



# Low Carb Dessert Recipes 1

From Linda's Low Carb Recipes & Menus - <https://www.genaw.com/lowcarb/>

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*Please refer to my website for the nutritional counts for these recipes.*

## BANANAS FOSTER CRÈME BRÛLÉE

2 cups heavy cream  
4 egg yolks  
Sweetener equal to 1/2 cup plus 2  
tablespoons sugar  
Pinch salt  
1 teaspoon vanilla  
1 teaspoon banana flavoring



Topping:  
2 tablespoons butter, melted  
Sweetener equal to 4 teaspoons sugar  
1/4 teaspoon blackstrap molasses  
1/4 teaspoon vanilla  
1/4 teaspoon cinnamon

Heat the cream just to a simmer; cool slightly. I microwaved the cream in a 2-cup measuring cup just until it was hot but not boiling, about 2 minutes. In a medium bowl, whisk the remaining ingredients together and gradually whisk in the cream. Pour into four 6-ounce custard cups and place them in an 8x8" baking pan. Pour cold water into the baking pan until it comes about half way up the sides of the custard cups.

Bake at 350° 25-35 minutes or until a knife inserted into center comes out clean. The internal temperature should be 170°. The tops might get a little browned. You can tell that they're done when the tops puff up ever so slightly.

Mix the topping ingredients in a small bowl until well blended. Spoon over each cup; spread evenly. Chill the custards at least 4 hours before serving.

Makes 4 servings

## BUTTER COOKIES

3 ounces almond flour (3/4 cup)  
1/8 teaspoon salt  
Sweetener equal to 3 tablespoons sugar  
2 tablespoons butter, softened  
1/4 teaspoon vanilla  
1 egg white

Mix all of the ingredients well in a small bowl. Everything should be moist and the dough should hold together. Freeze about 15-20 minutes to firm up the dough. Drop the dough by teaspoons onto a parchment or silicone lined 12x17" baking sheet. Roll each piece of dough into a ball. I used a 1 teaspoon cookie scoop and skipped the rolling into a ball step. Cover the balls with plastic wrap and take a baking powder can that has about an 1/8" rim around the bottom and press down firmly over each ball of dough. Be sure to press all the way down to the baking sheet. Peel off the plastic wrap and discard. Prick the cookies with a fork.

Bake at 325° for 15-20 minutes, or until golden brown.

Makes about 20 cookies



## BUTTERED ALMOND CRÈME BRÛLÉE

2 cups heavy cream  
4 egg yolks  
Sweetener equal to 1/2 cup plus 2 tablespoons sugar  
Pinch salt  
1 teaspoon vanilla

Topping:

1 tablespoon butter  
1/2 ounce sliced almonds, 3 tablespoons (or chopped pecans)  
Sweetener equal to 2 teaspoons sugar

Heat the cream just to a simmer; cool slightly. I microwaved the cream in a 2-cup measuring cup just until it was hot but not boiling. In a medium bowl, whisk the remaining ingredients together and gradually whisk in the cream. Pour into four 6-ounce custard cups and place them in an 8x8" baking pan. Pour cold water into the baking pan until it comes about half way up the sides of the custard cups. Bake at 350° 25-30 minutes or until a knife inserted into center comes out clean. The tops will get a little browned. Chill 1 hour before adding the topping.

Meanwhile, prepare the topping. In a small saucepan or skillet melt the butter over low heat. Stir in the nuts and Splenda. Cook and stir constantly just until the almonds begin to brown. Remove from the heat immediately to keep the nuts from getting too brown. Sprinkle evenly over each cup. Chill at least 4 hours before serving.

