



KETO TREATS

UNDER 5g NET CARBS



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Keto-friendly desserts are an excellent way to satisfy your sweet tooth without undoing your diet progress and kicking yourself out of ketosis.

We all know how intense a sweet craving can be, and it's not always worth fighting it, especially if you can satisfy your need with something quick and simple that will fit your macros.

In this book, we share what you need to know about keto desserts, followed by ten delicious keto dessert recipes with fewer than five grams of net carbs per serving.

Why Make Keto-friendly Desserts?

You will be less prone to cheating on your diet.

Enjoying food, even when you're dieting, is essential. If you restrict your diet too much, you could be tempted to cheat on your diet, and it could be challenging to get back on track. If you feel satisfied with the food that you're choosing to have, you'll be less tempted to make choices that aren't optimal for your current goals.

If you need to have something sweet from time to time in order to make your diet more enjoyable, then it's much better to have it in a controlled manner, i.e., have something that fits your macros. Like this, it'll be much easier to stick to your plan — it won't be so much about the things you cannot have, but rather about the things you choose to have instead.

Keto desserts can help you break the cycle of carb cravings.

Keto desserts can be a good way to break the cycle of perpetual carb cravings, which often manifest themselves as a "craving for something sweet".

High-carb desserts leave us wanting more because they are designed to be extremely and unnaturally tasty, thus overriding our natural hunger and satiety signals.

Additionally, these types of desserts often lack fiber and other essential nutrients. Their fast-digesting carbohydrates cause blood sugar spikes and crashes, further contributing to the effect of wanting more.

You'd be able to have a treat for special occasions.

While there are many ways to celebrate special occasions, food plays an important role in them, including desserts. To not create frustration and feelings of deprivation, it's sometimes worth it to indulge a little bit. But while remembering, it's important to create a healthy relationship with food and break the habit of overeating until you're painfully full, as many people do over the holidays.

Eating keto will generally allow you to be more mindful of the food you eat and how it makes you feel. But you don't need to undo your progress or stop dieting if you want to celebrate something — you can prepare a keto dessert that will fit into your macros beautifully and won't kick you out of ketosis for that special occasion.

Tips for Making and Enjoying Keto-friendly Desserts

Use recipes that have already been tested until you become familiar with different ingredients.

Some keto-friendly ingredients have different textures and cooking times. Swapping ingredients can be somewhat tricky, initially. It might take you some time to be proficient with keto desserts.

Additionally, before you begin experimenting with the possible ingredient swaps to make a keto version of a dessert you like, we recommend checking online whether a keto version already exists. The chances are that you might find a few different versions.

Keep things simple.

Stick to recipes with basic ingredients and simple to follow steps. Sometimes the simplest desserts are the most satisfying.

Complex recipes can yield amazing results, too, but are more time-consuming, and a number of things could go wrong when making them.

If you experiment with new combinations, change one ingredient at a time.

When creating your own recipes, start with ones that you've already tried, and only modify one or two ingredients at a time. Like this, you'll be able to identify successful combinations and use them in the future easily.

Track your desserts easily by creating recipes in your tracking app.

Most tracking apps will allow you to create a recipe and split it by the number of servings. That's the easiest way to track desserts and make sure they fit your macros.

To do this, follow the steps below:

- Find the "recipe" function of the tracking app that you're using and create a new recipe.
- Add the total amounts of all ingredients to the recipe.
- Select the number of servings the recipe yields. The app will then give you the macros per serving.
- Once you prepare your dessert, measure its total weight, and divide it by the number of servings to know how much each serving should weigh.
- When you want to have a serving, measure out the result from the previous step.

Track your desserts before you eat them.

Even when they're perfectly keto-friendly, some desserts can be quite caloric, especially if the recipe uses generous amounts of fat. There's no reason to be scared of fat — after all, it gives you energy, and you need that energy to function — but you do need to be mindful of the quantities you consume, especially if your goal is to lose weight.

We recommend tracking your desserts before eating them to make sure they fit in your daily macros. The same principle can be applied to all of the food you eat. Many people find it easier to stick to their macros and calories by planning, prepping, and logging their food in advance.

Ingredient Swaps to Make a Dessert Keto-friendly

Flours

Instead of wheat flour, you could use coconut flour, almond flour, or almond meal. Additionally, you could add to your mixture flax meal or psyllium husk.

