KETOGENIC DIET

30 DELIGHTFUL DESSERTS

1 MONTH OF LOW-CARB, HIGH-FAT WEIGHT LOSS MEALS

Recipes365

Copyright © 2016

Recipes 365

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law.

• BEFORE YOU BEGIN •

Free Bonuses

Guide: Top 10 Ketogenic Diet Mistakes

We've put together a free companion guide to go with this cookbook. It features the top 10 mistakes made by people on the ketogenic diet.

If you want to avoid costly mistakes and accelerate your progress you will find a link to the guide at the back of this book. If you can't wait that long, click below now!

2. Recipe Genie: Your Celebrity Chef

Love a recipe but wish it had a little twist? Meet Recipe Genie — your AI-powered celebrity chef that helps you tweak, swap, and perfect any recipe to your taste or diet.

🎁 Use code **KETOGENIC** for **100 FREE credits** here and start customizing recipes your way!

Try it free → https://litomedia.com/recipe-genie/

Or

SCAN

Table of Contents

• BEFORE YOU BEGIN • **3**

Free Bonuses **3**

1. Guide: Top 10 Ketogenic Diet Mistakes 3

2. Recipe Genie: Your Celebrity Chef 4

Table of Contents **5**

Introduction **7**

The Science in a Nutshell 7

What Keto Can do for You 7

Things to Remember 7

The Recipes **8**

Desserts **9**

Coconut Bars 9

Pumpkin Ice Cream with Pecans 11

Pumpkin Blondies 13

Peanut Butter Fudge 15

Buttered Pecan Ice Cream 17

Keto Mug Churro 19

Butterscotch Ice Cream 21

Mocha Ice Cream 23

Coconutty Chocolate Macaroons 25

Keto Cookie Butter 27

Peanut Butter Milkshake 29

Strawberry Milkshake 31

Chunky Chocolate Ice Cream 33

Chia Seed Blondies 35

Coconut Mocha Mug Cake 37

Greenie Latte 39

Whiskey Vanilla Mug Cake 41

Chocolate Peanut Butter Mug Cake 43

Maple Mug Cake 45

Chocolate Mug Cake 47

Keto Chocolate Ganache 49

Keto Chocolate 51

Keto Hot Chocolate 53

Peanut Butter and Chocolate Pudding 55

Muscle Chocolate Cake 57

Chocolate Peanut Butter Ice Cream 59

Keto Mug Brownie 61
Keto White Chocolate Bark 63
Chai Mug Cake 65
Macadamia Coconut Custard 67
FREE BONUS GIFTS: **69**
1. Guide: Top 10 Keto Diet Mistakes 69
2. Recipe Genie: Your Celebrity Chef 70
Like This Book? **71**

Introduction

Hello there, sweet tooth!

Welcome to 30 days of delicious desserts, ketogenic style. By now you are probably well aware of the benefits of going keto but just in case you need to refresh your memory, here's a quick top-up before we dive right into the recipes.

The Science in a Nutshell

Your body normally converts carbohydrates to glucose for energy. By limiting your intake and replacing it with fats, your body enters a state of ketosis.

Here your body produces ketones, created by a breakdown of fats in the liver. Without carbohydrates as your primary source of energy your body will turn to the ketones instead.

This effectively cranks up the fat burning furnace and puts your body in the ultimate metabolic state.

What Keto Can do for You

Keto has its origins in treating healthcare conditions such as epilepsy, type 2 diabetes, cardiovascular disease, metabolic syndrome, auto-brewery syndrome and high blood pressure but now has much wider application in weight control.

This diet, then, will take you above and beyond typical results and propel you into a new realm of total body health. If you want to look and feel the best you possibly can, all without sacrificing your love of delicious food, then this is the cookbook for you.

Things to Remember

A healthy diet is not solution to anything in and of itself; it must be applied as part of a healthy lifestyle in order to see maximum results.

Think of the ketogenic diet as the foundation of your new body. If you want to build something truly special on top of it then design your lifestyle with that goal in mind.

Cutting out junk food goes without saying, as does ditching bad habits such as smoking and drinking. Exercise, too, will take you to heights you never thought was possible.

So, as you explore these delectable dishes and embark on the keto diet, try not to neglect other areas or responsibility.

Let this be the start of something great!

The Recipes

We wanted to make it as simple as possible for you to get in the kitchen and rustle up something special, so you will find each recipe laid out in an easy to follow format.

Each begins with a short intro to the dish, followed by the serving size and list of ingredients. Remember, this diet is designed to rekindle your love of food not extinguish it with rules and regulations, so don't be afraid to experiment.

Use the ingredients as general guidelines and follow the instructions as best you can. You may not get everything perfect first time, every time but that is what makes it yours!

Keep at it for the full 30 days of eating and you will no doubt establish a few firm favorites which you can turn into your specialty dishes over time.

Each recipe ends with a breakdown of key nutritional information including number of calories and amount of fats, carbohydrates and protein.

Again, this isn't to be obsessed over. Food is something to be enjoyed, so if you are going to keep note of your intake levels then just make it a general estimate.

Once you start loving what you are eating mealtimes will become something to look forward to. Take this as encouragement, go forth and cook to your heart's content!

Desserts

Coconut Bars

These keto no-bake bars are a breeze to make! Just mix everything together and let ‘em chill in the fridge.

Serving size:

This recipe yields 8 servings.

Ingredients:

1 tsp. cinnamon

1/4 cup butter (melted)

1/2 cup cashews

1/4 cup maple syrup (sugar free)

1 cup almond flour

1/4 cup shredded coconut

1 pinch salt

Directions:

1. Add the almond flour and melted flour to a large bowl. Mix well.

2. Now (with dramatic flourish) toss in the salt, syrup, coconut, and cinnamon.

3. Roughly chop the cashews and toss into the mixture. Make sure everything is well combined.

4. Place parchment paper in a baking dish and evenly spread the coconut mixture.

Chill for at least 2 hours.

Slice and munch!

Nutritional information (per serving):

Calories: 185

Fat: 18g

Carbs: 4.5g

Protein: 4g

Pumpkin Ice Cream with Pecans

Ice cream isn’t just for the carb carefree anymore! Try the delicious pumpkin, keto friendly, ice cream recipe made with cottage cheese!

Serving size:

This recipe yields 4 servings.

Ingredients:

2 cups coconut milk

1/2 tsp. xanthan gum

20 drops liquid stevia

1/2 cup pumpkin puree

1/2 cup cottage cheese

1/3 cup erythritol

3 large egg yolks

1 tsp. maple extract

1/2 cup pecans (toasted and chopped)

2 tbsp. butter (Salted)

1 tsp. pumpkin spice

Directions:

1. Heat a pan on the stove and toss in the butter and pecans.

2. Now blend the remaining ingredients in either a blender, food processor, or immersion blender.

3. Now add the blended mixture to your ice cream machine, along with the pecans and butter.

4. Follow the churning instructions on your ice cream maker.

Simple as that, go eat!

Nutritional information (per serving):

Calories: 245

Fat: 22g

Carbs: 4g

Protein: 7g

Pumpkin Blondies

These wonderfully soft and fluffy blondies with almond flour, pumpkin, and coconut will be an excellent treat during the day. Or the perfect dish of goodies to bring to a party!

Serving size:

This recipe yields 12 servings.

Ingredients:

1/2 cup pumpkin puree

1/8 tsp. pumpkin pie spice

1 tsp. maple extract

1/4 cup almond flour