Makes 4 servings



## BUTTERY ALMOND BARS

1/2 cup butter, softened  
4 1/2 ounces almond flour (1 cup plus 2 tablespoons)  
Sweetener equal to 1 cup sugar  
1 egg  
1/2 teaspoon vanilla  
1/2 teaspoon almond extract  
1/4 teaspoon baking soda  
1/4 teaspoon cream of tartar

In a medium bowl, cream the butter. Add the remaining ingredients and beat just until well combined. Spread in a greased 8x8" baking pan. Bake at 350° 15-20 minutes until golden brown; cool. Turn out of the pan and cut into 12 "fingers". Place them on a baking sheet and continue baking at 350° for another 5-10 minutes until well-browned. Cool completely.

Makes 12 bars



## BUTTERY ORANGE COCONUT BARS

1/2 cup butter, softened  
4 1/2 ounces almond flour (1 cup plus 2 tablespoons)  
1/4 cup finely ground unsweetened coconut (1/2 ounce) \*  
Sweetener equal to 1 1/4 cups sugar  
1 egg  
1 tablespoon orange zest (from one medium orange)  
1/2 teaspoon vanilla  
1/4 teaspoon baking soda  
1/4 teaspoon cream of tartar

In a medium bowl, cream the butter. Add the remaining ingredients and beat or stir just until well combined. Spread in a greased 8x8" baking pan. Bake at 350° 15-20 minutes until golden brown. Turn out of the pan onto a large cutting board and cut into 12 bars. Place them on a baking sheet and continue baking at 350° about 5-10 minutes until well-browned. Cool completely.

Makes 12 bars

\* Do not use coconut flour. You can put regular shredded coconut in a food processor and process until finely ground.



## CAROLYNF'S ALMOND COOKIES

1/2 cup butter, softened  
Sweetener equal to 1/3 cup sugar  
1 teaspoon vanilla  
1 egg  
1 cup almond flour (about 4 ounces)  
1/3 cup vanilla whey protein powder (1 scoop)  
1 teaspoon baking powder

Blend the butter, sweetener, vanilla and egg with an electric mixer to combine. Add the remaining ingredients to the butter mixture on low speed.

Make 18-22 cookies using a 2 teaspoon cookie scoop and place them on a silicone or parchment-lined baking sheet. Flatten the dough balls slightly. The dough is very soft and sticky so you may want to cover the dough with a piece of wax paper to press them. Bake at 350° about 9 minutes or until golden brown. Cool on a wire rack.

Makes 18-22 cookies



## CAROLYN'S FROZEN STRAWBERRY DESSERT

Topping:

2 ounces almond flour (1/2 cup)

2 tablespoons flax meal

2 tablespoons butter, softened

Sweetener equal to 2 tablespoons sugar

1/3 cup pecans, chopped (about 1 1/2 ounces)

Combine and spread in a 9" pie pan. Bake at 350° about 8 minutes then break it up with a spatula and stir. Return to the oven and bake another 5 minutes. Stir again. Bake until golden brown. Remove from the oven and cool.

3 egg whites

1/2 teaspoon cream of tartar

16 ounce bag frozen strawberries, thawed, drained and mashed

Sweetener equal to 1 cup sugar

In a large bowl, beat the egg whites, cream of tartar, strawberries and sweetener on high speed until very fluffy, 5-6 minutes. I recommend setting the bowl in the kitchen sink because it splatters. Make sure your bowl is very large because this will expand quite a bit. (continued on the next page...)





1 cup heavy cream, whipped  
8 ounces cream cheese, softened

In a medium bowl beat the cream cheese until smooth. Fold in about 1/4 cup of the strawberry mixture, to lighten it, then fold in the whipped cream being careful not to deflate the cream. Gently fold the cream cheese-whipping cream mixture into the strawberry mixture until it is well incorporated. Pour the strawberry mixture into a greased 9x13" pan and spread evenly. Sprinkle the topping mixture evenly over the top. Cover and freeze until solid, at least 4-6 hours. You can cut and serve this frozen.

Makes 12-16 servings

## CHEESECAKE PUDDING

1 cup heavy cream, whipped  
8 ounces cream cheese, softened  
8 ounces sour cream  
Sweetener equal to 3/4 cup sugar  
2 teaspoons vanilla  
Fruit, optional

Beat the cream cheese, sour cream, sweetener and vanilla until smooth. Fold in the whipped cream. Serve with fruit, if desired.

