

THE DESSERT COOKBOOK



A DELICIOUS [DIABETES.CO.UK](https://www.diabetes.co.uk) COOKBOOK



Dessert Cookbook

Introduction

If you think that a diagnosis of diabetes means that desserts and sweet treats have been banished from your life then think again! We have worked very hard and experimented with many different ingredients, sugar substitutes and lower carb flours to create a dessert and treats cook book especially for diabetics.

Don't forget to share a picture of your own dishes on our [Facebook page](#) and on the [Diabetes Forum](#)!

So if you are looking for something to satisfy your sweet tooth then look no further. We have a great selection of tasty treats for you to try out.

To start, there is a delicious selection of Ice creams, Sorbets and Mousses, in all your favourite flavours; raspberry, strawberry and chocolate are of course included! If you want something a bit more filling, then our cheesecakes and puddings will fit the bill as we have prepared sugar free Fruit Pizza, miniature Ricotta Cheesecakes as well as Tiramisu, Apple and Cinnamon Pudding and Fruity Jelly just for you.

Our array of delectable Crumbles and Tarts contains all the classics, from Rhubarb and Apple Crumble to Lemon Torte, and there is a feast of cakes and muffins, including Mini Carrot Cakes, Pumpkin Loaf and a Victoria Sponge.

If you are looking for Cookies, Biscuits and Scones we have Chocolate Chip Cookies, Flapjacks, English Scones and Almond Biscotti for you to



Dessert Cookbook

Introduction

pick from.

We have used free range eggs when trialling and creating these recipes because free range eggs come from happier chickens!

Desserts don't have to be naughty. Open this book, pick your favourites and start cooking. I hope you enjoy making and, more importantly, tasting the dishes as much as we did.

Love

Shanta



Dessert Cookbook

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Raspberry Ice Cream

Serves 4

100g raspberries (fresh or frozen)

100ml whipping cream

100ml single cream

2 tbsp. Triple Zero sweetener

3 tbsp. agave nectar

1 tsp. vanilla extract

This dish is packed with the wonderful flavours from the creams and agave nectar and the sweetener makes for an unnoticeable alternative to sugar.

Preparation Method

Blend all the ingredients together in a blender until smooth.

Pour into a used 1 litre ice cream tub and place in the freezer.

Stir it every 2 hours over the course of 6 hours. Then scoop out and enjoy!

Nutritional value per serving

Calories: 250 | Total fat: 18g | Saturated Fat: 12g | Carbohydrates: 22g | Protein: 1.8g | Fibre: 0.9g



Ginger Ice Cream

Serves 4

250ml semi skimmed milk

200ml double cream

2 tbsp. Stevia

4 medium eggs

Stem ginger 50g

Plus some little extras of your choice for decoration, such as, berries or a fruit coulis.

The combination of cream, eggs and milk gives this ice cream a delicate base flavour, while the stem ginger gives it a punchy overtone.

Preparation Method

Place the milk, cream and Stevia in a pan on a low temperature and heat through, stirring constantly. Melt the Stevia and bring the mixture slowly to the boil.

Separate the yolks from the egg whites by cracking the egg and slowly tipping the contents from one half of the shell to the other, ensuring not to drop the yolk. The egg whites should separate and dribble through the gap (so make sure you do this over a bowl!)



Preparation Method (cont)

Beat the egg yolks in a bowl. Slowly whisk in the milk and cream mixture. Pour this all into an old 1 litre ice cream tub, place the lid on and allow it to set in the freezer for 3 hours.

Blend the stem ginger in the blender. Add about a quarter of the ice cream mixture at a time and continue to blend. Taste the ice cream and check if you are happy with the quantity of ginger in it as well as the consistency.

Return the ice cream to the ice cream tub and freeze for 3 hours. It will then be ready to serve.

When you wish to serve the ice cream, allow it to be at room temperature for 10 minutes beforehand. You could serve with berries, fruit coulis and stem ginger.

Nutritional value per serving

Calories: 303 | Total Fat: 26.5g | Saturated Fat: 14g | Carbohydrates: 13g | Fibre: 1g | Protein: 7.3g



Strawberry Sorbet

Serves 2

80g cream cheese

200g whipped cream

100g strawberries

4 tsp. Triple Zero sweetener

This is a rich and creamy dessert for strawberry-lovers everywhere.

Preparation Method

Blend the cream cheese, strawberries and Triple Zero sweetener together in a blender until smooth and thoroughly mixed.

Transfer to an ice cream tub and then fold the cream in gently. Transfer to the freezer until firm.

Nutritional value per serving

Calories: 250 | Total fat: 18g | Saturated Fat: 12g | Carbohydrates: 22g | Protein: 1.8g | Fibre: 0.9g



Chocolate Mousse

Serves 4

100g unsweetened dark chocolate

4 medium eggs

1 tbsp. brandy

1 tbsp. Triple Zero sweetener

Optional: berries of your choice to decorate

This mousse is a must for chocolate lovers. We have combined dark chocolate with eggs, brandy and sweetener for a delightful yet simple dessert!

Preparation Method

Separate the egg yolks by cracking them and letting the white dribble out into a bowl whilst holding the yolks inside the shell halves. Save the egg whites for later.

