



Low-Carb Healthy  
Holiday Desserts



**All Desserts in this Holiday Cookbook are low-carb, gluten-free, and Keto friendly.**

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*Low-Carb  
Gluten-Free  
Keto Friendly*

## **Holiday DESSERT Recipes**

Everything in this cookbook is low-carb and gluten-free. So even if you decide to enjoy 2 or 3 desserts, nobody in the family will spike their insulin or blood sugar.

Your delicious holiday treats will be loved by everyone in the family. Eating low-carb has been shown to prevent diseases like cancer, insulin resistance, heart disease and type 1 or type 2 Diabetes. The best part is that your family members will not gain 7-9 pounds over the holidays like most people do!

PS. Remember that too much protein at one time can increase your insulin level. Several of these desserts do have protein in them, so if you do decide to have 2 or 3 desserts, be sure they are small servings.



<b>SWEETENERS</b> #s are per Tbsp., except for *** items which are tsp. <small>place here</small>	Calories	Net Carbs	GL <i>Blood sugar impact</i>
Stevia with inulin ( <i>Liquid or powder</i> )	0	0	0
Stevia with erythritol ( <i>TRUVIA or PRUVIA</i> )	0	0	0
“Fiber Yum” or Vita-Fiber Syrup	30	0	0
Erythritol or Monk Fruit	0	0	0
“ <i>Agave Five</i> ” syrup with stevia, agave & monk fruit***	5	2	2
Xylitol	10	10	2
Coconut Nectar	30	7	3
Coconut Sugar (crystals)	30	7	3
Agave syrup (Not recommended)	60	16	4
“ <i>Sugar in the Raw</i> “ and regular Table Sugar	45	13	8
Honey—natural local honey	64	18	10
PURE Maple Syrup	52	18	10
Not PURE Maple Syrup (Never recommended!)	55	22	15

Far right column is the most important number.

**Monk Fruit** has been used for a thousand years. Buy at Amazon or Lakanto.com

**Stevia** in liquid or powder is great. Try different brands as there are variations in taste and after-taste. Read label closely to make sure there is no added sugar or fructose.

**Truvia** is mostly erythritol, but because it also has stevia in it—it is much sweeter! So for every 1 cup of sweetener a recipe calls for, we only use 1/3 cup Truvia.

When comparing sweeteners for cost, consider how much of each you use in a recipe. Since we only use 1/3 the amount of Truvia as erythritol, the cost per use is lower. The cost for erythritol is about \$1.70/ 1 cup. The cost for 1/3 cup Truvia (*the equivalent sweetness amount*) is only \$1.00. Truvia or Stevia are least expensive options.

Sweetener = Truvia
1 cup = 1/3 cup
3/4 cup = 3 Tbs
1/2 cup = 2 Tbs
1/3 cup = 4 tsp
2 Tbs = 2 tsp

**Xylitol and Erythritol** are sugar alcohols. Both can be replaced cup-for-cup for sugar. Both can be purchased from Amazon in 5# bags affordably. Of the two, Erythritol is your better choice as it has a lower blood sugar impact. Note that when eating Xylitol it can cause gastric distress in some people. (*And it is FATAL to dogs!*)

**Fiber Yum or Vita-Fiber** are PREBIOTIC Syrups and therefore are helpful to your gut. They are your best substitution when a recipe calls for honey or agave. Agave is very processed and honey is high glycemic. Fiber Yum is the cheaper of the two at Amazon.

Sweeteners shown in yellow above are to be used in moderation.

The ones shown in red are to be used very sparingly and very rarely.

## Whipping Cream



### INGREDIENTS

- 1 cup heavy whipping cream
- 2 tablespoons powdered Monk fruit confectioners' sugar from Lakanto, OR liquid stevia.
- 1/2 teaspoon Vanilla extract or use Almond extra for a special flavor (Vanilla and Almond each have a distinct flavor. Try them both.

### DIRECTIONS

1. Pour the cream into a well-chilled bowl and add the sugar and vanilla or almond extract.
2. Using an electric hand mixer or whisk, beat the cream to the desired consistency. For soft peaks, the cream will be just thick enough to hold its shape in soft billows. For stiffly beaten cream, the cream will stand in firm peaks when the beaters are lifted.
3. The cream can be whipped up to 1 day ahead, covered tightly with plastic wrap, and refrigerated. If liquid separates from the cream, whip it again to incorporate the liquid.

