



Low Carb Dessert Recipes 3

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.

PANNA COTTA

1 envelope unflavored gelatin
2 cups heavy cream
1/2 cup water
Sweetener equal to 1/3 cup sugar
1/2 teaspoon almond extract or 1 teaspoon vanilla

Spray six 6-ounce custard dishes with non-stick spray. In a small bowl, sprinkle the gelatin over 3 tablespoons cold water; let stand 5 minutes to soften. Bring the cream, 1/2 cup water, sweetener and extracts to a boil on medium heat or microwave on HIGH for about 6 minutes or so, watching closely. Remove from the heat; add the gelatin mixture; stir until the gelatin is completely dissolved. Pour into custard cups. Cover the surface with plastic wrap to prevent skin from forming, if desired. Chill at least 3 hours.

Makes 6 servings



PEANUT BUTTER CRISPS

3 ounces almond flour (3/4 cup)
2 tablespoons peanut butter
Sweetener equal to 3 tablespoons sugar
1/8 teaspoon salt
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. Drop the dough by teaspoons onto a parchment or silicone lined 12x17" baking sheet. Roll each piece of dough into a ball. Cover the balls with plastic wrap and with a baking powder can that has about an 1/8" rim around the bottom, 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 20-24 cookies



POTS DE CRÈME AU CHOCOLAT

4 ounces sugar free chocolate chips or chopped chocolate
Sweetener equal to 2 tablespoons sugar
3/4 cup heavy cream
2 egg yolks, slightly beaten
1/2 teaspoon vanilla or orange extract

Heat the chocolate, sweetener and cream over medium heat, stirring constantly, until the chocolate is melted and the mixture is smooth. Or, place the chocolate, sweetener and cream in a small microwave-safe bowl and microwave on MEDIUM about 2 1/2 minutes, stirring after half the time. Cook until the chocolate is completely melted and whisk until smooth. Gradually beat the chocolate mixture into the egg yolks. Stir in the vanilla. Pour into small dessert dishes. Chill well before serving, about 4 hours.

Makes 4 servings

NOTE: If you eat this the day that it's made it will have the consistency of pudding. If you wait until the next day it will be like a thick ganache.



POUND CAKE

1/2 cup butter, softened
4 ounces cream cheese, softened
Sweetener equal to 1 cup sugar
5 eggs
1 teaspoon lemon or orange extract, optional
1-2 teaspoons vanilla
6 1/2 ounces almond flour (1 1/2 cups plus 2 tablespoons)
1 teaspoon baking powder
1/8 teaspoon salt
Lemon or orange zest, optional

Put all of the ingredients in a medium bowl. Beat with an electric mixer until no bits of cream cheese remain and the batter is thick and fluffy. This will take a minute or two. Spoon into a greased 9-inch round cake pan and spread evenly with a spatula.

Bake at 350° 40-55 minutes. The cake will be golden brown and firm to the touch when done. (*see some variations on the next page...*)

Makes 8 servings





LOAF CAKE VARIATION:

Bake in an well-greased 8x4" loaf pan at 325° for 40-55 minutes or until well browned. Cool on a rack 10 minutes before turning cake out of pan.



MINI BUNDT POUND CAKES:

Divide the batter between 5 mini bundt pans that have been sprayed with nonstick cooking spray. Place on a baking sheet and bake at 350° for about 29 minutes or until golden brown. Invert and remove from pans at once onto cooling rack.

Makes 10 servings of 1/2 cake each



PUMPKIN BAKE

8 ounces cream cheese, softened
5 eggs
Sweetener equal to 1 cup sugar
15 ounce can pumpkin
1 1/2 teaspoons Pumpkin Pie Spice
1 teaspoon cinnamon
1 teaspoon vanilla

Put the cream cheese in a medium mixing bowl and beat with an electric mixer until smooth. Add the remaining ingredients and beat well. Pour into a 6x8" greased glass baking dish. Bake at 350° about 40 minutes or until the center feels firm and a knife inserted in the center comes out relatively clean. Cool, then chill before serving.

Makes 6 servings



RASPBERRY DREAM

2 small packages diet raspberry gelatin
12 ounce bag frozen raspberries, thawed (reserve juice)
Sweetener equal to 1/4 cup sugar
6 ounce carton sugar free vanilla yogurt
1 cup heavy cream, whipped

Sweeten the berry liquid with the sweetener. Add water to the berry juice to make 1 cup liquid; bring to a boil on the stove or in the microwave. Dissolve the gelatin in berry liquid then stir in 1 cup cold water. Whisk in yogurt until well blended. Chill until partially set, about 40 minutes. Fold in the raspberries and whipped cream until no white streaks remain. Pour into a large serving bowl and chill several hours until set.