Mix the egg yolks and the brandy in a mixing bowl.

Break the chocolate into tiny pieces and place in a heat proof bowl. Place the bowl on top of a pan of water and place over a high heat. Stir the chocolate continuously until it has all melted and contains no lumps. Make sure the water in the pan does not boil over as this could cause injury and a mess.

Remove the bowl from the heat and stir the melted chocolate in with the egg yolks and brandy.



Preparation Method (cont)

With an electric whisk, whisk the egg whites and add the Triple Zero sweetener to them. Continue to whisk until the mixture turns white and forms peaks that hold their shape when you lift the whisk out. Fold the egg whites into the chocolate with a spatula. Do this by scooping the mixture and folding it on top of itself. This helps keep the texture as normal stirring can let air escape the mixture.

Spoon the mousse into four bowls and place in the fridge to chill for a minimum of 3 hours.

Decorate with berries if you want to and enjoy!

Nutritional value per serving

Calories: 213 | Total Fat: 18g | Saturated Fat: 10g | Carbohydrates: 8g | Fibre: 4g | Protein: 9.5g



Fruit Pizza

Serves 8

100g broken digestive biscuits

30g softened butter

200g of strawberries

3 tbsp. lemon curd

Several mint leaves for decoration

This delightful dessert is both easy to make and delicious.

The sweetness of the digestive biscuits and strawberries is perfectly balanced by the tanginess of the lemon curd.

Preparation Method

Lightly grease a loose bottomed 15cm cake tin with butter and line with greaseproof paper.

Put the digestive biscuit pieces in a food processor along with the butter and blend until they are nicely crumbed and the butter is mixed in evenly. Spoon the mixture into the prepared cake tin, pressing the buttery biscuit base down with the back of a dessert spoon so that it is fairly even and place in the fridge.

After an hour, spoon the lemon curd onto the chilled base. Cut each strawberry into four pieces and place over the lemon curd. Sprinkle with mint leaves before serving!

Serve as soon as it's ready to avoid the base going soggy.

Nutritional value per serving

Calories: 235 | Total fat: 20g | Saturated Fat: 5g | Carbohydrates: 20g | Protein: 2g | Fibre: 1g



Ricotta Cheesecakes

Serves 4

For the Cheesecakes

100g digestive biscuits

30g softened butter

250g ricotta cheese

3 eggs

1 tbsp. agave nectar

1 tsp. vanilla essence

For the coulis

100g fresh raspberries

Preparation Method

Raspberry coulis

Puree 100g of raspberries with a little water by putting them in a blender. Sweeten with half a tablespoon of agave nectar

Cheesecake

Preheat the oven at 200°C/Gas Mark 4.

Lightly grease four ramekin dishes or similarly sized containers.

Crumble the digestive biscuits into crumbs. You can do this by placing them in a completely sealed bag (like a sandwich bag) and crushing them with a rolling pin. Then thoroughly mix the crumbs with the butter. (Alternatively, you can simply whizz the whole biscuits with the butter in



Preparation Method (cont)

a food processor to make this step quicker, but cause more washing up!)

Separate the egg whites by cracking the eggs and letting the whites dribble into a bowl, without dropping the yolks in. These then need to be whisked for four minutes to give them a smooth consistency.

Break the ricotta up in a mixing bowl. Add in the egg whites, agave nectar and vanilla essence, mixing thoroughly until all the ingredients are mixed well. Spoon the mixture into the ramekin dishes. Put in the oven and bake for 20 minutes until the cheesecakes have turned golden.

Layer with the raspberries and fruit coulis and tuck in!

Nutritional value per serving

Calories: 315 | Total Fat: 20g | Saturated Fat: 11g | Carbohydrates: 26g | Fibre: 1.5g | Protein: 7.3g



Tiramisu

Serves 12

For the tiramisu

3 large egg yolks
1.5 tbsp Stevia
250g mascarpone
2 large eggs whites
150ml strong espresso coffee
3 tbsp. dark rum
50g unsweetened dark chocolate,
melted in a bowl over boiling water

For the base

110g butter
110g cream cheese
5 eggs
2 tbsp. agave nectar
150g almond flour
1 tsp. baking powder

Preparation Method

For the base

Preheat the oven to 180°C/Gas Mark 4.

Soften the butter and mix together with a wooden spoon. Add the cream cheese and agave nectar. Then add the eggs one by one.

Next place all dry ingredients in a bowl and combine together. Then add the almond flour, baking powder to the egg mixture.

Whisk until the mixture is smooth and add the vanilla extract and mix once more.



Preparation Method (cont)

Divide the mixture equally between 12 muffin cases. Then place the cases on a baking tray and bake the muffins for around 20 minutes.

For the tiramisu

Separate the eggs by cracking the shells and letting the whites dribble out into a bowl, holding the yolks in the shell. Place the yolks in a large mixing bowl. You only need 2 egg whites, but 3 yolks.

Using an electric whisk beat the egg yolks in a mixing bowl at high speed for approximately 4 minutes, until the mixture looks like a light and fluffy mousse.

In another bowl, soften the mascarpone by squashing and spreading it with the back of a wooden spoon, then gradually mix in the egg yolk mixture and add the Stevia.