# Traditional Pumpkin Pie

## INGREDIENTS:

- 1 ½ cups canned cooked pumpkin (Not canned “pumpkin pie”.)
- ½ cup sweetener from page 23
- ¼ cup Coconut nectar
- ½ teaspoon salt
- ½ teaspoon ginger
- 1 teaspoon cinnamon
- 4 eggs
- 1/2 cup milk
- 1.5 cups vanilla greek yogurt (Thick consistency brand like Fage.)



## DIRECTIONS:

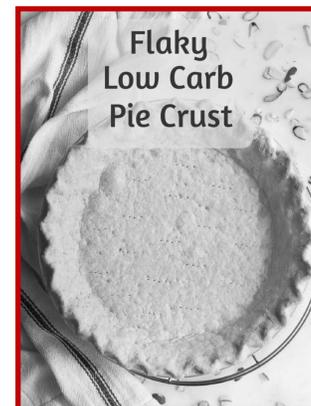
1. Blend in blender or mixer until well blended.
2. If making a “crustless” pie, spray the pie pan with no-stick cooking spray.
3. Pour mixture into pie pan. (Note that if you choose to make this with the pie crust on page 18 it will more than double the GL per serving. Baked without a crust the GL is only 4, with the crust the GL is 11.)
4. Bake at 450 degrees for 10 minutes.
5. Decrease temperature to 325 for 60 min. until mixture doesn’t stick to knife or toothpick when inserted.
6. Serve warm or chilled.
7. Top with greek yogurt whipped topping or coconut milk whipped top ping from page 7.

*Garnish with pecans, whipping cream from page 13 and a dash of cinnamon.*



## Pie Crust

*Leave out sweetener when making this as a crust for a quiche*



## INGREDIENTS

- 1 1/2 cups Almond Flour
- 3 tbsp FIBERGY by USANA
- 1/4 tsp salt
- 5 tbsp unsalted butter, cold
- 1 large egg white
- OPTIONAL (FOR A SWEET CRUST)

Drip in a few drops of liquid stevia or 2 tbsp Swerve Confectioners or powdered monk fruit sweetener by Lakanto.

## DIRECTIONS

1. Preheat oven to 350
2. Add dry ingredients to a food processor or blender and pulse to mix.
3. Cube cold butter, add to blender and pulse until it resembles small peas.
4. Mix 1 tsp water to egg whites and add and water/egg mixture. Pulse until it comes together.
5. Flatten mixture into a pancake shape and wrap in cling wrap, then place in freezer for a few minutes to chill it.
6. Unwrap and place in 9” glass pie plate & flute the edge
7. Poke fork holes in bottom and bake 15 minutes or until golden brown. Cool completely before filling the pie.

## Lemon Meringue Pie



New Recipe being taste tested Nov. 17, 2018

[Click here after then to access it](#)



REGULAR PECAN PIE has 500 calories and 62 net carbs per slice!

## Bob's Perfect Pecan Pie

**Net Carbs—3.6 Calories—388 Fat-34**



### INGREDIENTS

- 3 large Eggs
- 1 cup Powdered Monk Fruit
- 1 Tablespoon dark Molasses
- 3/4 stick unsalted butter (Ideally grass fed)
- 3/4 cup Fiber-Yum Syrup or Vita-Fiber Syrup
- 1/4 cup Swerve sugar replacement
- 2 tsp pure Vanilla extract
- 1/2 teaspoon grated orange zest
- 1/4 teaspoon Sea Salt
- 2 cups Pecan halves (1/2 pound)

### DIRECTIONS

1. Prepare pie crust according to instruction on adjacent page, but do not bake it.
2. Preheat oven to 350 with a baking sheet on middle rack
3. Melt butter in a small heavy saucepan over medium heat.
4. Remove from heat and whisk in all remaining ingredients except eggs and pecans.
5. Lightly beat eggs in a medium bowl, then whisk into syrup mixture in saucepan.
6. Put pecans in un-baked pie shell.
7. Bake on hot baking sheet until filling is set, 50-60 minutes
8. Cool completely before cutting into 8 equal pieces.
9. Serve with a dollop of whipped cream. (made from this cook-book as well)

