



# 10 low carb **DESSERTS** IN ONLY 5 INGREDIENTS

*so*nourished

# Table of Contents

About This Book	3
Low Carb 101	4
Recipe Notes	5
Our Sweeteners	6
Recipes	7
Raspberry Danish Cookies	8
Coconut Cream Pie	9
Chocolate Peanut Butter Cups	10
Crazy for Coconut Cake	11
Double Chocolate Mousse	12
Lemon Dream Bars	13
Almond Fudge Brownies	14
Cookie Dough Mousse	15
Banana Pudding	16
White Chocolate Cashew Clusters	17
More Books You'll Love	18
Thank You	19

# About This Book

Thank you for purchasing So *Nourished* erythritol! We hope you'll enjoy this desserts e-book!

With much demand for easy dessert ideas, we set out to create easy dessert recipes that can be made with just 5 ingredients! Better yet, each recipe is only 5 grams of net carbs or fewer! There's nothing better than that.

Eating low carb doesn't require cutting out wholesome, nutritious foods or sacrificing taste – ever. We hand selected each ingredient to not only serve a delicious purpose but provide nutritious benefits.

As always, we list the caloric and macronutrient breakdown for each serving for your convenience.



# Low Carb 101

Scientific studies<sup>1</sup> have concluded that **low carb diets often result in more weight loss than traditional low fat diets**. Furthermore, low carb diets dramatically improve health while low fat diets hurt their users. Low carb diets improve cholesterol, blood pressure, metabolic syndrome, and cardiovascular risk! The list of benefits goes on to even include improved mood, better sleep and stronger hair and nails.

Carbohydrates are inflammatory<sup>2</sup> and spike blood sugar resulting in “hunger crashes” and irregular blood sugar levels throughout the day. Most carb filled foods are high on the glycemic index (GI) and send your insulin soaring to counteract the increase in blood sugar.

Inflammation is the cause for many ailments including high cholesterol, which was previously believed to be caused by dietary fat.<sup>3</sup>

Fat sources, on the other hand, are low on the GI. They provide a steady source of energy and keep you feeling full for longer. Your brain also runs very efficiently on ketones (the energy we get from fat) as opposed to glucose (the energy we get from carbs). If you’ve heard the term keto diet, this is where the name comes from. It’s usually ultra low carb at about 25g of net carbs per day or fewer.

# Recipe Notes – *Important!*

- We use large eggs in all our recipes. If yours are a different size, know that this will affect the nutrition and end product slightly.
- If you don't have [powdered erythritol](#), you can easily make some by blending granular erythritol in a food processor or blender for a few minutes.
- Almond milk, coconut milk/cream, cocoa powder, shredded coconut and flaked coconut is always the unsweetened variety.
- Try to find the most natural peanut and almond butter brands you can. The ingredients listed should be, at most, 2 ingredients long. No sugar added!
- If you don't have stevia, feel free to substitute your favorite sugar-free sweetener like [erythritol](#), xylitol, etc. Add a little at a time and work your way up to taste. Stevia is much stronger than these sweeteners and is used in very small amounts.
- If you see the abbreviation "S.F." it is short for "sugar-free."
  - For example, "S.F. maple syrup" means we used *Walden Farms* or *Sukrin Gold* syrup, both of which are sugar-free brands. S.F. chocolate chips means we used [Lily's brand sugar-free chocolate chips](#).
- A [food scale](#) is a must if you're counting calories and macros. Many of our ingredients are listed by weight to provide accurate nutritional data.

# Our Sweeteners

Erythritol is a sugar alcohol derived from fruits and plants. It is 0-calorie, 0-carb and a completely natural, sugar-free sweetener that comes in granular and powdered form. Since it is only 70% as sweet as sugar, we use a bit more to achieve the same sweetness in our recipes.

Unlike most sugar alcohols, erythritol is very mild and does not affect blood sugar in most people. It cannot be absorbed by the human body and passes through, unaltered, much like dietary fiber. Because of this, erythritol is not counted toward the net carb count.



[So Nourished Granular Erythritol](#)



[So Nourished Powdered Erythritol](#)

# Recipes





# Raspberry Danish Cookies

*All your favorite things about Danishes turned into bite-sized, baked-to-perfection cookies! Sweet, tart and delightfully dense!*

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## ingredients

4 oz. cream cheese

1 large egg

6 tbsp. powdered erythritol

1 cup almond flour

1 oz. raspberries

## nutrition per 2 cookies

Makes 8 cookies

281 calories

25 grams of fat

9 grams of protein

4.5 grams of net carbs

## instructions

1. To make the dough, blend 2 oz. cream cheese, egg, 4 tbsp. erythritol & almond flour with a pinch of salt.
2. To make the Danish filling, beat together 2 oz. cream cheese and 1 tbsp. erythritol in another bowl.
3. In a food processor, pulse 1 tbsp. erythritol and the raspberries until completely broken down.
4. Scoop the dough onto a cookie sheet and make a well in each one. Add some of the cream cheese mixture followed by the raspberry mixture.
5. Bake for 12 minutes at 350°F.