Wash and dry the beaters of the whisk and in a third bowl whisk the egg whites until they can form peaks.

Using a spatula, gently fold the egg whites into the mascarpone mixture, scooping the mixture and folding it on top of itself until the ingredients are mixed. This is to preserve the air trapped in the egg whites. Place the bowl aside.

Cut the muffins into flat slices, about half an inch thick. Pour the rum and coffee into a shallow dish, dipping the slices into it and turn them over to ensure they are fully soaked.



Preparation Method (cont)

Line the bottom of a glass bowl with about half of the soaked slices, and layer half the mascarpone mixture and the melted chocolate on top.

Then, place the rest of the muffin slices on top, and again layer on top the chocolate and the mascarpone mixture, so that, in effect, it is a two layer dessert.

If you want, you can pipe the second layer of mascarpone mixture into peaks on top for decoration, rather than just layering.

Use some cling film to cover the bowl and chill in the fridge for at least 3 hours prior to serving.

Nutritional value per serving

Calories: 384 | Total Fat: 30g | Saturated Fat: 18.5g | Carbohydrates: 10g | Fibre: 0.5g | Protein: 10g



Lemon Pudding

Serves 6

3 eggs

3 tbsp. Stevia

Rind and juice of 2 large lemons

4 tbsp. hot water

15g vegetarian gelatine

300 ml double cream

Preparation Method

Separate the eggs by cracking the shell and dribbling the egg whites into a bowl without dropping the yolks. Put the egg whites aside for later.

Put the egg yolks, Stevia, lemon rind and lemon juice into a heatproof bowl and place over a pan of simmering water.

Whisk the mixture with an electric whisk until it thickens into a custard; this will take approximately 5 minutes.

Dissolve the gelatine in the 4tbsp. of hot water. When the water/gelatine becomes tepid, mix it into the lemon custard and whisk for 5 minutes.

Fold in the double cream by repeatedly using a spatula to scoop the mixture and fold it on top. This gentle form of mixing preserves the texture of the mixture.



Preparation Method (cont)

Whisk the egg whites until they thicken and can form stiff peaks and then also fold into the mixture.

Pour into 6 small ramekin dishes and leave to set in the fridge for around 2 hours. Then they are ready to eat.

Nutritional value per serving

Calories: 257 | Total Fat: 24g | Saturated Fat: 13g | Carbohydrates: 5g | Fibre: 0g | Protein: 9.7g



Apple & Cinnamon Pudding

Serves 6

2 red apples

2 tsp. cinnamon

½ tsp. nutmeg

3 tbsp. agave nectar

150g mascarpone cheese

1 tsp. vanilla essence

120ml low fat milk

110g butter

2 eggs

2 tbsp. ground almonds

100g self-raising flour

1 tbsp. flaked almonds

Preparation Method

Preheat the oven to 160°C/Gas Mark 3.

Slice the apples into wedges and line the bottom of a baking tray with them.

Melt 60g of the butter in a small saucepan with the cinnamon, nutmeg and two tablespoons of the agave nectar. Pour this onto the apples and bake for 20 minutes.

While they are cooking, separate out the eggs by cracking the shell and letting the whites dribble into a bowl without dropping the yolks in.



Preparation Method (cont)

Remove the apples from the baking tray and place in a Pyrex dish.

Then in another saucepan, warm up the milk and vanilla essence as well as one tablespoon agave nectar, adding 50g of butter. Melt this mixture and let cool.

Beat the cheese with a wooden spoon until it has softened. Add in the egg yolks and the milk mixture. Combine with the ground almonds and self-raising flour.

In another bowl, whisk the egg whites and then fold the egg whites into the mixture.

Pour the final mixture onto the apples. Sprinkle with the flaked almonds and bake for 30 minutes until golden brown or until a toothpick inserted into the centre of pudding comes out clean. This dish is best served warm.

Nutritional value per serving

Calories: 320 | Total Fat: 25g | Saturated Fat: 13g | Carbohydrates: 32g | Fibre: 3.2g | Protein: 7g



Fruit Frenzy

Serves 4

- 100g canned pears, drained
- 100g canned peaches, drained
- 60ml water
- 1 tbsp. Stevia
- 100g raspberries
- 1 tbsp. cornflour
- 1.5 tbsp. agave nectar
- 180ml semi skimmed milk

Preparation Method

Place the raspberries in a small bowl.

Warm up the water and add the Stevia until it melts and forms a syrup and pour on top of the raspberries, ensuring they are covered. Then place in the fridge.

Combine the agave nectar and cornflour with 2 tablespoons of the milk in a small dish.

Bring the remainder of the milk to boil, and then stir in the cornflour mixture to make it thicken into a custard. Remove from the hob and let it



Preparation Method (cont)

cool.

Purée the pears and peaches by blending them in a blender until they are smooth. Afterward, purée some of the raspberries, leaving as many whole to garnish to your preference at the end, and set all aside.

Add the thickened milk custard mixture to the pears and peaches mixture and stir well. Pour the Stevia/raspberry mixture into a sundae/dessert dish. Top with custard mixture and garnish with the raspberries set aside.

Chill for one to two hours and enjoy!