Coconut flour is dried and ground coconut meat. It has high fiber content, which makes it beneficial for digestive health. The characteristics of wheat flour and coconut flour are quite different. You cannot substitute one for the other. We recommend using recipes that have been developed specifically for coconut flour.

Almond flour and almond meal are similar products that can often be used interchangeably, but they aren't exactly the same. Almond flour is made from peeled almonds, while almond meal is made from unpeeled almonds, which results in a slightly different texture. You could make both almond flour and almond meal at home by using a food processor, or you could buy them from health food stores or order online.

Some producers remove some of the fats that are naturally present in almonds, resulting in almond flour that is less caloric and with a lighter texture. Otherwise, almond flour has the same nutritional properties as blanched almonds.

You can substitute wheat flour with almond flour 1:1, but it's better to look for recipes that have been developed specifically for almond flour. Given that almond flour contains no gluten, you might need to use more eggs as a binding agent, or use another binding agent.

Flaxseed meal (ground flaxseed) can be used together with coconut or almond flour; it does not hold particularly well on its own, but you can add it to your flour mix. It has many health benefits due to its high fiber and Omega-3 content, along with its excellent antioxidant profile.

Psyllium husk can be used to add volume and chewiness to baked desserts; it's a fiber, and therefore goes mostly undigested through your GI tract. Fiber is beneficial for gut health, and some people struggle to get enough fiber on keto, so adding psyllium husk might also help with that.

Sugar

A number of keto-friendly sweeteners could be used in your dessert recipes instead of sugar.

If you need something that will have a similar texture and volume, sugar alcohols (and especially Erythritol) can be a good choice. Keep in mind that sugar alcohols have a slight cooling effect, which might not be ideal for some desserts. Erythritol is slightly less sweet than sugar, so to replace sugar with it, you'd need to aim for a 1:1.3 ratio, i.e., add approximately 30% more Erythritol.

Milk

Instead of cow's milk, you can use unsweetened almond or unsweetened coconut milk.

Keep in mind that coconut milk is much higher in fat and, therefore, creamier and more caloric than cow's milk and almond milk. Depending on the recipe, you might also want to add some water to adjust the consistency. Additionally, you could use heavy cream with water or half-half. Butter or cream cheese might also be worth considering. Still, they have a very different texture and nutritional composition, so using them would depend on the specific recipe and the effect that you're seeking.

Chocolate

Use dark chocolate with a cocoa content of 85% or more in your keto dessert recipes.

Fruits

You can use some fruits in moderation, such as berries — raspberries, blueberries, strawberries, and blackberries. Lemon can also be used in your recipes.

Ingredients You Can Use in Keto Desserts

Common keto-friendly ingredients that are ok to use for keto desserts:

- Eggs
- Unsweetened coconut flakes; coconut meat (both dried and fresh)
- Coconut flour, almond flour/meal, ground flaxseed, psyllium husk
- Dark chocolate (85% cocoa content or higher)
- Keto-friendly sweeteners such as Erythritol, chicory root, monk fruit, yacon syrup, stevia
- Coconut oil, avocado oil, butter, ghee, MCT oil, cocoa butter
- Cinnamon, vanilla, peppermint, peppermint extract
- Matcha, coffee, unsweetened cocoa powder
- Walnuts, pecan nuts, Brazil nuts, macadamia nuts, hazelnuts, almonds & almond flakes
- Chia seeds, pumpkin seeds, hemp seeds
- Nut butters such as peanut butter, almond butter, cashew butter, hazelnut butter, etc.
- Heavy cream, sour cream, half-n-half, cream cheese, plain Greek yogurt
- Unsweetened coconut cream, coconut milk
- Unsweetened almond milk
- Lemon juice, lemon zest, orange zest
- Avocado
- Berries such as raspberries, blueberries, strawberries, and blackberries
- Protein powder (low-carb)

Fat Bombs

Fat bombs can be used to curb cravings or hunger. They make a delicious dessert or even an occasional breakfast replacement.

It's easy to get creative when making fat bombs. You can mix and match ingredients in many different ways — the possible combinations are practically endless.

How do I make fat bombs?

