

Andrea's Favorite Low Carb Sweet Treats

Lemon Bars

Ingredients:

1/2 cup butter, melted
1 3/4 cups almond flour
1 cup powdered erythritol
3 medium lemons
3 large eggs

Instructions:

Mix butter, 1 cup almond flour, 1/4 cup erythritol, and a pinch of salt. Press evenly into an 8x8" parchment paper-lined baking dish. Bake for 20 minutes at 350 degrees F. Then, let cool for 10 minutes.

Into a bowl, zest one of the lemons, then juice all 3 lemons, add the eggs, 3/4 cup erythritol, 3/4 cup almond flour & pinch of salt. Combine to make filling.

Pour the filling onto the crust & bake for 25 minutes. Serve with lemon slices and a sprinkle of erythritol.

By: Hey Keto Mama

Blueberry Cobbler

Ingredients

For the filling:

3 cups blueberries

1/4 tsp xanthan gum (to thicken)

2 Tbsp Swerve (or other sweetener)

1 tsp lemon juice

For the topping:

2 Tbsp butter

2/3 cup almond flour

2 Tbsp Swerve (or other sweetener)

1/2 tsp lemon zest

Instructions:

In a medium bowl, combine the blueberries, xanthan gum, sweetener, and lemon juice and mix well until the blueberries are coated.

Add the blueberry mixture to a 9 x 9 pan (or smaller ramekins.)

Melt the butter in the microwave in an average sized coffee mug or bowl. Stir in the almond flour, sweetener, and lemon zest until a crumbly dough forms.

Using your hands, crumble the dough over the blueberries in pea (or larger) sized clumps.

Bake in a 375 degree (F) oven for 22 minutes (for the large pan) or 16-18 minutes in smaller ramekins – or until the crust is golden brown and the blueberries are bubbling.

Serve warm or cold.

By: I Breathe I'm Hungry

Fudge Brownies

Ingredients:

3/4 cup Butter
4 oz Unsweetened baker's chocolate
3/4 cup Blanched almond flour
2/3 cup Erythritol
2 tbsp Cocoa powder
2 large Eggs (at room temperature)
1 tsp Vanilla extract (optional)
1/4 tsp Sea salt (only if using unsalted butter)
1/4 cup Walnuts (optional, chopped)

Instructions:

Preheat the oven to 350 degrees F (177 degrees C). Line an 8x8 in (20x20 cm) pan with parchment paper, with the edges of the paper over the sides.

Melt the butter and chocolate together in a double boiler, stirring occasionally, until smooth. Remove from heat.
Stir in the vanilla extract.

Add the almond flour, erythritol, cocoa powder, sea salt, and eggs. Stir together until uniform. The batter will be a little grainy looking.

Transfer the batter to the lined pan. Smooth the top with a spatula or the back of a spoon. If desired, sprinkle with chopped walnuts and press into the top.

Bake for about 13-18 minutes, until an inserted toothpick comes out almost clean with just a little batter on it that balls up between your fingers. (Don't wait for it to come out totally clean.)

Cool completely before moving or cutting.

No Bake Key Lime Pies

Ingredients

Crust:

3/4 cup plus 2 tablespoons almond flour

1/2 teaspoon cinnamon

1 1/2 tablespoons low carb sweetener or Natvia

4 tablespoons unsalted butter melted

Stabilized whipped cream:

1 teaspoon grass-fed gelatin

4 teaspoons cold water

1 cup heavy whipping cream

2 tablespoons low carb sweetener powdered

Filling:

12 ounces cream cheese softened

1/4 cup low carb sweetener

1/2 teaspoon vanilla extract

zest of 2 key limes

juice from 4 key limes about 3 tablespoons

Instructions:

Crust:

In a small bowl, combine the almond flour, cinnamon, and Natvia sweetener.

Add melted butter then divide between eight 4 ounce jars or dessert cups.

Press down to form a crust at bottom of each cup.

Stabilized Whipped Cream:

In a small pan, combine gelatin and cold water; let stand to soften gelatin.

Place over low heat, stirring constantly, just until the gelatin dissolves.

Remove from heat; cool slightly at room temperature (do not allow it to set).

Whip the cream with the icing sugar, until slightly thick.

While slowly beating, stream in the gelatin liquid to whipping cream.

Whip at high speed until stiff. Set aside.

Filling:

In medium bowl, blend all filling ingredients with an electric mixer until well combined.

Fold in half of the stabilized whipped cream.

Pipe or spoon filling over crust in each jar, dividing evenly between the cups.

Top off each jar with the remaining whipped cream.

Decorate with additional lime zest and slices if desired.