Nutritional value per serving

Calories: 135 | Total Fat: 2.4g | Saturated Fat: 1.3g | Carbohydrates: 22.4g | Fibre: 2.5g | Protein: 3.2g



Fruity Jelly

Serves 4

23g sachet of sugar free jelly in a flavour of your choice

450ml diet lemonade

Handful of grapes/raspberries/apple slices or whatever fruit you feel like! Be inventive!

This dessert is a great way of getting in some of your five a day! Simply add fruit of your choice to diet lemonade and sugar free jelly. Et voila, a delectable dessert!

Preparation Method

Stir the jelly crystals into 300ml of boiling water. Once dissolved, top with 450ml of lemonade.

Place the fruit in the bottom of the glass tumblers (or in a bowl).

Cover the fruit with the jelly mixture and chill in the fridge until the jelly has set.

Nutritional value per serving

Calories: 60 | Total fat: 0g | Saturated Fat: 0g | Carbohydrates: 1g | Protein: 0g | Fibre: 1g



Raw Apple & Raspberry Tart

Serves 4

- 100g raw almonds
- 100g pecan nuts
- 100g cashew nuts
- 6 soft dried dates
- ½ tsp. ground cinnamon
- 100g apples, sliced lengthways
- A handful of raspberries

Preparation Method

Place the almonds, pecan nuts and cashew nuts in a blender and whizz until finely ground. Then add in the dates and cinnamon and blend them to ensure a thorough and even mix. Add 4 tablespoons of water and blend again to combine the mixture.

Divide the mixture between four loose bottomed tartlet cases and press down.

Dress with slices of apple and top with a raspberry.

Nutritional value per serving

Calories: 468 | Total fat: 38.8g | Saturated Fat: 5.4g | Carbohydrates: 20g | Protein: 12g | Fibre: 6.5g



Rhubarb & Apple Crumble

Serves 4

400g apples, diced	2 tsp. grated lemon zest
400g red rhubarb, diced	150g oats
2 tbsp. agave nectar	50g chopped nuts
2 tbsp. corn flour	2 tbsp. Triple Zero sweetener
75ml apple juice	2 tbsp. butter
1 tbsp. lemon juice	1 tsp. ground cinnamon

Preparation Method

Preheat oven at 200°C/Gas Mark 6.

Mix together the apples, rhubarb, agave nectar and corn flour and place in a Pyrex bowl.

Combine the apple juice, lemon zest and lemon juice and pour onto the fruit mixture in the Pyrex bowl.

Place in the preheated oven and bake for 25 minutes.

While it is cooking, mix together the oats, chopped nuts, Triple Zero sweetener, butter and cinnamon.

Remove the baked fruit mixture from the oven. Sprinkle the oat mixture on top ensuring it is evenly covered. Then return to the oven and bake for another 10 minutes until the topping is crisp.



Preparation Method (cont)

It is then ready to eat. It is delicious with crème fraîche, Greek yoghurt or custard!

Nutritional value per serving

Calories: 177 | Total Fat: 8.8g | Saturated Fat: 4.4g | Carbohydrates: 26g | Fibre: 5.5g | Protein: 3g



Lemon Torte

Serves 8

Tart Base

150g almond flour

150g plain flour

2 eggs

3 tbsp. coconut oil

Pinch of salt

Lemon Filling

7 eggs

200 ml double cream

1 tbsp. honey

1 tbsp. Triple Zero sweetener

5 lemons, zest and juice

Preparation Method

Preheat oven to 180°C/Gas Mark 4.

Put the almond flour, plain flour, 2 eggs. 3 tablespoons of coconut oil and the salt in a big bowl and mix together thoroughly, ensuring they combine evenly.

Roll the pastry with a rolling pin into a roughly circular shape, on a lightly floured surface. Press evenly onto the bottom of a 7 inch wide, loose bottomed tart tin to form the base.

Bake for around 15 minutes until it goes a slightly brown colour. Put aside to cool. Then lower the oven temperature to 170°C.

To make the filling, whisk the eggs with a hand whisk to break the yolks and add the remaining ingredients, whisking thoroughly until totally



Preparation Method (cont)

smooth. Pour the filling onto the cooled tart base and bake for approximately 30 minutes.

When it has cooled decorate the tart with a dust of icing sugar, shavings of unsweetened dark chocolate and mint leaves if you wish.

Nutritional value per serving

Calories: 318 | Total Fat: 30g | Saturated Fat: 13g | Carbohydrates: 25g | Fibre: 3g | Protein: 13g



Raw Chocolate & Raspberry Tart

Serves 4

For the Tart Base

100g raw almonds
100g dried soft pitted dates,
roughly chopped
25g unsweetened cocoa powder
1 tsp. vanilla extract
Pinch of salt
3 tbsp. water

For the Raspberry Filling

200g raspberries
150 raw cashews, soaked in water for
half an hour
100ml fresh lemon juice
1.5 tbsp. runny honey
A few extra whole raspberries to garnish

Preparation Method

To make the Tart Base

Blend the almonds, dates, cocoa powder, vanilla extract, salt and water until the mixture clumps.

Roll out this pastry and use it to line 4 loose bottomed tartlet tins.

Chill the pastry lined tins in the fridge for 15 minutes.

