30 days
KETOGENIC
cookbook
dessert edition

high fat low carb recipes for the keto diet

Recipes365

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BEFORE YOU BEGIN

Free Bonuses

Guide: Top 10 Keto Diet Mistakes

We've put together a free companion guide to go with this recipe book. 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!

Recipe Genie: Kitchen Assistant

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.

Get my bonus now!

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Introduction

Hello there!

Welcome to a delectable 30 days of ketogenic dessert options! 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 a 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 the first time, every time but that is what makes it yours!

Keep at it for a full 30 days of eating and you will no doubt establish a few firm favorites that 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.

Why no pics? This cookbook is full of *fun* and *flavor*, and doesn't take itself too seriously. The food is entering your mouth, not a modeling contest, and we don't like to encourage unhealthy obsession about presentation. So just cook, experiment, and enjoy.

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

Keto Pavlova

This dessert is partially frozen, and perfect for that satiating that sweet craving.

Serves

6

Ingredients

For the Base:

4 egg whites

½ cup erythritol

1 tsp. vanilla extract

1 tsp. lemon juice

2 tsp. xanthan gum

For the Filling:

1 cup heavy cream

3 oz. frozen berries

For the Topping:

18 fresh raspberries

1-2 mint leaves

Directions

1. Separate the egg white from the yolk, and whisk the egg whites. Add erythritol while beating and continue beating until stiff peaks form.

2. Carefully fold in the vanilla extract, lemon juice and xanthan gum. Fold together with a silicone spatula.

3. Place parchment paper on a baking sheet. Using a pencil, outline a cup as a guide for where to spread the mixture. Spoon the batter into the paper, then make a small hole in the middle.

4. Bake for 1 hour at 300°F.

5. Make the filling by blending the frozen berries with heavy cream for approximately 3 minutes, or until a thick, creamy consistency is achieved.

5. When the pavlovas are done, spoon the berry sauce inside, and top with fresh raspberries and mint leaves.

Nutritional Info per Serving

Calories: 163

Fat: 16g

Net Carbs: 2.5g

Protein: 3g

Amaretti Cookies

These cookies are easy to make and can feed a mini horde. Or just you, for a few days!

Serves

16 cookies

Ingredients

1 cup almond flour

2 tbsp. coconut flour