**NOTES:** *Pie can be baked 1 day ahead and chilled. But bring to room temperature before serving. Pie may not be suitable for those with sensitivity to high levels of fiber or sugar alcohols. Each 1/8 pie serving has 26 grams of fiber and 29 grams sugar alcohol.*

## Butter Pecan Cookies

### INGREDIENTS

- 1/2 cup acceptable sugar substitute
- 1/2 cup melted Grass Fed Butter
- 1 3/4 cup Almond Flour
- 2 Tbsp Coconut Flour
- 1/2 tsp Vanilla
- 1/2 tsp salt
- 1/2 cup chopped pecans (Either “toasted” or “candied”)



### DIRECTIONS

1. Preheat oven to 325F and line 2 baking sheets with parchment paper
2. In large bowl, beat butter and sweetener until light and fluffy
3. Add remaining ingredients EXCEPT pecans, beat until well combined
4. Stir in pecans
5. Roll dough into 1 inch balls and place a few inches apart on cookie sheets
6. Flatten balls slightly with palm of your hand
7. Bake 5 minutes, then remove from oven. Using flat-bottom glass, flatten cookies to about 1/4” thick
8. Return to oven and bake for another 10-12 minutes until edges are golden brown.



## Cream Cheese Pumpkin Bars

### Pumpkin Cheesecake Bars



#### Crust

- 2 tsp Truvia
- 1/4 tsp salt
- 1/2 tsp ground cinnamon
- 1 cup almond flour
- 1 Tbsp coconut flour
- 3 Tbsp unsalted butter, melted (preferably from grass-fed beef)

In bowl, combine crust ingredients and mix until a thick dough forms. Butter an 8” x 8” baking pan and press dough evenly into pan. Bake for 15-20 minutes

#### Cheesecake Filling

- 2 Tbsp Truvia (Or other equivalent sweetener from page 5.)
- 2.5 cups Cream Cheese, at room temperature. (NOT Fat-free.)
- 2 large Eggs (Preferably “free-range” or “pasture-raised.”)
- 1 tsp Vanilla Extract
- 1/4 tsp Molasses
- 1/2 cup Pumpkin Puree (NOT pumpkin **pie filling**)
- 1.5 tsp Pumpkin Pie Spice (OR 1/2 tsp each cinnamon, ground ginger & ground clove.)

Combine fist 5 ingredients and mix well. Remove half of this mixture and pour on top of hot crust. Add pumpkin puree and pumpkin pie spice to remaining cream cheese mixture and stir until completely combined.

Pour the pumpkin layer on top of the plain cream cheese layer, being careful not to combine the two layers.

#### Pecan Topping

- 1/4 c homemade brown sugar from page 12. (Or you can just use 3 tsp Truvia.)
- 1/4 tsp salt
- 2 Tbsp unsalted butter, melted (preferably from grass-fed beef)
- 1/2 tsp either cinnamon OR pumpkin pie spice
- 1/2 cup almond flour
- 1/2 Tbsp coconut flour
- 1/4 cup chopped pecans

Mix together all ingredients until well combined. Sprinkle topping evenly over the pumpkin cheesecake layer.

Place in 325F oven and bake for 55 minutes, or until cheesecake has set.

Remove from oven and allow to cool for about an hour, then place in fridge for 24 hours to let the flavors mingle before serving.

[Cooking Video:](#)

## Pumpkin Cream Cheese Mouse

### INGREDIENTS

- 2 tsp unflavored gelatin (Like Knox brand)
- 1/2 cup sugar substitute of your choice from back page.
- 1 cup boiling water
- 1.5 cups canned Pumpkin (NOT pumpkin pie filling)
- 16 oz. cream cheese, softened
- 1 tsp vanilla
- 1/2 tsp nutmeg\*\*
- 1/2 tsp ground cinnamon\*\*
- 1/4 tsp ground cloves \*\*
- Optional toppings
  - Whipped cream from back page.
  - Chopped or halved Pecans

**\*\* You may substitute  
3/4 tsp "Pumpkin Pie  
Spice" for the 3 spices**

### DIRECTIONS

1. Mix gelatin and sweetener in small bowl.
2. Add boiling water and stir 3-5 minutes or until gelatin is completely dissolved
3. Using an electric mixer at medium speed, beat softened cream cheese, pumpkin, spices and vanilla in large bowl until creamy.
4. Gradually add gelatin mixture, beating until well blended.
5. Divide into 8 serving cups, refrigerate for 2-3 hours
6. Serve topped with pecans and/or whipped cream from back page.