To make the Raspberry Filling



Preparation Method (cont)

Blend the raspberries, cashews, honey and lemon juice in a food processor, adding a little extra lemon juice to thin it if necessary.

Fill each tart case with this filling, garnish with the whole raspberries and tuck in!

Nutritional value per serving

Calories: 226 | Total Fat: 14g | Saturated Fat: 6g | Carbohydrates: 35g | Fibre: 53g | Protein: 6.8g



Chocolate Torte

Serves 8

4 large eggs

100g Triple Zero sweetener

½ tsp. vanilla essence

150g almond flour

50g plain flour

½ tsp. xanthan gum

250g unsweetened chocolate

220ml double cream

Chocolate Torte is an old and much loved dessert.

You can indulge in our recipe without consuming the usual high amounts of sugar, carbs and fat!

Preparation Method

Preheat the oven to Gas Mark 3/160°C and lightly grease a 9 inch loose bottomed cake tin with butter.

In a large bowl, whisk together the eggs, sweetener and vanilla essence. Mix in the flours and xanthan gum with a metal spoon until well combined.

Break up the chocolate into small pieces and put them to melt in a bowl over a pan of simmering water, stirring to keep it from sticking.

When the chocolate has completely melted and there are no lumps, remove the pan from the heat and remove the bowl.



Preparation Method (cont)

Add the chocolate to the flour mixture and stir thoroughly.

In a separate bowl, beat the cream with a hand whisk until it thickens slightly. Mix with the flour mixture.

Pour the entire mixture into the cake tin. Flatten the top with a flat knife which has been dipped in boiling water as this will help to flatten the mixture evenly.

Bake for 30-35 minutes until torte edges are lightly browned.

Allow to cool and push up the bottom of the cake tin to remove the torte from the tin.

Let the cake cool totally before slicing. Alternatively, you can chill the cake for around two hours if you want a cool version.

Nutritional value per serving

Calories: 222 | Total Fat: 15g | Saturated Fat: 7.5g | Carbohydrates: 20g | Fibre: 0.9g | Protein: 4.3g



Scrumptious Chocolate Cake

Serves 6

Chocolate Sponge

150g full fat ricotta cheese
60ml semi-skimmed milk
30g unsweetened cocoa powder
1 tbsp. agave nectar
2 large eggs
100g self-raising flour
¼ tsp. bicarbonate of soda
30g almond flour

Cake Topping

60ml double cream
1 tsp. vanilla essence
½ tsp. agave nectar
Fresh berries for decoration

Preparation Method

Preheat the oven to Gas Mark 4/180°C.

Crack the eggs and lightly whisk them in a separate bowl to break up the yolk.

Beat the ricotta with a wooden spoon for around 3 minutes to soften it.

Mix the cocoa powder with a tablespoon of the milk in a small bowl.

Add in the eggs, milk/cocoa mixture, agave nectar, the remainder of the



Preparation Method (cont)

milk, the self raising flour, bi-carbonate of soda and almond flour and combine together.

Lightly grease a loose bottomed 7 inch cake tin with butter and line with baking paper. Pour the mixture into the tin and bake for 25 minutes.

For the creamy topping, warm the vanilla essence, cream and agave nectar in a small sauce pan on a low heat, mixing together. Remove from heat and set aside to cool.

When it is cool, pour the cream topping on top of the cake.

Decorate with berries of your choice. Delicious!

Nutritional value per serving

Calories: 505 | Total Fat: 39g | Saturated Fat: 11g | Carbohydrates: 26g | Fibre: 6.3g | Protein: 16.7g



Walnut & Blueberry Muffins

Serves 12

- | | |
|-----------------------------|----------------------------|
| 300g full fat cream cheese | ½ tsp. bicarbonate of soda |
| 1 tbsp. Stevia | 100g blueberries |
| 2 tbsp. agave nectar | |
| 50g butter | |
| 120ml semi-skimmed milk | |
| 3 eggs | |
| 175g self raising flour | |
| 50g almond flour | |
| 50g walnuts, finely chopped | |

Preparation Method

Melt the Stevia, agave nectar and butter in a saucepan on a low heat. Set aside to cool.

While it is cooling, beat the cream cheese for a few minutes in a bowl with a wooden spoon to soften it.

Lightly whisk the eggs in a bowl.

Add the eggs and milk to the cream cheese and mix.

Then add in the almond flour, self raising flour, walnuts and bicarbonate



Preparation Method (cont)

of soda. Add in the blueberries with care, without breaking them up.

Spoon the mixture into 12 muffin cases, and place them onto a baking tray.

Bake in the preheated oven for 20 minutes. Remove the baking tray from the oven and allow the muffins to cool for a few minutes.

These muffins are delicious when still warm, but be careful they aren't too hot!

Nutritional value per serving

Calories: 256 | Total Fat: 18g | Saturated Fat: 9.3g | Carbohydrates: 18g | Fibre: 1.5g | Protein: 5.7g



Clementine & Almond Cake

Serves 10

300g clementines

6 large eggs

5 tbsp. Triple Zero sweetener

150g almond flour

150g self raising flour

2 tsp. almond extract

1 tsp. baking powder

Preparation Method

Preheat the oven to 180°C/Gas Mark 4.

