



Snack Recipe Pack

Vanilla Pecans



Serves:6



Prep Time 5 mins



Cook Time: 15 mins

Carbohydrates: 4 grams **Fat:** 22 grams **Protein:** 3 grams

Ingredients:

- 250g pecans
- 10g Xylitol
- 1 tsp cinnamon
- ½ tsp vanilla extract
- 60g butter

Instructions:

1. Melt butter, mix in Xylitol, cinnamon, vanilla, and coat pecans.
2. Bake at 180°C until toasted. Cool and store



Serrano Wrapped Olive Bites



Serves:1



Prep Time 5 mins



Cook Time: 0 mins

Carbohydrates: 2 grams **Fat:** 15 grams **Protein:** 6 grams

Ingredients:

- 50g sharp cheddar cheese
- 6 large olives, drained
- 2 slices prosciutto

Instructions:

1. Stuff olives with cheese, wrap in prosciutto, and chill before serving.



Spiced Almonds



Serves: 6



Prep Time: 5 mins



Cook Time: 20 mins

Carbohydrates: 5 grams **Fat:** 18 grams **Protein:** 7 grams

Ingredients:

- 150g almonds
- 1 medium egg
- 2 tsp cinnamon
- 1 tsp allspice
- ½ tsp Xylitol (optional)

Instructions:

1. Coat almonds in whisked egg, then mix in spices.
2. Grease baking tray and spread almond mix evenly on it
2. Bake at 160°C, turning halfway.



Lemon Cheesecake Ice Cream



Serves: 4



Prep Time: 10 mins



Freeze Time: 4hrs

Carbohydrates: 5 grams **Fat:** 18 grams **Protein:** 7 grams

Ingredients:

- 200g cream cheese, softened
- 200ml heavy cream
- 100g powdered erythritol (or preferred sweetener)
- Zest and juice of 1 lemon
- 1 tsp vanilla extract

Instructions:

1. In a bowl, whisk together cream cheese, lemon juice, zest, and vanilla extract.
2. In a separate bowl, whip the heavy cream with sweetener until soft peaks form.
3. Fold the whipped cream into the cream cheese mixture.
4. Pour into a container and freeze for at least 4 hours until firm.



Strawberry Ice Cream



Serves: 4



Prep Time: 10 mins



Chill Time: 3 hrs

Carbohydrates: 9 grams **Fat:** 24 grams **Protein:** 5 grams

Ingredients:

- 70g strawberries
- 160g cream cheese
- 50g coconut oil
- 3 tablespoons Xylitol
- 1 teaspoon vanilla extract

Instructions:

1. Melt Xylitol with 2 tablespoons of water until it runs clear
2. In a blender, combine the strawberries, cream cheese, coconut oil, and vanilla. Add in Xylitol.
3. Freeze for 3 hours, until set.



Low Carb Chocolate Mousse



Serves: 4



Prep Time: 10 mins



Chill Time: 30 mins

Carbohydrates: 4 grams **Fat:** 18 grams **Protein:** 3 grams

Ingredients:

- 200ml heavy cream
- 100g dark chocolate (70% or higher), melted
- 2 tbsp powdered erythritol (or your preferred sweetener)
- 1 tsp vanilla extract

Instructions:

1. Whip the heavy cream with sweetener and vanilla extract until soft peaks form.
2. Gently fold in the melted chocolate until well combined.
3. Spoon the mixture into serving bowls and refrigerate for 30 minutes to set.
4. Serve chilled, and garnish with grated chocolate or berries if desired.



Molten Chocolate Lava Cakes



Serves: 4



Prep Time: 10 mins



Cook Time: 12 mins

Carbohydrates: 10 grams **Fat:** 25 grams **Protein:** 6 grams

Ingredients:

- 60g 70% dark chocolate
- 60g butter
- ½ teaspoon vanilla extract
- 3 eggs

Instructions:

1. Melt chocolate with butter, mix in vanilla. Beat eggs, fold in chocolate mixture.
2. Pour into greased ramekins, bake at 220C until set on the outside but gooey inside.



Clotted Cream Cinnamon Berry Pot



Serves: 2



Prep Time: 5 mins



Cook Time: NA

Carbohydrates: 8 grams **Fat:** 44 grams **Protein:** 4 grams

Ingredients:

- 100g mixed berries (strawberries, raspberries, blueberries)
- 100g clotted cream
- 1 tsp ground cinnamon
- 1 tbsp powdered erythritol (or your preferred sweetener)

Instructions:

1. Divide the mixed berries into two small bowls or pots.
2. In a separate bowl, mix clotted cream, cinnamon, and sweetener until smooth.
3. Spoon the clotted cream mixture over the berries.
4. Serve immediately or refrigerate for a chilled dessert.