## Pecan Pie Tarts

### INGREDIENTS:

- 4 tablespoons softened butter
- 1.5 oz. softened cream cheese
- 2 tablespoons coconut flour
- 1/2—3/4 cup chopped pecan pieces
- About 2 cups almonds —enough to grind down to 3/4 cup finely ground almonds
- 1/2 teaspoon cinnamon
- 1 large egg
- 1/2 cup sweetener from page 23
- 1/4 cup Coconut nectar
- 1/2 teaspoon vanilla



### CRUST DIRECTIONS:

1. Cream softened butter and cream cheese in bowl.
2. Stir in 1/4 cup sweetener blend and 3/4 cup finely ground almonds.
3. Stir in 2 tablespoons coconut flour. (Mixture should hold together as a soft dough).
4. Roll a small teaspoon of dough into balls.
5. Using greased mini-muffin tins (or mini-silicon muffin mold), press each dough ball uniformly to the bottom and sides.
6. Lightly fill each dough cup with chopped pecans. (approximately 1 teaspoon).

### FILLING DIRECTIONS:

1. In small bowl, stir together 1 egg, 1/4 cup sweetener, Coconut nectar, vanilla, and if desired, an optional 1/2 teaspoon of blackstrap molasses.
2. Add 1/2 teaspoon cinnamon and dash of salt and mix well.
3. Spoon liquid filling mixture over pecan pieces, using a small tablespoon for each. (You might have a little left over.)
4. Bake at 350 F for 20-25 minutes until browned.
5. Cool on wire rack.



# Pumpkin Cake Bars

## INGREDIENTS

- 4 eggs (Free-range ideally)
- 1/2 cup plus 1/3 cup Truvia
- 1 cup Grass Fed Butter-MELTED
- 15 oz. canned Pumpkin (NOT pumpkin pie filling)

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- 2 cups sifted Almond Flour
- 2 tsp baking powder
- 2 tsp ground cinnamon OR ground nutmeg
- 1 tsp baking soda
- 1 tsp salt



## DIRECTIONS

1. Preheat oven to 350F
2. Grease" 13"x 9" baking pan with butter
3. Using an electric mixer at medium speed, combine the first 4 ingredients until light and fluffy.
4. In a separate bowl, stir together final 5 ingredients.
5. Add the dry ingredients to the pumpkin mixture and mix at low speed until thoroughly combined and the batter is smooth.
6. Pour into pan, bake for 30 minutes (until toothpick comes out clean)
7. Let cool completely. Top with whipped cream from page 13 or the below cream cheese frosting.
8. Refrigerate until served

## Cream Cheese Frosting

**Frosting**—beat all below ingredients together

- 8 oz. cream cheese, softened to room temperature
- 1/4 stick grass fed butter, softened to room temperature
- 8 oz Plain Yogurt
- 1/2 tsp vanilla
- 1/3 cup sugar substitute of your choice from back page.

# Carrot Cake with Cream Cheese Frosting

## INGREDIENTS

- 2 tsp cinnamon
- 1 tsp nutmeg
- 2 tsp baking soda
- 1/2 tsp salt
- 1.5 cups flour—*Ideally 3/4C Almond and 3/4C Garbanzo bean flour*

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- 3 Eggs
- 1/2 cup butter, softened to room temp.
- 1/4 cup unsweetened apple sauce
- 1/2 cup milk of choice
- 3/4 cup sugar substitute of your choice from back page.
- 2 tsp vanilla

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- 1 cup unsweetened crushed pineapple, well drained
- 2 cups carrots, grated (You can buy them pre-grated at some stores)
- 1/2 cup pecans, chopped (Plus extra whole pecans to garnish top.)



## DIRECTIONS

1. Preheat oven to 350 degrees (325 degrees if using glass baking dish).
2. Sift together into a mixing bowl the first 5 cake ingredients.
3. In a separate bowl use an electric mixer to beat the eggs.
4. Mix in the remaining five middle section ingredients.
5. Fold the flour mixture into the egg mixture.
6. Add the final 3 ingredients.
7. Grease two round 9" cake pans with butter.
8. Pour half of mixture in each.
9. Bake for 30-40 minutes or until a toothpick comes out clean when inserted.
10. Refrigerate to cool.
11. Once cake is cooled frost with cream cheese frosting on the top and the sides. (Frosting recipe on previous page.)
12. Garnish and decorate top with chopped or whole nuts.