Place the peeled clementines in a saucepan of water so that they are just covered and bring to boil. Lower the heat and simmer for 25 minutes until extremely tender. Then chop and remove their seeds.

Place the stewed clementines in a blender and whizz until smooth.

Next grease an 7 inch loose bottomed tin with butter and line it with baking paper.

With an electric whisk beat the eggs for a few minutes until they are light and frothy. Add in the Triple Zero sweetener, stewed clementines purée, almond flour, self raising flour, almond extract and baking powder and



Preparation Method (cont)

beat for 3 more minutes.

Pour this mix into the cake tin and bake for 50 minutes to an hour.

Remove it from the oven and allow the cake to cool, then remove from the cake tin and serve.

Nutritional value per serving

Calories: 184 | Total Fat: 11g | Saturated Fat: 1.6g | Carbohydrates: 14g | Fibre: 2.3g | Protein: 8g



Pumpkin Loaf

Serves 8

60ml almond milk	½ tsp. nutmeg
60ml coconut milk	1 tsp. cinnamon
4 eggs	1 tsp. baking soda
280g pumpkin purée	1 tsp. Himalayan salt
2 tbsp. raw honey	
1 tsp. vanilla extract	
100g almond flour	
50g self raising flour	

Preparation Method

Preheat the oven to 180°C / Gas Mark 4.

In a large bowl, mix together the milks, eggs, pumpkin purée, honey and vanilla extract.

In another bowl, stir together the remaining dry ingredients: the almond flour, self raising flour, nutmeg, cinnamon, baking soda and salt.

Mix into the wet ingredients and combine well. Spoon into a greased loaf tin and bake for about 40 minutes. Allow to cool before cutting and serving.

Nutritional value per serving

Calories: 153 | Total Fat: 10.4g | Saturated Fat: 2.4g | Carbohydrates: 9.6g | Fibre: 1.4g | Protein: 5g



Mini Carrot Cakes

Serves 10

125g self raising flour	80ml light olive oil
125g almond flour	2 eggs
1 tsp. mixed spice	200g plain yoghurt
1 tsp. bicarbonate of soda	200g cream cheese
50g sultanas	1 tbsp. agave nectar
20g Triple Zero sweetener	
2 tbsp. agave nectar	
120g carrots, grated	

Preparation Method

Preheat oven to 180°C /Gas Mark 4.

Place the self raising flour, almond flour, mixed spice and bicarbonate of soda in a bowl. Then stir in the sultanas, Triple Zero sweetener, agave nectar and carrots. Combine so the ingredients are evenly mixed.

Whisk the eggs in a bowl, and stir in the oil and yoghurt. Pour this mixture into the flour mixture. Stir and combine. Spoon the mixture into individual muffin cases and place them on a baking tray.

Bake in the preheated oven for 25 minutes.

Transfer on to a rack and cool.



Preparation Method (cont)

Beat the cream cheese and agave nectar together in a bowl until they have a smooth consistency.

Spread cakes with this frosting and serve.

Nutritional value per serving

Calories: 365 | Total Fat: 36g | Saturated Fat: 12g | Carbohydrates: 27g | Fibre: 2g | Protein: 8.6g



Lemon Drizzle & Poppy Seed Cake

Serves 8

Cake

2 lemons

2 medium oranges

300ml water

2 tbsp. agave nectar

1 tbsp. runny honey

50g butter

2 medium eggs

150g almond flour

100g self raising flour

2 tbsp. poppy seeds

1 tsp. bicarbonate of soda

Syrup

3 tbsp. freshly squeezed orange juice

Juice of a lemon

1 tbsp. agave nectar

Preparation Method

Peel the oranges and lemons and dice the fruit to $\frac{1}{4}$ inch thick pieces and place in a medium sized sauce pan with the agave nectar, honey and the 300ml water.

Cover the pan and simmer for around 45 minutes until the fruit is cooked thoroughly and has broken into bits. Stop the mixture from burning by stirring it every 10-15 minutes.

Preheat the oven to 180°C/Gas Mark 4.

Melt the butter into the fruit mixture and set aside to cool.



Preparation Method (cont)

Put the simmered fruit in a mixing bowl and lightly beat in the eggs with a fork. Mix in the almond flour, bicarbonate of soda, poppy seeds and self raising flour.

Grease a 7inch cake tin and line it with baking paper. Pour the cake mixture into it and bake for 40 minutes.

To make the syrup, warm up the orange and lemon juice in a saucepan on a low heat and add a tablespoon of agave nectar.

Once the cake is ready and has cooled down, put it on to a serving plate and brush with the syrup.

Let the syrup soak in and relish!

Nutritional value per serving

Calories: 297 | Total Fat: 17g | Saturated Fat: 9.5g | Carbohydrates: 32g | Fibre: 3.5g | Protein: 7.3g



Walnut & Date Loaf

Serves 8

- | | |
|-------------------------------|------------------------------------|
| 50g margarine | 100g self raising flour |
| 220g dates, finely chopped | 100g almond flour |
| 2 tbsp. Triple Zero sweetener | A few walnut halves for decoration |
| 1 tsp. vanilla essence | |
| 1 tsp. bicarbonate of soda | |
| 120ml boiling water | |
| 60g walnuts, finely chopped | |
| 2 eggs, beaten | |

Preparation Method

Pre-heat the oven to 160°C/Gas Mark 3.