Makes about 12 servings



RASPBERRY FOOL

12 ounces frozen raspberries (no need to thaw)
1 tablespoon cold water
Sweetener equal to 6 tablespoons sugar

8 ounces cream cheese, softened
Sweetener equal to 1/2 cup sugar
1/2 teaspoon vanilla
1 cup heavy cream

Put the frozen berries, water and 6 tablespoons sweetener in a medium saucepan. Bring to a boil, then simmer on low heat 10 minutes until the berries have broken up. Cool completely then mash them well. Don't bother straining out the seeds. It's not worth the trouble and you'll end up wasting half of the berries by doing so. Cool completely.

Meanwhile, in a large bowl beat the cream cheese with 1/2 cup sweetener and the vanilla until fluffy. Set aside. In another bowl, beat the cream and remaining 2 tablespoons sweetener until stiff. Gently fold the whipped cream into the cream cheese mixture. Fold the cooled berries into the cream cheese mixture. You can either blend until the mixture is completely pink or leave a few streaks of white remaining. Spoon into 6 dessert dishes and chill several hours before serving.

Makes 6 servings



RASPBERRY-ALMOND CRUMB CAKE

3 1/2 ounces almond flour (3/4 cup plus 2 tablespoons)

1/3 cup granular sweetener *

1/8 teaspoon salt

1/4 cup cold butter, cut into small cubes

1/2 teaspoon baking powder

1/4 teaspoon baking soda

1/3 cup sour cream

2 tablespoons heavy cream

1 teaspoon vanilla

1 egg

3 ounces cream cheese, softened

Sweetener equal to 2 tablespoons sugar

1/8 teaspoon almond extract

1 egg white

1/3 cup sugar free raspberry jam

3/4 ounce sliced almonds (2 tablespoons)

In a medium bowl, mix the almond flour, 1/3 cup granular sweetener and salt; cut in the butter with your fingers until you get coarse crumbs. Set aside 1/2 of the crumb mixture for the topping and keep it chilled until needed. *(continued on the next page)*



To the remaining almond flour mixture, add the baking powder, baking soda, sour cream, heavy cream, vanilla and whole egg. Whisk until well blended. Pour into a greased 8-inch round cake pan.

In the same mixing bowl, whisk the cream cheese, 2 tablespoons sweetener, almond extract and the egg white until smooth. Pour the cream cheese mixture all over the cake batter and try to distribute it as evenly as possible. Distribute the jam in small dollops all over the top of the cake batter. Sprinkle the reserved topping and sliced almonds over the top.

Bake at 350° 30 minutes until the cake is golden brown and the top springs back when lightly touched. Cool before serving. Store in the refrigerator.

Makes 8 servings

* Granular sweetener is required here because liquid sweetener would not get evenly distributed throughout the mixture.



SIMPLIFIED CHOCOLATE POTS DE CRÈME

3/4 cup heavy cream

Sweetener equal to 1/4 cup sugar

Pinch salt, optional

2 egg yolks

4 ounces sugar free chocolate chips or chopped chocolate

1/2 teaspoon vanilla, orange or peppermint extract

Stove top method:

In a medium saucepan, whisk together the cream, sweetener, salt and egg yolks until well blended. Add the chocolate. Cook over medium heat, stirring constantly, until the chocolate is melted and the mixture is smooth and thick. Do not boil. Remove from the heat and stir in the flavoring. Pour into serving dishes and chill several hours.

Microwave method:

In a medium microwave-safe bowl, whisk together the cream, sweetener, salt and egg yolks until well blended. Add the chocolate. Microwave on MEDIUM power about 3 minutes, stirring well after each minute. Cook until the chocolate is completely melted and the mixture is smooth and thick. Stir in the flavoring. Pour into serving dishes and chill several hours.

Makes 4 servings



SNICKERDOODLES

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
1/4 teaspoon baking soda
1/4 teaspoon cream of tartar

Cinnamon Coating:

2 tablespoons granulated sweetener (not liquid)
1 teaspoon cinnamon

Put all of the ingredients except for the cinnamon coating in a medium mixing bowl. Mix well with a wooden spoon until you have a creamy dough. Cover the bowl and chill for 1 hour. Meanwhile mix the granular sweetener and cinnamon in a small dish.

Preheat the oven to 350°. Drop the dough by walnut-size spoonfuls on an ungreased baking sheet. I lined mine with a silicone liner. Very quickly and gently roll them into balls in your hands. Use a very light touch to handle the dough. Place the baking sheet in the freezer for about 5 minutes.
(continued on the next page...)