# Coconut Cream Pie

*The perfect combination of crispy and crunchy paired with smooth and creamy! This coconut cream pie is everything you're dreaming of!*

---

## ingredients

200 g flaked coconut

¼ cup coconut oil

¾ cup powdered erythritol

¾ tsp. xanthan gum

2 cups heavy cream

## nutrition per serving

Makes 8 slices

423 calories

44 grams of fat

3 grams of protein

5 grams of net carbs

## instructions

1. Blend 100 g of unsweetened flaked coconut, coconut oil and ¼ cup erythritol. Press into an 8" round pie pan and bake for 10 minutes at 350°F.
2. Whisk xanthan gum into the heavy cream in a pot on low heat. Then add powdered erythritol and 50 g flaked coconut. Let boil then let sit for 10 minutes.
3. Pour mixture onto the cooled crust and sprinkle with the remaining flaked coconut (preferably toasted).
4. Refrigerate for at least 12 hours and enjoy!





# Chocolate Peanut Butter Cups

*Your favorite shareable candy can now be made sugar-free! Just 5 easy ingredients and you'll be ready to dig in to peanut buttery goodness.*

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## ingredients

4 oz. baker's chocolate

1 tbsp. coconut oil

4 tbsp. powdered erythritol

6 tbsp. peanut butter

1 pinch of salt

## nutrition per 2 cups

Makes 8 cups

350 calories

29 grams of fat

10 grams of protein

5 grams of net carbs

## instructions

1. Melt the chocolate & coconut oil in a double boiler. Add 2 tbsp. erythritol and salt and stir to dissolve.
2. Equally divide half the chocolate mixture into 8 silicone cupcake molds. Chill until set.
3. Melt peanut butter in the microwave in 30 second intervals. Add 2 tbsp. of erythritol & stir.
4. Equally divide the peanut butter mixture into the molds over the hardened chocolate. Chill until set.
5. Top with the rest of the chocolate and chill until set.





# Crazy for Coconut Cake

*This sugar-free, dairy-free coconut cake is easy to make and you won't believe how moist and delicate it turns out! A family favorite, for sure.*

---

## ingredients

2 cups coconut milk

$\frac{1}{3}$  cup granular erythritol

3 large eggs

$\frac{1}{3}$  cup powdered erythritol

2 cups shredded coconut

## nutrition per serving

Makes 6 servings

368 calories

36 grams of fat

6 grams of protein

5 grams of net carbs

## instructions

1. In a pot on medium heat, mix 1 cup of coconut milk with the granular erythritol. Once at a boil, reduce to a simmer for 20 minutes, stirring occasionally.
2. Then, add this mixture to a bowl along with eggs and powdered erythritol and mix to combine.
3. Add the shredded coconut, the other cup of coconut milk and a pinch of salt. Stir well.
4. Bake in a lightly oiled, 8x8" baking dish for 40 minutes at 350°F or until golden.



# Double Chocolate Mousse

*Two kinds of chocolate are better than one! Layer our double chocolate mousse into a container of your choice and enjoy its creaminess!*

---

## ingredients

## nutrition per serving

1 oz. S.F. chocolate chips	Makes 2 servings
1 cup heavy cream	469 calories
4 oz. cream cheese	45 grams of fat
$\frac{1}{4}$ cup powdered erythritol	7 grams of protein
2 tbsp. cocoa powder	5 grams of net carbs

## instructions

1. Melt the chocolate chips on very low heat in a pan with  $\frac{1}{4}$  cup of heavy cream.
2. In a bowl, beat the cream cheese and erythritol. Then, add in the melted chocolate chips, cocoa powder and a pinch of salt. Beat well.
3. In another bowl, beat the remaining  $\frac{3}{4}$  cup of heavy cream until whipped.
4. Into 2 cups, layer: chocolate, cream, chocolate, cream and top with chocolate chips and/or shavings.