Put the margarine, dates, Triple Zero sweetener and bicarbonate of soda into a mixing bowl. Pour on the boiling water and let cool for about ten minutes.

Add in the walnuts, vanilla essence, self raising and almond flours, mixing thoroughly. Beat the eggs separately and add to this mixture too.

Grease a loaf tin with butter and line with greaseproof paper. Then pour the mixture into it and bake on the bottom shelf for 45-50 minutes.

Leave the cake in the loaf tin to cool for at least 15 minutes before you



Preparation Method (cont)

remove it.

Simply decorate with the walnut halves, slice and serve!

Nutritional value per serving

Calories: 297 | Total Fat: 17g | Saturated Fat: 9.5g | Carbohydrates: 32g | Fibre: 3.5g | Protein: 7.3g



Victoria Sponge

Serves 8

200g self raising flour

200g almond flour

200g butter

5 tbsp. Triple Zero sweetener

5 eggs

1 tsp. baking powder

2 tsp. vanilla extract

3 tbsp. homemade jam (Page 48)

Preparation Method

Pre heat the oven at 180°C/Gas Mark 4. Grease and line two 8 inch cake tins with grease proof paper.

Put all the ingredients, apart from the jam, in a food processor and blend until they are thoroughly mixed. Then spoon the mixture into the two cake tins. Bake for 25-30 minutes until firm and golden.

Remove from the oven and allow to cool for five minutes. Then remove them from their tins.

When the sponges are cool, spoon a layer of the homemade jam on the flat side of each sponge and stick them together.



Preparation Method (cont)

If you have a cake leveller, it helps to cut the bottom half of the cake flat so that it stands level.

Enjoy!

Nutritional value per serving

Calories: 457 | Total Fat: 36g | Saturated Fat: 21g | Carbohydrates: 23.5g | Fibre: 3g | Protein: 11.5g



Homemade Jam

400g raspberries

30g Triple Zero sweetener

40 drops of liquid vanilla Stevia

$\frac{1}{2}$ tsp. Xanthan Gum

Preparation Method

Mix together the raspberries, Triple Zero Sweetener and vanilla Stevia in a saucepan on a low heat. Gradually turn the heat up, stirring constantly. Once the mixture starts to boil, lower the heat again and simmer for 20 minutes, stirring constantly.

When mixing, crush the raspberries with the back of a wooden spoon against the side of the pan.

Add the Xanthan gum on top of the mixture, mixing thoroughly. Continue mixing and allow to simmer for 2–3 minutes.

Turn the heat off and place the saucepan aside, cover, and let the jam cool down completely.

You can then store the jam in an airtight container in the fridge. Once chilled, the jam is ready to use.

Nutritional value per Tbsp.

Calories: 6 | Total Fat: 0g | Saturated Fat: 0g | Carbohydrates: 1.4g | Fibre: 0g | Protein: 0.1g



Chocolate Chip Cookies

Makes 30 large cookies

200g self raising flour

3 tbsp. homemade jam

200g almond flour

50g carob chips

200g butter

5 tbsp. Triple Zero sweetener

5 eggs

1 tsp. baking powder

2 tsp. vanilla extract

Preparation Method

Preheat the oven at 190°C/
Gas Mark 5.

Mix together the self raising flour, almond flour, bicarbonate of soda and Triple Zero sweetener. Add the butter and mix thoroughly. Add in the eggs as well as vanilla essence.

Add in the carob chips, mixing well.

Drop spoonfuls of 1 inch diameter onto a greased baking tray. Bake for around 10 minutes. Once done, enjoy!

Nutritional value per Tbsp.

Calories: 120 | Total Fat: 4.5g | Saturated Fat: 1g | Carbohydrates: 14g | Fibre: 1.5g | Protein: 2g



Flapjacks

Serves 9

- 150g butter
- 150g finely chopped hazelnuts
- 4 tbsp. unsweetened apple juice
- 250g porridge oats
- 3 tbsp. agave nectar

Preparation Method

Preheat the oven to 190°C/Gas Mark 5.

Grease a rectangular baking tin with butter and line with greaseproof paper.

Melt the butter on a low heat. Stir in the hazelnuts, oats, apple juice and agave nectar.

Press the mixture firmly into the tin with the back of a spoon and bake for 20-25 minutes, until it turns golden brown.

Remove from the oven and leave to cool for 10 minutes.

While it is still in the tin, cut into 9 even squares. Once completely cool remove the slices and tuck in!

Nutritional value per Tbsp.

Calories: 190 | Total Fat: 25.7g | Saturated Fat: 9.7g | Carbohydrates: 26g | Fibre: 3.1g | Protein: 7.4g



Classic English Scones

Serves 12

200g self raising flour

200g almond flour

2 tsp. bicarbonate of soda

100g raisins

2 tbsp. Stevia

1 tbsp. honey

100ml unsweetened apple juice

100g butter melted

4 tbsp. unsweetened almond milk

1 tsp. vanilla essence

Preparation Method

Preheat the oven at 190°C/Gas Mark 5.

