



Category: Dessert | Cuisine: American | Prep Time: 10 mins

Harlan Kilstein's Completely Keto™ Wine Chocolate Pudding

Ingredients

- 1.25 lbs Baker's Chocolate
- 3 Tbsp Pinot Noir
- 2 Tbsp Swerve
- 4 eggs, separated

Instructions

1. Beat the yolks together with the melted chocolate, wine, and swerve
2. Beat the egg whites until stiff. Fold into chocolate mixture
3. Chill and serve in small bowls



Category: Dessert | Servings: 12 | Total Time: 22 mins

Harlan Kilstein's Completely Keto™ Ginger Snaps

Grandma Blanche didn't cook very much at all. She bought everything. And I knew that when I went to visit her, there would always be a box of ginger snaps waiting

Ingredients

- 1 cup coconut flour
- 3/4 cup butter
- 1/2 cup Stevia
- 1 egg
- 1/2 tsp vanilla extract
- Pinch salt
- 1 tsp ground ginger
- 1/8 tsp ground nutmeg
- 1/8 tsp ground cloves
- 1/4 tsp ground cinnamon

Instructions

1. Preheat oven to 350 ° F. Mix dry ingredients in a large bowl
2. In a small bowl, mix the wet ingredients butter, Stevia, egg and vanilla extract well
3. Add the wet ingredients to the dry ingredients. Mix with a hand mixer until the combination. The cookie dough is slightly stiff and crumbly
4. Use a spoon to measure each cookie. Smooth the top of each cookies with a spatula or just use your fingers
5. Bake at 350 ° F for 10-12 minutes or until lightly browned at the top



Category: Dessert | Carbs: 3

Chana Kilstein's Completely Keto™ White Chocolate Peanut Butter Cups

These cups taste exactly like the real thing. Using the molds recommended, each treat is less than a carb. If you use a cupcake tray and paper liners, they are about 3 net carbs each.

Ingredients

- 1/2 cup [cocoa butter](#)
- 1/4 cup coconut oil
- 10 drops vanilla [Stevia drops](#)
- 1/4 cup peanut butter

Instructions

1. Melt the cocoa butter and coconut oil together over low heat
2. Remove from heat and stir in vanilla Stevia drops
3. Pour half of the mixture into a lined mini muffin mold and freeze for 10 minutes
4. Add about a half teaspoon of peanut butter to each mold and top with remaining white chocolate mixture. Freeze for another 15 minutes or until set

Recipe Notes



- Silicone Chocolate Molds 2pcs for Keto Fat Bombs & Mini Peanut Butter Cup
- Get it [here](#)



- Silicone Chocolate Candy Molds
- Fun Shapes in Brown Trays, 6 Pack
- Get it [here](#)



Category: Dessert | Servings: 10 | Calories: 253

Harlan Kilstein's Completely Keto™ Salted Caramel Ice Cream

Ingredients

- 2 1/2 cups heavy cream
- 1/2 cup swerve
- 2 tbsps Choc Zero Honest Caramel Syrup
- 1 tsp vanilla extract
- 1/2 tsp Himalayan salt
- 8 egg yolks

Instructions

1. Gently mix ingredients in small pot on the stove top
2. Remove from flame and allow to cool for 10 minutes
3. Add 8 egg yolks
4. GENTLY mix all above ingredients together
5. Add mixture to Breville Ice Cream Maker
6. Push on button
7. Take nap
8. When the bell rings, grab a spoon
9. A half cup is a serving



Recipe Notes

- ChocZero's Caramel Sugar-Free Syrup
- Low Carb (1 Gram Net Carb)
- No Sugar, No Preservatives, No Sugar Alcohols
- Get it [here](#)



Category: Dessert | Cuisine: American

Harlan Kilstein's Perfect Keto Key Lime Cheesecake

Ingredients

Crust —

- 1 1/2 cups almond flour
- 1/2 cup melted Kerrygold butter
- 1/4 cup xylitol or other Keto sweetener
- 3/4 teaspoon cinnamon

Filling —

- Leave all ingredients out for 6-8 hours to soften (a MUST)
- (3) 8 oz packages of cream cheese no sugar
- 3 large eggs
- 16 oz full fat sour cream
- 1 cup of xylitol or swerve
- 1 teaspoon of vanilla extract

Instructions

Crust —

1. Mix all ingredients together
2. Butter the springform pan
3. Press mixture into springform pan
4. Bake at 375 degrees for just 8 minutes

Filling —

5. Leave all ingredients out for 6-8 hours to soften (a MUST)
6. Beat the eggs and xylitol (or swerve) together
7. Add cream cheese one tablespoon at a time until it's all creamy
8. Add the sour cream and vanilla
9. 3/4 cup Key Lime juice
10. Add this mixture to the pie crust

Bake —

11. Bake your cheesecake at 375 degrees for just 30 minutes
12. Now, turn off your oven and leave your cheesecake in the oven for one hour
13. Remove and refrigerate

Top & enjoy —

14. Cover each slice with a single slice of lime and mint leaves
15. It's elegant. It's perfect. Don't change the recipe



Category: Dessert | Servings: 24 | Calories: 72

Harlan Kilstein's Completely Keto™ Chocolate Covered Strawberries

Ingredients

- 24 strawberries, large
- Dark chocolate
- 8 oz chocolate chips
- White chocolate
- 1/4 cup cocoa butter
- 1/4 cup coconut oil
- 10 vanilla Stevia liquid sweetener drops

Instructions

1. Using a double boiler, melt chocolate chips on the top part and prepare the steaming hot water on the bottom. You can do the same thing if you don't have a double boiler by placing a metal bowl on top of a pot
2. White chocolate dip: Melt together cocoa butter and coconut oil over low heat in pot or in double boiler
3. Remove from heat and stir in vanilla flavored Stevia drops
4. Dip strawberries in melted chocolate and place on a tray covered with wax paper
5. Place in refrigerator
6. Chill for at least 40 minutes
7. Serve chilled

Recipe Notes

- If doing this with young children, please be careful
- This can be prepared a day in advance of a party or get together.