Remove from the freezer and roll each dough ball in the cinnamon mixture to coat completely. Place back on the baking sheet. Using the bottom of the dish you mixed the cinnamon and Splenda in, gently flatten the dough balls. If they stick to the bottom of the dish, carefully peel them off and place on the pan. If you work quickly the dough should stay firm enough to work with. If it seems too soft, place back in the freezer briefly.

Bake 10-15 minutes until golden brown. Remove the cookies to a cooling rack and cool completely before serving. They are very fragile while they're warm.

Makes about 17 cookies



STRAWBERRY-BANANA-BANANA

1 small package diet strawberry-banana gelatin (or any flavor)
1 cup boiling water
1 cup cold water
6 ounce container "banana cream pie" low carb yogurt (or any flavor)
1/2 cup heavy cream, whipped

Prepare the gelatin mix as directed on the package with the boiling and cold water. Chill until it has thickened slightly.

Beat in the yogurt with an electric mixer until frothy. The mixture won't be very thick but you will see it become slightly foamy. Chill until almost set then fold in the whipped cream. At this point you can let it set up a bit more and beat the mixture again until fluffy. Divide into serving dishes and chill until completely set.

Makes 6 servings



STRAWBERRY FOOL

16 ounces frozen unsweetened strawberries, thawed

Sweetener equal to 1/4 cup sugar

1 cup heavy cream

Sweetener equal to 2 tablespoons sugar

8 ounces cream cheese, softened

Sweetener equal to 1/4 cup sweetener

1/2 teaspoon vanilla

Put the thawed berries and 1/4 cup sweetener in a food processor with the chopping blade inserted. Process until chunky but not pureed. In a small-medium deep bowl, beat the cream with 2 tablespoons sweetener until stiff; set aside. In a large mixing bowl, beat the cream cheese until smooth; beat in 1/4 cup sweetener and the vanilla. Add the strawberries and beat with an electric mixer until all of the little bits of cream cheese are blended in. Adjust the sweetener to taste. Gently fold in the whipped cream until there are no streaks of white in the mixture. Divide among 6-8 small dessert dishes; chill several hours before serving.

Makes 6-8 servings



WHIPPED TOPPING

1 cup heavy cream
1 tablespoon sugar free instant vanilla pudding mix (dry)
Sweetener equal to 1 tablespoon to 1/4 cup sugar, optional

Place all of the ingredients in a deep mixing bowl. Beat on low speed with an electric mixer until combined. Beat on high speed until thick and fluffy.

You can store the whipped topping in a plastic container in the freezer. Thaw in the refrigerator overnight or at least 8 hours before using.

TIP: To get the fancy look you see in the picture, I put my whipped topping in a quart size zipper bag with a cake decorating tip and coupler inserted into one corner of the bag.

Makes 1 1/2-2 cups or about 8 servings

LIGHTER WHIPPED TOPPING

1 cup heavy cream
2 teaspoons sugar free instant vanilla pudding mix (dry)
Sweetener equal to 1 tablespoon to 1/4 cup sugar, optional

Prepare the same as directed above. The original Whipped Topping is very thick and would be great as a frosting on a cake or to spread on scones or muffins, but it's a little stiff to serve like whipped cream. I found that using a teaspoon less pudding mix produces a topping that's more like whipped cream or Cool Whip in thickness. The flavor won't be as strong, but it will taste more like regular whipped cream but will be thick and stable. As a bonus, you'll shave off a couple carbs.



YOGURT PARFAIT

6 ounce container sugar free or low carb yogurt

1/4 cup Coconutty Crunch ("Low Carb Appetizer & Snack Recipes" eBooklet)

1/2 batch Cream Cheese Whipped Cream (see recipe on the next page)

Layer in each of 2 parfait glasses, a spoonful of yogurt, 1/4 of the whipped cream, 1 tablespoon Coconutty Crunch, half of the remaining yogurt, half of the remaining whipped cream and 1 tablespoon Coconutty Crunch. Serve at once.

Makes 2 servings



CREAM CHEESE WHIPPED CREAM

4 ounces cream cheese, softened
Sweetener equal to 1/2 cup sugar
1/2 teaspoon vanilla
1 cup heavy cream

Place the cream cheese, sweetener and vanilla in a medium bowl. Beat on high speed 2 minutes until fluffy, scraping down the sides of the bowl occasionally. With the mixer on low speed, gradually pour in the cream while beating. Once all of the cream has been added, scrape down the sides and bottom of the bowl. Turn the mixer to high speed and beat until thick and fluffy.

The cream cheese helps stabilize the whipped cream and it should stay fluffy for a couple days or more.

Makes about 2 cups

