



CHOC COCONUT BALLS FOR DESSERT



SERVINGS: 12

PER SERVE: 111 CAL / 9.2G PROTEIN / 2G CARBOHYDRATE / 6.9G FAT

INGREDIENTS

- 100g whey protein powder, chocolate flavour
- 125g almond butter
- 30g desiccated coconut, unsweetened
- 7.5g cocoa powder, unsweetened
- 4 tbsp unsweetened coconut milk

DIRECTIONS

- Place all of the ingredients (except 10g of the coconut for rolling) into a bowl and mix until well combined.
- Divide mixture into 12 balls (you can make them smaller if you want to make them lower in calories).
- Roll each ball in desiccated coconut.
- Store in the fridge or enjoy immediately!

NOTES

You can substitute almond butter for peanut butter if you prefer.



PEANUT BUTTER AND JELLY CHIA PUDDING FOR BREAKFAST OR DESSERT

SERVINGS: 3 PER SERVE: 211CAL / 6G PROTEIN / 19G CARBOHYDRATE / 13G FAT

INGREDIENTS

COMPOTE

- 1 cup wild blueberries
- 1 Tbsp orange juice
- 1 Tbsp chia seeds

CHIA PUDDING

- 1.5 cup unsweetened almond milk
- 1 tsp vanilla
- 1-2 Tbsp maple syrup
- 3 Tbsp salted peanut butter
- 1/3 cup chia seeds
- Fresh blueberries (for topping)

DIRECTIONS

1. To a small saucepan, add the blueberries and orange juice. Warm over medium-high heat until bubbling. Then lower heat to medium and cook for 2 minutes, stirring occasionally. Remove from heat and add chia seeds. Stir to combine. Then, divide the compote between three small serving dishes, and set in the refrigerator to chill.
2. On other side, add almond and coconut milk to a blender, along with vanilla, maple syrup, and peanut butter. Blend on high to fully combine. Taste and adjust flavors as needed, adding more maple syrup for sweetness or peanut butter for saltiness.
3. Add chia seeds and pulse a few times to incorporate, being careful not to blend as you want the chia seeds left whole. Set your whole blender in the fridge to begin chilling. Wait 10 minutes for the chia compote to cool. Then remove and give the chia pudding a stir to redistribute it, then divide between the three serving dishes right on top of the compote.
4. Cover well and set in the refrigerator to chill for at least 1-2 hours (preferably overnight), or until chilled.
5. Top with extra peanut butter and fresh blueberries

NOTES

You can keep it in your fridge 3-4 days ONLY. No Freezing!



ESPRESSO OVERNIGHT OATS WITH SALTED DATE CARAMEL FOR BREAKFAST/SNACK/DESSERT

SERVINGS: 2

PER SERVE: 119 CAL/ 3.5G PROTEIN / 19.5G CARBOHYDRATE / 2.5G FAT

INGREDIENTS

- 1 cup rolled oats
- 1 tablespoon chia seeds
- pinch sea salt
- 3/4 cup unsweetened, plain almond milk
- 1/2 cup strong cold press OR brewed coffee
- 2 tablespoons maple syrup (NO Sugar)
- 1 teaspoon vanilla
- 4 Medjool dates, pitted, *the softer the better!*

DIRECTIONS

For Oats

- First, mix all dry ingredients together in a large bowl.
- Add wet ingredients and mix again.
- Place in the refrigerator, covered, for at least 2 hours or overnight. Serve cold.

For Date Caramel

- Place 4 Medjool dates into a high-speed food processor. Process on high until pureed. Depending on how soft your dates are, you may need to add water. Add by the 1/2 teaspoon.

NOTES

It should stay good refrigerated for up to 3-4 days.

Depending on how thick you like your overnight oats, you may add a splash of almond milk before serving



KETO NUT CLUSTERS

SNACK/DESSERT

NUTRITIONAL INFO FOR 1 CLUSTER

25 CLUSTERS

PER SERVE: 176 CAL/ 1.6G PROTEIN / 2G CARBOHYDRATE / 8G FAT

INGREDIENTS

- 3 Tbps (45g) Refined Coconut Oil
- 1 ½ Cups Sugar Free Chocolate Chips
- ⅔ Cup (85g) Pecans
- ⅔ Cup (85g) Almonds
- ⅔ Cup (85g) Hazelnuts
- Flakey Salt (if using unsalted nuts)

DIRECTIONS

1. Add the coconut oil and chocolate chips to a large microwave and work the coconut oil into the chocolate with a spatula.
2. Melt the chocolate and coconut oil in the microwave for around 30 seconds until the coconut oil completely liquifies
3. Use a spatula to combine the chocolate and coconut oil into a thick chocolate syrupy consistency.
4. Add all of the nuts into the bowl and mix them into the melted chocolate until they're totally covered in it.
5. Use a tablespoon - or an ⅓ cup measuring cup - to scoop the mixture onto a baking sheet.
6. Freeze for at least 1 hour, then enjoy!

NOTES

Just 5 ingredients to make this low carb dessert recipe
No baking required

Low Carb Almond and
Blueberry Shake



ALMOND AND BLUEBERRY SHAKE FOR BREAKFAST OR SNACK!

SERVINGS: 1 PER SERVE: 149CAL / 4G PROTEIN / 9G CARBOHYDRATE / 11G FAT

INGREDIENTS

- 1 cup unsweetened almond milk
- $\frac{1}{4}$ cup fresh blueberries
- 1 tbs creamy unsweetened almond butter
- low carb syrup (optional)

DIRECTIONS

1. Add all the ingredients to a blending jar and use a stick blender to blend until smooth.
2. Taste for sweetness and add syrup if necessary.
3. Pour into a glass and serve.

NOTES

This three-ingredient blueberry shake is low carb and sugar free.