Fat bombs can be made with as little as two ingredients, although some recipes call for more. To make fat bombs, you'll need a base like coconut oil, butter, or cream cheese, to which you could add a sweetener, different flavors, seeds, nuts, and low-carb fruits.

Most sweet fat bombs only require mixing the ingredients with a blender or food processor. From the blender, scoop the mixture into serving sizes onto a baking sheet, and place them in the fridge for 1-2 hours until they become solid.

In most cases, preparing fat bombs is a quick and easy process. You can make a batch of 10-15 fat bombs and enjoy them throughout the week. For the best results, you should store them in the fridge so that they don't become too soft.

Keto-friendly Sweeteners

Here are the qualities of a sweetener that would make it qualify as keto-friendly:

- It has no carbs — there are several carb-free options. Your net carb intake should be from nutritious ingredients, not sweeteners.
- It has little to no effect on insulin and blood sugar levels — one of the goals of a ketogenic diet is to stabilize blood glucose and insulin production, so it would be counterproductive to eat anything that strongly affects them.
- It has no side effects and is safe, based on research on humans.
- And optionally, is versatile enough to be used in different recipes and is heat-stable — why keep five different sweeteners at home if there are one or two that would work for all your needs?

Natural Sweeteners

Stevia is an extract from the stevia plant and is about 200 to 400 times sweeter than sugar. It doesn't contain carbs, and it doesn't raise blood sugar or insulin levels, so it's perfect for a ketogenic diet. On the downside, it has a specific taste and aftertaste, and not everyone likes it for that reason. As mentioned, it's very sweet, making it difficult to know exactly how much to use. Thus, it's often mixed with Erythritol, which gives it volume and makes it easier to dose. Stevia is considered safe to use at its intended doses and in the form of a highly processed extract. It is heat stable and can be used for keto desserts and baked goods.

Monk fruit, also known as *luo han guo* or *swingle*, is another natural sweetener that is getting more popular. It's much sweeter than sugar (150 to 200 times), and in the amount it's used, it contains virtually no carbs or calories. It doesn't affect blood sugar levels or insulin and has no side effects. Similarly to stevia, it has a specific taste that not everyone enjoys, and is often mixed with other sweeteners which are used as bulking agents, make sure that those are also zero-carb and zero-calorie. It's heat stable.

Chicory root is another sweetener that could be used for a keto diet; it contains mostly dietary fiber and is also a prebiotic, and has virtually zero net carbs. It doesn't affect blood glucose and insulin levels and has 30% to 50% of sugar's sweetness. It's broken down in the large intestine, which can cause gas or discomfort when consumed in large amounts. It can be used together with other sweeteners, such as stevia, to improve the overall sweetness. 'Just Like Sugar' is a brand that uses chicory root and powdered orange peel to mimic the consistency and sweetness of sugar. It's heat stable and can be used for baking.

Sugar alcohols are natural substances extracted from plants. They either aren't digested, or they are digested at a much lower rate than sugar. Some can be used on a keto diet. Despite the name, they don't contain alcohol. Some of them do affect blood glucose levels, and can also cause an upset stomach.

Of the sugar alcohols, **Erythritol** seems to be the best choice — it doesn't raise insulin or blood glucose levels, and can be used to mimic sugar's texture and consistency; it can also be used for baking. When substituting sugar with Erythritol, you need to use about 30% more Erythritol than the sugar you'd use, as it is less sweet. Erythritol can be counted as 0-carb and 0-calorie.

Xylitol, maltitol, and sorbitol do have an effect on blood sugar and insulin, not as strong as that of sugar; we recommend counting them towards your total daily carbs if you eat low-carb sweets that contain them.

Swerve is a popular brand-name sweetener that contains Erythritol, oligosaccharides and natural flavors, and is zero-carb and zero-calorie.

Artificial Sweeteners

Although artificial sweeteners are a controversial subject, studies have demonstrated that zero-calorie, zero-carb artificial sweeteners, such as aspartame, saccharin, acesulfame, cyclamate, and sucralose can be consumed on a ketogenic diet and will not kick you out of ketosis.

Despite the many potential side effects that have been attributed to some of the most popular artificial sweeteners throughout the years, there haven't been any conclusive studies to confirm any major negative effects of the most popular sweeteners in the doses in which humans consume them. They are some of the most studied substances on the market and the ones that are currently available to consumers are deemed safe.

