
- 2 free-range eggs, beaten
- $\frac{1}{2}$ cup of unsweetened cocoa powder
- 1 tsp of baking soda
- $\frac{1}{2}$ tsp of [xanthan gum](#), optional
- 1 tsp of organic [vanilla extract](#)
- $\frac{1}{4}$ tsp of salt
- 1 $\frac{1}{2}$ cups of sugar-free chocolate chips

DIRECTIONS:

Step 1

Preheat oven to 350° F and line a baking sheet with parchment paper.

In a large bowl, combine the butter and erythritol. Add the beaten eggs and vanilla and mix together with an electric mixer.

Step 2

In another bowl, combine the cocoa powder, almond and coconut flours, baking soda, xanthan gum, and salt. Add these to the wet ingredients. Mix again with the electric mixer.

Step 3

Pour in the chocolate chips and combine with a rubber spatula. The batter will be very thick.

Step 4

Using a large cookie scoop, scoop cookies onto the baking sheet. Place in the preheated oven and bake for 9 - 12 minutes.

Step 5

Remove from the oven and let cool completely on the baking sheet before serving.

Optional: Add ½ cup chopped nuts

Tip: If cookies are too flat, chill dough for half hour before baking.

IT'S PB KETO COOKIE TIME



Macros

Calories: 104.4

Fat: 8.8g

Total Carbs: 8.6g

Fiber: 1.6g

Sugar Alcohols: 4.8g

Net Carbs: 2.2g

Protein: 4.6g

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IT'S PB KETO COOKIE TIME

With just 3 ingredients, you'll find it hard to believe the flavor you get from these easy to make peanut butter cookies. The dough is shaped into balls then pressed with a fork for the classic criss-cross design. One batch bakes in just 15 minutes, making this the perfect go-to dessert any time.



PREP TIME
5m



COOK TIME
10 - 13m



MAKES
15 servings



SERVING SIZE
1 cookie

PREPARATION:

- Line a baking sheet with [parchment paper](#).

INGREDIENTS:

- 1 cup natural [peanut butter](#)
- ½ cup of [erythritol](#) sweetener, powdered
- 1 organic egg

DIRECTIONS:

Step 1 Preheat oven to 350° F.

Step 2 Combine all ingredients in a bowl.

Step 3 Roll cookies into balls and place on baking sheets lined with parchment paper.

Step 4 Make a criss-cross design, using a fork.

Step 5 Bake for 10 - 13 minutes or until done.

Step 6 Cool on baking sheets.

DREAMY CREAMY KETO COOKIES



Macros

Calories: 102.2

Fat: 9.9g

Total Carbs: 4.8g

Fiber: 1g

Sugar Alcohols: 3g

Net Carbs: 0.8g

Protein: 1.7g

DREAMY CREAMY KETO COOKIES

If you love soft, buttery desserts, you'll love these keto cream cheese cookies. Made with both almond and coconut flour, these delicious cookies bake up soft and are reminiscent of traditional sugar cookies. Eat these alone or top with keto whipped cream for the ultimate sweet treat.



PREP TIME

15m plus 1.5h chill time



COOK TIME

10 - 12m



MAKES

36 servings



SERVING SIZE

1 cookie

PREPARATION:

Preheat oven to 350° F.

INGREDIENTS:

- 1 cup butter, softened
- $\frac{3}{4}$ cup [erythritol](#), powdered
- 4 oz cream cheese, softened
- 1 egg
- 2 cups [almond flour](#)
- $\frac{1}{2}$ cup [coconut flour](#)
- $\frac{1}{2}$ tsp [baking powder](#)
- 1 tsp [vanilla extract](#)

DIRECTIONS:

Step 1

Cream the butter and sweetener until light and fluffy.

Step 2

Add in the egg.

Step 3

Stir in the flours and baking powder, then mix in the vanilla.

Step 4

Chill dough for 30 minutes.

Step 5

Shape dough into a log shape. Wrap in wax paper and chill again 1 - 2 hours.

Step 6

Slice log into cookies. Bake at 350° F until cookies begin to brown (about 8 - 10 minutes for a pressed cookie or 10 - 12 minutes for slices). Cook longer for crisper cookies.

FUDGY PB KETO FAT BOMBS



Macros

Calories: 237.9

Fat: 19.7g

Total Carbs: 21.6g

Fiber: 9.2g

Sugar Alcohols: 5.6g

Net Carbs: 6.7g

Protein: 8.1g

FUDGY PB KETO FAT BOMBS

You can't go wrong with peanut butter and chocolate! This classic combo pairs with coconut oil in a pinch of salt for a sweet and salty treat that's guaranteed to hit the spot.