Makes 4 cups or about 6 servings



## CHOCOLATE PEANUT BUTTER CHEESECAKE CUPS

6 Magical Peanut Butter Cookies (see recipe below)  
8 ounces cream cheese, softened  
1/4 cup peanut butter  
1 egg  
Sweetener equal to 1/4 cup sugar  
1/2 teaspoon vanilla  
6 paper cupcake liners

### Glaze:

4 ounces sugar free chocolate chips (generous 1/2 cup)  
2 tablespoons butter  
2 tablespoons heavy cream  
1/4 teaspoon vanilla

Place the cupcake liners in a muffin tin. Place 1 cookie in the bottom of each cup and press firmly to form a crust. The cookies will crumble very easily with your fingers. In a small bowl, beat the next 5 ingredients with an electric mixer just until well combined. Divide the batter between the muffin cups. Bake at 350° 20 minutes. They will puff up quite high, but will settle as they cool. Cool on a rack until you can remove them from the muffin tin. Place them on a baking sheet and freeze 1 hour before spreading with the glaze. (continued on the next page...)



For the glaze, place the chocolate chips and butter in a small glass bowl. Microwave on 50% power 1-2 minutes or until melted, stirring after the first minute. Stir until well blended and smooth, then stir in the cream and vanilla until smooth.

Carefully remove each frozen cheesecake from its paper liner and place on a wax paper-lined baking sheet. Spoon the glaze over the tops and spread down the sides to coat completely. You'll need to work quickly before the glaze starts to set up. Chill several hours before serving or freeze 30-60 minutes for faster chilling.

Makes 6 servings



## MAGICAL PEANUT BUTTER COOKIES

1 cup peanut butter  
Sweetener equal to 1 1/3 cups sugar  
1 egg  
1 teaspoon vanilla



Line a large baking sheet with parchment paper. Combine all of the ingredients in a small mixing bowl; beat well with a spoon until it becomes a thick dough. Gently roll into 20 balls and place on a baking sheet. Or, use a 2-teaspoon cookie scoop to evenly measure the dough. With a fork, make a criss-cross design by gently pressing into the balls of dough in alternating directions. Bake at 350° for 12-15 minutes. Cool before removing from the baking sheet. Store in the freezer and do not thaw before eating.

Makes 20 small cookies

## CHOCOLATE TRUFFLE TORTE

6 ounces sugar-free 70% cocoa dark chocolate, chopped  
1/2 cup butter, cut up  
Pinch salt  
Sweetener equal to 1 cup sugar  
1 tablespoon cocoa, sifted  
3 eggs  
2/3 cup heavy cream  
1 teaspoon vanilla  
Whipped cream, optional

In a large microwave-safe bowl, melt the chocolate and butter on 50% power for 2 minutes or until the butter and chocolate are melted, stirring once or twice. Whisk until completely smooth. Whisk in the salt, sweetener, cocoa, eggs, cream and vanilla. Whisk until well blended. Pour the chocolate mixture into a greased 9-inch pie plate.

Bake at 350° degrees for 15 minutes or until the torte has puffed around the edges but the center is almost firm to the touch but still slightly jiggly. Cool completely. Chill well before serving. Serve with whipped cream if desired.

Makes 8-10 servings



## COCONUT CRISPS

1 ounce almond flour (1/4 cup)  
2 ounces unsweetened coconut, ground fine \*  
1/8 teaspoon salt  
Sweetener equal to 2 tablespoons sugar  
1/8 teaspoon vanilla  
1 egg white

Mix all of the ingredients well in a small bowl. Everything should be moist and the dough should hold together. Drop the dough by teaspoons onto a parchment or silicone lined 12x17" baking sheet. Roll each piece of dough into a ball. I used a 1 teaspoon cookie scoop and skipped the rolling into a ball step. Cover the balls with plastic wrap. Take a baking powder can that has about an 1/8" rim around the bottom and press down firmly over each ball of dough. Be sure to press all the way down to the baking sheet. Peel off the plastic wrap and repeat until all the cookies have been shaped.