Combine all the honey, unsweetened apple juice, butter, almond milk and vanilla essence together.

Mix in the self raising flour, almond flour, bicarbonate of soda, raisins and Stevia, mixing thoroughly to form a dough.

Roll the dough out onto a lightly floured surface until it is 1.5 inches thick. Cut out circular shapes using a pastry cutter and place these on a greased baking tray. Roll any remaining bits of dough together and repeat so that all the mixture is used.

Bake for around 20 minutes and allow to cool on a wire rack.

Enjoy with lashings of homemade jam!

Nutritional value per Tbsp.

Calories: 299 | Total Fat: 23.3g | Saturated Fat: 11g | Carbohydrates: 20g | Fibre: 9.5g | Protein: 7.2g



Almond Biscotti

Serves 16

20g Triple Zero sweetener

2 tbsp. agave nectar

2 tbsp. butter

4 egg whites

200g finely chopped almonds

2 tsp. almond extract

200g self raising flour

2 tsp. baking powder

Pinch of salt

Preparation Method

Preheat oven to 190°C/Gas Mark 5.

Place almonds in baking tray and bake for 5 minutes until golden brown. Be careful not to burn them and set aside.

In a bowl beat the Triple Zero sweetener and butter with a wooden spoon until smooth.

Crack the eggs and separate them by letting the whites dribble into a bowl whilst holding the yolks in the shell halves. Lightly beat them with whisk.

Add in the egg whites and almond extract to the Triple Zero sweetener and butter, mixing well. Then combine the flour, baking powder and salt in another bowl. Stir the egg white/Triple Zero mixture and almonds into the flour mixture until it has combined well and forms a dough.



Preparation Method (cont)

Grease two 9x5-inch loaf tins and evenly divide the dough between them. Spread the dough evenly with wet fingers and bake for 15 minutes.

Take out from the oven and turn onto a chopping board. Once the loaves are cool, cut each into 16, 1 inch thick slices. Lay the slices on some greaseproof paper on a baking tray.

Bake for 5 minutes and turn over; bake for a further 5 minutes. The biscuits should become crisp and brown.

Serve warm or leave to cool.

You can store biscotti in an airtight container for up to a week.

Nutritional value per serving

Calories: 149 | Total Fat: 7.8g | Saturated Fat: 5g | Carbohydrates: 10g | Fibre: 1.5g | Protein: 5.3g



Fruity Mini Pavlovas

Serves 4

4 egg whites

¼ tsp. cream of tartar

1 tsp. vanilla extract

Pinch of salt

25g Triple Zero sweetener

Fruity topping of your choice

Preparation Method

Preheat your oven at 140°C/Gas Mark 1.

Line a baking tray with greaseproof paper and grease it well with butter.

Separate the eggs by cracking the shells and letting the whites drip into a bowl, whilst holding the yolks back.

With an electric whisk, beat the egg whites until they are stiff, adding a pinch of salt and the cream of tartar.

Using a spatula, fold the vanilla extract and Triple Zero sweetener into the egg whites by scooping the mixture and folding it on top of itself. This mixes the ingredients without losing the stiff texture of the eggs.

Using a piping bag, pipe the correct amount of mixture for a nest size of your choice onto the baking tray. Leave a dip in the middle for the top-



Preparation Method (cont)

ping. Repeat to make more nests until you have run out of the mixture.

Bake in the pre heated oven for half an hour. It is crucial that you do not open the door to the oven during these 30 minutes as you will crack the meringue. Also ensure that you do not open the oven door for at least two hours.

Top the meringue nests with your toppings. I always enjoy whipped cream, chopped almonds, passion fruit pulp and kiwi. Scrumptious!

Nutritional value per serving

Calories: 85 | Total Fat: 0g | Saturated Fat: 0g | Carbohydrates: 1g | Fibre: 0g | Protein: 16g



Apple & Cinnamon Pancakes

Serves 8

2 eggs

200ml full fat milk

200g plain flour

4 peeled, cored and sliced apples

1 tsp. cinnamon

½ tbsp. of olive oil per pancake

10g butter

2 tbsp. agave nectar

Preparation Method

Sautéed Apple

Melt the butter in a sauce pan. Add in the agave nectar and continue to heat for about a minute.

Add in the apple slices and cook in the mixture until they are soft. This should take about 10-15 minutes. Add a squirt of lemon juice to taste if desired and set aside.

Pancakes

To make the batter, put the eggs in a mixing bowl and beat well with a



Preparation Method (cont)

whisk, adding the flour and milk. Cover the bowl with a tea towel and leave to stand at room temperature for half an hour.

Sprinkle the cinnamon on the prepared apples. Place half a tablespoon of olive oil in a small frying pan. Pour the batter into the pan and tilt it so that the batter covers the entire base of the pan.

Cook each side of the pancake for around 3 minutes until both sides are a light brown colour. Remove the pancake from the heat.

Place the pancake on a plate, spoon on some sautéed apple filling. Roll the pancake up and serve with a dust of cinnamon and a sprig of mint if you wish.

Nutritional value per serving

Calories: 135 | Total Fat: 20.5g | Saturated Fat: 4g | Carbohydrates: 25g | Fibre: 0.1g | Protein: 3g



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