PREP TIME

15m plus 1 - 2h chill time



MAKES

16 bombs



SERVING SIZE

1 fat bomb

INGREDIENTS:

- Cooking spray, for pan
- 1 ½ cups smooth unsweetened peanut butter
- 1 cup [coconut flour](#)
- ¼ cup powdered [erythritol](#)
- 1 teaspoon pure [vanilla extract](#)
- Pinch kosher salt
- 1 ½ cups sugar-free dark chocolate chips
- 2 tbsp coconut oil

DIRECTIONS:

Step 1

Line an 8x8 baking pan with parchment paper and grease with cooking spray.

Step 2

In a medium bowl, combine peanut butter, coconut flour, powdered sugar, vanilla, and salt. Stir until smooth and pour into prepared pan, smoothing the top with a spatula. Place in freezer for 30 minutes to firm up.

Step 3

Combine chocolate chips and coconut oil in a medium microwave-safe bowl. Microwave, stirring every 30 seconds, until smooth and pourable. Pour chocolate over peanut butter layer and place in freezer to harden, 1 - 2 hours, or until firm.

Step 4

When ready to serve, remove peanut butter bars from baking dish and cut into squares.

MINI VELVETY KETO CHEESECAKES



Macros

Calories: 265.5
Fat: 24.6g
Total Carbs: 12.5g
Fiber: 1.6g
Sugar Alcohols: 6.7g
Net Carbs: 4.1g
Protein: 6.1g

MINI VELVETY KETO CHEESECAKES

We think we might have saved the best for last! This super creamy, deliciously sweet NY style cheesecake is the stuff keto desserts are made of - with none of the sugar! Being low-carb has never tasted so good. We love to stock the fridge with these mini delights so we have a high fat snack on hand, day or night. Enjoy as an indulgent dessert or a quick lunch on the go - we won't judge!



PREP TIME
20m



COOK TIME
30-35m



MAKES
12 servings



SERVING SIZE
1 mini cheesecake

INGREDIENTS:

- 1 ¼ cup [almond flour](#)
- 1 tbsp brown sugar erythritol
- ¼ cup salted butter, melted
- 16 oz cream cheese, room temperature
- 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:

Step 1

Preheat oven to 350° F Use a standard size silicone muffin pan or line a regular muffin pan with muffin liners.

Step 2

In a medium mixing bowl combine the almond flour and erythritol. Add the melted butter to the bowl and mix until the almond flour is coated and is the texture of wet sand. 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.

Step 3

Bake the crusts for 5 minutes.

Step 4

In a large mixing bowl, using a hand mixer, beat eggs and erythritol together.

Step 5

Add cream cheese a little at a time. Beat thoroughly until all is added.

Step 6

Add vanilla, lemon juice, and sour cream. Beat again.

Step 7

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.

Step 8

Bake for 25 - 30 minutes at 350° F or until the cheesecakes are set. They will still be a little jiggly in the center.

Step 9

Allow to cool on the counter for 20 minutes.

Optional: Top with berries, nuts, coconut, or sugar-free chocolate chips.

KONSCIOUS SHOPPING LIST

TOOLS:

[Cookie scoop](#)
[Electric Mixer](#)
[Food Processor](#)
[High-Speed Blender](#)
[Immersion Blender](#)
[Loaf Pan](#)
[Tube pan](#)

INGREDIENTS:

[Almonds, flaked](#)
[Almond, milk](#)
[Almond Flour](#)
[Baking powder, gluten free](#)
[Chocolate, bittersweet 60%](#)
[Chocolate, bittersweet 85% bar](#)
[Cacao, dark chocolate 85%, chips](#)
[Chia seeds](#)
[Cinnamon, organic](#)
[Coconut, flaked](#)
[Coconut Flour](#)
[Coconut Milk](#)
[Cocoa Powder, dark chocolate, unsweetened](#)
[Coffee, cold brew](#)
[Collagen](#)
[Erythritol Sweetener, granular](#)
[Flaxseed, meal](#)

[Ghee Butter, grass-fed, unsalted](#)
[Keto Activate™](#)
[Macadamia nut, milk](#)
[Maple Syrup, sugar-free](#)
[MCT oil](#)
[Parchment paper](#)
[Peanut Butter, natural](#)
[Pecans, raw](#)
[Peppermint, extract](#)
[Pumpkin Seeds, raw](#)
[Stevia, liquid drops](#)
[Vanilla Extract, organic](#)
[Vanilla Whey Protein, powder](#)
[Walnuts](#)
[Whole Earth Sweetener, monk fruit/stevia](#)
[Xanthan gum](#)