Bake at 325° for 15-20 minutes, or until golden brown. You want them nice and brown, but don't let them get too dark or they'll taste burnt. It's ok for the centers to be a bit lighter than the outer edges, but they should not be pale.

Makes about 20 cookies

\* I ground mine in my mini food processor until it looked like coarse meal.



## COCONUT CRUNCH DELIGHT II

### Crust and Topping:

1/4 cup butter, melted  
Sweetener equal to 1/4 cup sugar  
1/2 cup almond flour (2 ounces)  
1 batch Angel Coconut (see recipe below)  
1/2 cup sliced almonds (2 ounces)

### Filling:

1 tablespoon sugar free instant vanilla pudding mix  
1 cup heavy cream  
Sweetener equal to 1/4 cup sugar  
1/2 teaspoon vanilla or coconut extract

Spray an 8x8" baking pan with cooking spray. Add all of the crust/topping ingredients and mix well with a fork. Spread evenly over the bottom of the pan and bake at 325° about 20-25, stirring every 5 minutes until golden brown. Watch closely during last 10 minutes so that it doesn't get too dark or burn. Remove from the oven and remove half of the crumb mixture from the pan and set aside. Press the remaining crumbs evenly over the bottom of the pan; cool then freeze about 30 minutes or until set.

Meanwhile, put the dry pudding mix in a medium mixing bowl. Gradually whisk in the cream until the pudding mix no longer looks grainy; add the sweetener and vanilla. Beat on high speed with an electric mixer until the filling is thick and fluffy. (continued on the next page...)



Drop the filling by big spoonfuls over the crust then spread gently to cover the crust being careful not to disturb the crumbs. Sprinkle the remaining crust mixture over the cream filling. Cover and chill several hours before serving.

Makes 9 small servings

### **ANGEL COCONUT**

1/2 cup unsweetened coconut (about 1 1/4 ounces)

1 1/2 tablespoons boiling water

Sweetener equal to 2 tablespoons sugar

Place the coconut in a small bowl. Mix the sweetener with the boiling water then pour over the coconut and mix well. Cover bowl with plastic wrap and let stand 15 minutes. This will turn dry, unsweetened coconut into the soft, sweet kind you buy in the grocery store. It can be toasted by spreading on a baking sheet and bake at 350° for a few minutes, stirring occasionally and watching very closely.

Makes 1/2 cup



Coconut Crunch Delight II made with double the filling



## COFFEE CREME CUSTARD

2 cups heavy cream  
2 teaspoons instant coffee granules  
4 or 5 egg yolks  
Sweetener equal to 1 cup sugar  
Pinch salt  
2 teaspoons vanilla

Heat the cream and coffee granules just to a simmer; cool slightly. I microwaved the cream in a 2-cup measuring cup just until it was hot but not boiling. Stir to dissolve the coffee granules.

In a medium bowl, whisk the remaining ingredients together and gradually whisk in the cream. Pour into four 6-ounce custard cups and place them in an 8x8" baking pan. Pour cold water into the baking pan until it comes about half way up the sides of the custard cups. Bake at 350° 25-40 minutes or until a knife inserted into center comes out clean. The internal temperature should be 170°. The tops will get a little browned and look slightly puffed when the custard is done. Chill at least an hour before serving.

Makes 4 servings



## COTTAGE CHEESE GELATIN FLUFF

- 1 small package diet gelatin mix, any flavor
- 1 cup cottage cheese
- 1 cup heavy cream, whipped

In a medium bowl, mix the cottage cheese and dry gelatin, mix well. Fold in the whipped cream until no streaks of gelatin remain. Chill well before serving.

Makes 4-6 servings