# Caramel Pecan Cheesecake

## CAKE INGREDIENTS

- 3 8-oz bars cream cheese, softened
- 1 c. Swerve or Surkin low-carb brown sugar
- 3 large eggs
- 1/4 c. sour cream
- 2 tbsp. Almond flour
- 1 tsp. pure vanilla extract
- 1/4 tsp. salt

## FOR THE PECAN PIE TOPPING

- 4 tbsp. butter
- 1/2 c. Swerve or Surkin low-carb brown sugar
- 1/2 tsp. ground cinnamon
- 1/4 c. heavy cream
- 1 3/4 c. whole or chopped pecans
- pinch of salt

## Cooking Video

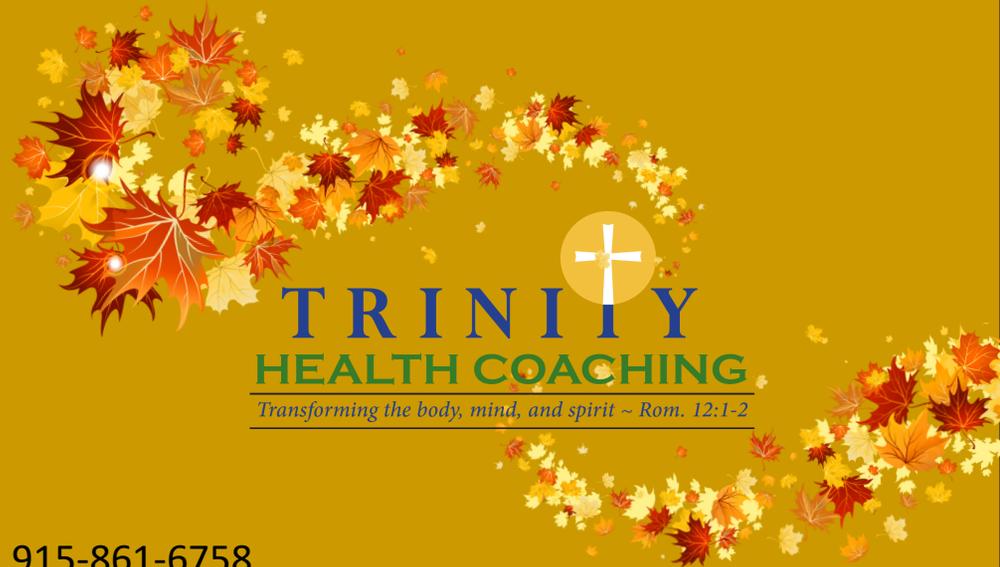
## DIRECTIONS

1. Preheat oven to 325° and grease an 8" or 9" springform pan with cooking spray. Make cheesecake filling: In a large bowl using a hand mixer or in a stand mixer using the paddle attachment, beat cream cheese and brown sugar. Add eggs, one at a time, then sour cream, flour, vanilla, and salt.
2. Make crust: In a large bowl, mix together graham cracker crumbs, melted butter, brown sugar, and salt. Press mixture into prepared pan.
3. Pour filling over crust. Wrap bottom of pan in aluminum foil and place on a baking sheet. (If you want to bake the cheesecake in a water bath, wrap bottom of pan and place in a deep baking pan. Pour in enough boiling water to come up halfway in the baking pan.)
4. Bake until center of cheesecake only slightly jiggles, about 1 hour 30 minutes. Turn off heat, prop open oven door, and let cheesecake cool in oven, 1 hour, then remove aluminum foil and refrigerate cheesecake in pan until firm, at least 5 hours and up to overnight.
5. Before serving, make pecan pie topping: In a nonstick skillet over low heat, melt butter and brown sugar until bubbly (keep heat low to avoid burning butter). Stir in cinnamon, heavy cream, pecans, and salt until completely coated, then remove from heat and let cool and slightly thicken. (You can make the topping up to an hour in advance and keep at room temperature; don't refrigerate as the butter will solidify.)
6. Release springform pan from cheesecake and spoon over cooled pecan pie topping. Serve.



*New Recipes and Healthy  
Cooking Videos Weekly*

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