One thing that still remains unclear is the effect of artificial sweeteners on gut biome, and on carb tolerance and sensitivity.

Sucralose has no effect on blood glucose or insulin secretion for most people. In some, it might slightly raise blood sugar levels, but it appears that the more you consume it, the less of an effect it has. Although it was considered heat-stable, recent research has contested that it might be best not to use it for baking or cooking at high temperatures.

Aspartame, although highly controversial, is one of the most studied substances out there, and so far, there hasn't been any definite evidence of any potential harm in the doses that a person would consume. Technically, it does contain calories, but given that it's 200 times sweeter than sugar, the amount needed to sweeten something is so minuscule, that it's practically zero-calorie and zero-carb. Aspartame is not heat stable, so it shouldn't be used for baking or cooking.

Saccharin is a popular artificial sweetener. Gram for gram it's 300 to 400 times sweeter than table sugar, and it's heat-stable, which makes it suitable for baking. It's widely available under the brand name "Sweet'N Low", among others.

There are many other artificial sweeteners on the market, the above are the most popular ones. Ideally, any sweetener used in your keto desserts should be calorie and carb-free and shouldn't affect blood sugar or insulin levels.

Sweeteners to Avoid When Following a Ketogenic Diet

There are a number of sweeteners that aren't keto-friendly. Here are the most common ones that you should avoid:

- **Sugar** in all of its forms. Watch out for names such as: sucrose, high-fructose corn syrup (HFCS), cane sugar, beet sugar, brown sugar, molasses, buttered syrup, castor sugar, coconut sugar, evaporated cane sugar, corn syrup, glucose, and so on.
- **Fructose** is the sugar naturally found in fruits, which can be extracted and used as table sugar.
- **Honey**
- **Agave syrup** contains carbs, and although it has a lower glycemic index than sugar, it's still not suitable for a ketogenic diet.
- **Maple syrup**
- **Acesulfame Potassium** (Acesulfame-K) is another popular zero-calorie and zero-carb sweetener. Although it doesn't increase blood glucose, some studies have demonstrated that it increases insulin levels in the blood.

CHOCOLATE DREAM

INGREDIENTS

CRUST

1/2 cup pecan, halves
1 1/2 cup almond flour
2 tbsp swerve sweetener
1/3 cup butter, melted

CREAM CHEESE LAYER

1/4 cup heavy whipping cream, fluid
1/4 cup swerve sweetener
1/2 tsp vanilla extract
8 oz cream cheese

CHOCOLATE LAYER

1/3 cup cocoa powder
1 1/2 cup heavy whipping cream, fluid
1/3 cup swerve sweetener
1/2 tsp vanilla extract

WHIPPED CREAM LAYER

1 1/2 cup heavy whipping cream, fluid
1/2 tsp vanilla extract
2 tbsp swerve sweetener

TOPPINGS

1 oz dark chocolate
4 tbsp cocoa powder

METHOD

Preheat oven to 350F and line a 9" x 13" baking tray with parchment paper.

Shave chocolate and set aside.

Place pecans into a food processor and blend until it resembles a flour texture. Transfer pecan flour into a bowl and mix in almond flour and swerve sweetener. Stir in melted butter and mix until a crumbly dough forms. Press mixture evenly into prepared baking tray. Bake in the oven for 12-14 minutes or until golden and firm. Set tray aside to cool.

In a mixing bowl, beat together cream, vanilla extract and swerve sweetener until stiff peaks form. Slowly beat in cream cheese, bit at a time, until well combined. Spread cream cheese mixture over cooled crust.

In a separate mixing bowl, beat heavy cream, swerve sweetener and vanilla together until stiff peaks form. Slowly beat in cocoa powder until well combined. Spread chocolate mixture over cream cheese layer.

Beat heavy cream, vanilla extract, and swerve together using a hand mixer until stiff peaks form. Spread whipped cream over chocolate layer. Dust with cocoa powder and sprinkle shaved chocolate on top. Place in the refrigerator for 2 hours or until set.