# Lemon Dream Bars

*You and your guests will be left satisfied after these dense, wonderful lemon dream bars! Finish them off with lemon and a sprinkle of erythritol.*

---

## ingredients

½ cup butter, melted

1¾ cups almond flour

1 cup powdered erythritol

3 medium lemons

3 large eggs

## nutrition per serving

Makes 8 servings

272 calories

26 grams of fat

8 grams of protein

4 gram of net carbs

## instructions

1. Mix butter, 1 cup almond flour, ¼ cup erythritol and a pinch of salt. Press evenly into an 8x8" parchment paper-lined baking dish. Bake for 20 minutes at 350°F. Then, let cool for 10 minutes.
2. Into a bowl, zest one of the lemons, then juice all 3 lemons, add the eggs, ¾ cup erythritol, ¾ cup almond flour & pinch of salt. Combine to make filling.
3. Pour the filling onto the crust & bake for 25 minutes.
4. Serve with lemon slices and a sprinkle of erythritol.





# Almond Fudge Brownies

*These almond butter brownies are full of fat and fiber.  
You'll love them with a scoop of your favorite low carb ice cream!*

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## ingredients

1 cup almond butter  
 $\frac{3}{4}$  cup powdered erythritol  
3 large eggs  
10 tbsp. cocoa powder  
 $\frac{1}{2}$  tsp. baking powder

## nutrition per brownie

Makes 12 brownies  
153 calories  
14 grams of fat  
8 grams of protein  
3 grams of net carbs

## instructions

1. Use a food processor to blend together the almond butter and erythritol.
2. Then, add in the eggs, cocoa powder, baking powder and a pinch of salt.
3. Transfer the batter into a greased 9x9" baking pan. Smooth with a spatula.
4. Bake for 11 minutes at 325°F. Cool completely to firm up before cutting.





# Cookie Dough Mousse

*Our cookie dough mousse recipe is perfect for when that hankering for cookie dough arises! It's completely egg-free, so go ahead, munch away!*

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## ingredients

2 tbsp. butter

4 oz. cream cheese

1.5 tsp. vanilla extract

¼ cup powdered erythritol

¼ cup S.F. chocolate chips

## nutrition per serving

Makes 2 servings

388 calories

37 grams of fat

6 grams of protein

5 grams of net carbs

## instructions

1. Melt the butter on low heat until golden brown. Do not let it burn!
2. With an electric hand mixer, beat together the cream cheese, vanilla extract, erythritol, browned butter and a pinch of salt.
3. When smooth and combined, fold in the chocolate chips by hand.
4. Chill for an hour and enjoy!



# Banana Pudding

*Thought you could never enjoy banana in your desserts? Think again! A vial of banana extract will add some delightfully fruity flavor to recipes.*

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## ingredients

½ cup heavy cream  
1 large egg yolk  
3 tbsp. powdered erythritol  
½ tsp. xanthan gum  
½ tsp. banana extract

## nutrition per serving

Makes 1 pudding cup  
455 calories  
45 grams of fat  
3 grams of protein  
4.5 grams of net carbs

## instructions

1. In a double boiler, combine the heavy cream, egg yolk and erythritol. Whisk constantly until the mixture thickens and erythritol dissolves.
2. Add the xanthan gum and whisk until thickened even more. The mixture should coat the back of a spoon.
3. Add in the banana extract and a pinch of salt. Stir and transfer to the serving dish. Cover with plastic wrap so that it touches the surface of the pudding.
4. Refrigerate for about 4 hours and enjoy!





# White Chocolate Cashew Clusters

*Just 5 easy to find ingredients and you'll be enjoying this creamy, crunchy snack with tons of flavor and fat! It's worth the effort to make them.*

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## ingredients

36 whole cashews

12 S.F. hard caramel candies

50 g cocoa butter

2 tbsp. powdered erythritol

Pink salt to taste

## nutrition per cluster

Makes 12 clusters

72 calories

6.5 grams of fat

1 gram of protein

1.5 grams of net carbs

## instructions

1. Toast the cashews on a baking sheet at 350°F for ~5-10 minutes or until lightly browned.
2. Arrange cashews in piles of 3. Add a caramel onto each. Bake until each caramel is slightly melted.
3. Melt the cocoa butter and erythritol and then allow to cool until it's a spoonable consistency.
4. Spoon a bit of white chocolate onto each cooled cashew cluster and top with some pink salt. Cool until hardened and enjoy!



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much more!

# Thank You

Our hopes are that some of these desserts will become favorites in your diet making your low carb lifestyle easier and more delicious for you on a daily basis.

If you feel this e-book was helpful and you're enjoying the erythritol, the best compliment for us is a review on our Amazon product page:

<https://www.amazon.com/review/create-review/?asin=B075MGPGSB>

Each review we receive is valuable and helps us in continuing to provide quality products and content.

Your direct feedback could be used to help others discover the benefits of going low carb!

Thank you again and we hope you have enjoyed this e-book!

-The Team at *So Nourished!*