

KETO DESSERTS



Desserts tend to be the sweet part of the meal. As that suggests they are often full of sugar. When people go on a keto diet they do not eat carbohydrates at all. Or they only eat a very small amount compared to fat and protein. Sugar and wheat flour are carbohydrates and eating them is not encouraged on a keto diet. So what do you eat for dessert on a keto diet?

If you want to eat the healthy option then fruit is a great way to start. You do have to be careful as fruit does contain natural sugar. The best fruits to have for dessert are berries such as blueberries, blackberries, strawberries and raspberries. Melon, especially water melon, is also a great option. (1) These fruits have the benefit of being loaded with vitamins and minerals. So having fruit for dessert can take away the guilt from wanting your hit of sweetness. Fruit also teams up really well with ice cream as a dessert (see below).

Other great options for a keto dessert are fat bombs. These are great to eat after a meal, but can also be used as a filling snack. These keep hunger at bay in between meals. Fat bombs are made up mainly of nut butters, cream cheese, avocado and/or coconut oil. A flavouring is then added to make them taste delicious. To start out with you could try making them with cocoa powder to give it a chocolaty flavour. Sweetness can also be added by using dates or grated coconut flesh. They are often coated in chopped nuts, seeds or coconut. The great thing about fat bombs is that you only need one as they are very filling. There are lots of recipes online so it is hard to choose just one for this article.

Coconut oil pops up in many keto desserts. This is good as it has lots of health-boosting benefits. These include fighting off bacteria.

When we think about dessert we tend to think of tarts and pies. Unfortunately, these tend to be made with wheat flour which is not permitted on the keto diet. So if you cannot do without your puds you need to be creative. Luckily there are other flours that you can use to make pie crust with. These include coconut and almond flour.

Here is a recipe idea to help start you off.

1. Combine 84g coconut flour, 72g coconut oil and 2 eggs in a mixer.
2. Chill for 15 minutes.
3. Roll out and line a loose bottom flan tin.
4. Bake blind.
5. To use this for a pumpkin pie, add ginger and/or cinnamon to the pie crust which will give it the wow factor.

To make a **keto pecan pie** use the recipe above for the pie crust (substituting the coconut flour for almond flour).

1. Lay 675g pecan halves evenly on the baked pie crust.
2. Combine 75g melted butter, 125g brown sugar substitute, 1 tbsp. coconut or almond flour, 2 tsps. vanilla extract, 3 large eggs and 240ml keto maple syrup ([find the recipe here https://thebigmansworld.com/keto-maple-syrup/](https://thebigmansworld.com/keto-maple-syrup/)).
3. Pour the mixture over the pecans and bake for 20 minutes. Then cover with kitchen foil and bake for another 20/25 minutes.
4. When cooked sprinkle a little with a little ground Himalayan salt.
5. Cool, cut into slices and enjoy!

Who doesn't love ice cream? But regular ice cream is packed with sugar. This recipe is delicious and no ice-cream-making machine is necessary.

You will need 3 x 400ml cans coconut milk (chilled), 240ml whipped heavy/double cream, 50g Erythritol/Xylitol, 1 tsp vanilla extract.

1. Separate the liquid from the coconut milk. Whip up the solid part until creamy. Add Erythritol/Xylitol and vanilla extract into the whipped heavy/double cream.
2. Fold whipped coconut cream into whipped cream mixture.
3. Put into a loaf tin and freeze for about 5 hours until solid.
4. To serve remove from freezer for about 10 minutes.

Serve scoops of this delicious keto ice cream alone or with your favourite keto dessert. To make different flavours try adding 3-4 tbsp. instant coffee or powdered cocoa. You could even experiment with both for the ultimate mocha ice cream.

When we talk about desserts most people's first choice is something chocolatey. Regular chocolate is not the keto-dieter's friend. However, this recipe makes a delicious chocolate you can nibble on without the guilt.
<https://www.fatforweightloss.com.au/keto-dark-chocolate/>

When we are talking about desserts, there is always unsweetened cocoa which can be used in muffins, brownies and even cookies for yummy, chocolatey, deliciousness. Here is a keto brownie recipe to try.

1. Line a 20cm tin with baking paper, and preheat your oven to 180°C.
2. Mix together 115g almond flour, 40g cocoa powder, 1 tsp baking powder, 1/2 tsp ground Himalayan salt, 75g of butter or coconut oil (melted), 3 tablespoons water or more oil (depending on how calorific you want your brownies), 2 eggs, 1 tsp vanilla extract and 135g Erythritol/Xylitol (Sugar substitute).
3. Spread out in tin and bake for 20 minutes.
4. As tempting as it might be to eat them straight away, these taste even better the next day, especially if you chill them so they are firmer.

A chocolate cream cheese frosting/icing takes these brownies to the next level.

1. Mix together 50g unsweetened cocoa powder, 200g cream cheese, 60g butter (both room temperature), 400g powdered Erythritol/Xylitol and 1.5tsp vanilla extract until light and fluffy.
2. If the mixture is too stiff add up to 60ml milk gradually until it is thinner and easier to spread/pipe.
3. Decorate your brownies and enjoy.

Note – due to the large quantity of sugar substitute, this frosting/icing is extremely high in calories. If you are following the keto diet to lose weight then it is better to give this frosting a miss.

Desserts don't have to be sweet. There are lots of different cheeses out there just waiting to be tasted. Cheese is a great keto food. Plus cheese goes really well with these keto crackers.

1. Blend together equal quantities of almond flour and grated cheese (cheddar works best but you can use any hard cheese, including blue varieties) in a food processor.
2. Add a little water if the mixture is too crumbly.
3. Roll out as thin as possible.
4. Cut into squares with a pizza wheel.
5. Bake on a lined baking tray for 12 minutes in an oven preheated to 180°C.
6. If you prefer crackers that aren't cheese flavour, replace the cheese with 1 egg and 15g coconut oil (melted).

When following the keto diet it can be easy to eat too many calories. Especially if you have a sweet tooth and like dessert. Having said that, if you wish to lose weight, you don't need to feel deprived as long as you eat desserts in moderation. Try having them as a treat once a week. Alternatively, just have a tiny taste to satisfy the craving.

References

1. 9 Nutritious Keto-Friendly Fruits

<https://www.healthline.com/nutrition/keto-fruit>

2. 10 Evidence-Based Health Benefits of Coconut Oil

<https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-coconut-oil>