SERVINGS: 16

PER SERVING CALORIES: 351 NET CARBS: 5g PROTEIN: 5g FAT: 36g



COCONUT BLISS BALLS

INGREDIENTS

1/2 cup	almond butter
2 tbsp	coconut oil
2/3 cup	unsweetened coconut flakes
1/4 cup	chia seeds
1 tbsp	cocoa powder
1 tsp	ground cinnamon
1 tbsp	coconut flour
1/4 cup	maple syrup, sugar free
1 dash	salt

METHOD

Add sugar-free maple syrup, coconut flour, ground cinnamon, cocoa powder, chia seeds, coconut oil, almond butter, half the amount of shredded coconut and a pinch of salt into a food processor.

Blend until well mixed and crumbly.

Place the remaining coconut onto a plate.

With clean hands form mixture into balls and roll it in coconut.

Refrigerate for 20 minutes or until ready to serve.

SERVINGS: 20

PER SERVING CALORIES: 83 NET CARBS: 2g PROTEIN: 2g FAT: 6g



LEMON CURD TARTLETS

INGREDIENTS

CRUST

1 cup almond flour
1/4 cup swerve sweetener
1 tbsp psyllium husk
1 egg
3 tbsp butter
1 tbsp water, as needed

LEMON CURD

3 eggs
2 tbsp butter
1/4 cup swerve sweetener
1/4 cup lemon juice
1 tsp vanilla extract

TOPPINGS

1 1/2 cup blackberries

METHOD

In a mixing bowl, combine butter and swerve. Gradually beat in egg until smooth. Add almond flour and psyllium husk. Gently stir, add water if needed until you have a smooth dough. Transfer to the counter. Roll the dough.

Cut circles that fit the muffin pan bottom. From the remaining dough cut strips, 7-inches long and 1-inch width. Chill the dough for 3 hours in the fridge.

Grease the muffin pan with butter. Place the bottom circles into the muffin pan. Place the dough strip inside the muffin pan and chill for another 30 minutes.

Preheat oven to 350F. Fill the tartlets with baking beads for blind baking. Bake the tartlets for 10 minutes.

Beat eggs, vanilla extract, swerve sweetener and lemon juice in a bowl. Set the bowl over simmering water. Cook and whisk for 10 minutes or until the curd is thickened. Remove from the heat and stir in butter. Chill for 5 minutes.

Pour the curd into baked tartlet. Garnish with blackberries.

SERVINGS: 6

PER SERVING CALORIES: 264 NET CARBS: 5g PROTEIN: 9g FAT: 23g



ALMOND FUDGE FAT BOMBS

INGREDIENTS

1/3 cup	almond flour
1 cup	almond butter
1 cup	coconut oil
1/2 cup	cocoa powder
1/4 cup	almonds, ground
2 tbsp	swerve powdered sugar
1 tsp	salt

METHOD

Place small pot over medium heat and melt coconut oil and almond butter. Mix in almond flour and cocoa powder to pot. Add swerve confectioners and salt. Sprinkle in crushed almonds. Stir ingredients until well-combined and remove from stove top.

Allow mixture to cool slightly. Pour mixture into a bowl and place in the freezer for 1 hour or until solidified.

Remove bowl from freezer and form into balls. Place formed balls on a flat tray lined with parchment paper and return back to freezer for another 30 minutes.

SERVINGS: 15

PER SERVING CALORIES: 261 NET CARBS: 3g PROTEIN: 5g FAT: 27g



BLACKBERRY CREAM CHEESE BITES

INGREDIENTS

2 cup blackberries, frozen
1 tsp vanilla extract
1/4 cup coconut oil
1/2 cup cream cheese
1/4 cup heavy whipping cream, fluid
1/2 cup swerve sweetener
2 tbsp unsweetened coconut flakes

METHOD

Line a muffin pan with silicone liners and set aside.

Puree blackberry in a blender. Add vanilla, coconut oil, heavy whipping cream, swerve sweetener and cream cheese to blender. Blend until smooth.

Pour blackberry mixture into prepared muffin pan. Sprinkle coconut flakes. Freeze for 2 hours or until solid.

SERVINGS: 4

PER SERVING CALORIES: 322 NET CARBS: 5g PROTEIN: 3g FAT: 30g



MINI STRAWBERRY CHEESECAKE

INGREDIENTS

CRUST

1 cup almond flour
2 tbsp swerve sweetener
3 tbsp butter
1 dash salt

FILLING

1 cup cream cheese
1/4 cup butter
1 cup strawberries, halved
1 tsp vanilla extract
3 tbsp swerve powdered sugar

TOPPINGS

1/8 cup cashew nuts

METHOD

Preheat oven to 350F.

In a bowl, mix almond flour with sweetener and a dash of salt. Stir in melted butter and mix thoroughly.

Pack mixture into the bottom of muffin cup lined with silicone molds, (using the back of a spoon to spread and press it flat down). Bake for 10 minutes and then let cool for 10 minutes while making the filling.

Add room temperature butter and cream cheese into a food processor. Blend until completely smooth. Stir in swerve sweetener and vanilla extract. Continue to blend until well combined.

Remove half the amount of filling and spoon mixture overtop of crust.

Remove green stems from strawberries and place into a food processor. Blend strawberries with cream cheese mixture until smooth.

Spoon the remaining mixture on top and place in the freezer for 2 hours or until set.

SERVINGS: 10

PER SERVING CALORIES: 235 NET CARBS: 5g PROTEIN: 4g FAT: 23g



SOFT CHOCOLATE CHIP COOKIES

INGREDIENTS

1 cup	almond flour
1/3 cup	dark chocolate chips, sugar free
1/4 cup	coconut oil
2 tbsp	unsweetened almond milk
2 tbsp	swerve powdered sugar
1 tbsp	plain greek yogurt
1 tsp	baking powder
1/8 tsp	xanthan gum
1/8 tsp	salt

METHOD

Preheat oven to 325F and line a baking sheet with parchment paper.

In a bowl, mix together almond flour, baking powder, xanthan gum, chocolate chips, swerve powdered sugar and a touch of salt. Stir until well combined.

Add melted coconut oil and greek yogurt to the dry ingredients and continue to mix. If the dough is too crumbly, add unsweetened almond milk as needed.

Using a cookie scoop, form balls and shape into a cookie.

Place cookie onto prepared tray and bake on the centre of the oven for 12 minutes. Cool for 10 minutes to allow cookies to firm.

SERVINGS: 7

PER SERVING CALORIES: 200 NET CARBS: 5g PROTEIN: 5g FAT: 18g



MINT FUDGE BOMB

INGREDIENTS

1/2 cup almond butter
1/4 cup cocoa powder
1/4 cup coconut oil
1/4 cup swerve powdered sugar
1/8 tsp peppermint extract

METHOD

In a mixing bowl, stir all ingredients together until smooth.

Pour mixture into a silicone mold, ice cube tray or a small container.

Freeze for at least 2 hours or until set.

SERVINGS: 4

PER SERVING CALORIES: 321 NET CARBS: 4g PROTEIN: 8g FAT: 32g



NO CHURN STRAWBERRY ICE CREAM

INGREDIENTS

1 1/4 cup strawberries, whole
1 1/2 cup sour cream
1 1/2 cup heavy whipping cream, fluid
1/2 cup swerve sweetener

METHOD

Blend strawberries with 1/4 cup of sweetener in a food processor until some thick chunks remain.

Transfer to a mixing bowl. Stir in sour cream until well combined.

Whisk whipping cream and remaining sweetener until thick. Fold the whipped cream into the strawberry mixture.

Cover tightly with plastic wrap and place in the freezer for at least 6 hours.

SERVINGS: 6

PER SERVING CALORIES: 332 NET CARBS: 5g PROTEIN: 3g FAT: 34g



CHOCOLATE CHIP COOKIE DOUGH BALLS

INGREDIENTS

2 cup	almond flour
1/2 cup	butter
1/2 cup	dark chocolate chips, sugar free
3 tbsp	swerve powdered sugar
1 tsp	salt
1/2 tsp	vanilla extract

METHOD

In a large deep bowl using a hand mixer, beat butter until light and fluffy. Add powdered sugar, vanilla and salt. Beat until well combined.

Slowly stir in almond flour until well combined. Fold in chocolate chips.

Cover bowl with plastic wrap and place in refrigerator for 10 minutes or until slightly firm. Using a small cookie scoop, scoop dough into small balls.

Refrigerate for 20 minutes prior to serving.

SERVINGS: 30

PER SERVING CALORIES: 84 NET CARBS: 2g PROTEIN: 2g FAT: 8g

