



  
*Your health is your greatest asset*

# *Guilt Free Desserts*



# Chocolate Coated Superfood Truffles

Makes:  
About 8 truffles

Serving size:  
1 truffle (32 g)

Calories: 191.5

Protein: 2.72 g

Fat: 19 g

Carbs: 5.72 g

Fibre: 1.7 g



## Ingredients

- 1/4 cup [Ultimate Superfood powder](#)
- 1/4 cup ground LSA
- 1 tbsp chia seeds
- 1 tbsp coconut flour
- 3 tbsp coconut oil (melted)
- 1.5 tsp [Nature Sweet Sugar Substitute](#)
- 1 tbsp raw cacao nibs
- 1 tbsp water

To coat:

- 2 tbsp cacao powder
- 1/3 cup coconut oil (melted)
- 1 tbsp honey

## Method

1. Combine [Ultimate Superfood powder](#), LSA, chia seeds, coconut flour, 3 tbsp coconut oil, [Nature Sweet](#) and cacao nibs and water in a bowl, mixing until well combined and a dough-like consistency is reached. If mixture is too dry add a small dash of water and mix through.
2. Spoon 1 tbsp worth of mixture in your hands and roll into a ball, repeating with the rest of the mixture. Transfer to a lined tray and into the freezer for at least half an hour.
3. To coat: Mix cacao powder, 1/3 cup coconut oil and honey to form a chocolate sauce. Dip each ball into the chocolate, rotating it to evenly coat and then transfer back to the tray. Place tray into freezer for an hour or so.

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# Keto Lemon and Coconut Muffins

Serves: 12

Serving size:  
1 muffin

Calories: 127.8g

Protein: 3.15g

Fat: 11.98g

Carbs: 3.15g

Fibre: 1.3g



## Ingredients

- Juice of 2 lemons
- Zest of 3 lemons
- 1 tsp baking powder
- 3/4 cup almond meal
- 3 tbsp coconut flour
- 1 tbsp ground flax seed
- 3 free range eggs
- 1/4 cup coconut cream
- 6 tsp [Nature Sweet Sugar Substitute](#)
- 1/4 cup coconut oil

## Method

1. Preheat oven to 180°C and line 12-hole muffin tin with paper cupcake liners.
2. In a bowl, combine baking powder, almond meal, coconut flour, flaxseeds and [Nature Sweet](#). Add in remaining ingredients and whisk until well combined.
3. Spoon mixture evenly between the muffin holes and bake in the oven for about 15-20 minutes.

Note:

You can check if they are ready by inserting a skewer into the centre of the muffin and if it comes out clean they are ready, if there is batter on the skewer put them back into the oven for a few minutes.

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# Nut Butter Protein Slice

Makes: 10 slices

Serving size:  
1 slice (55 g)

Calories: 302

Protein: 12.58 g

Fat: 23.21 g

Carbs: 14.37 g

Fibre: 4 g

## Ingredients

- 1/2 cup almond meal
- 1/2 cup oats
- 1/2 cup desiccated coconut
- 5 scoops [Ultimate Superfood powder](#)
- 1 tbsp [Nature Sweet Sugar Substitute](#)
- 1 cup nut butter
- 3 tbsp coconut oil, melted

Optional:

- Nuts or chocolate to top

## Method

1. Add all ingredients to a food processor and blend until smooth. If the mixture is too thick to process, add a dash of water.
2. Transfer mixture to a lined baking tray, pressing the mixture down firmly and evenly. Add optional chopped nuts or chocolate and then transfer to freezer for 2 hours to set.



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# Vegan Mocha Cheesecake

Serves: 6

Serving size: 107 g

Calories: 460

Protein: 15.74 g

Fat: 36.44 g

Carbs: 22.95 g



## Ingredients

### Crust:

- 1/4 cup sunflower seeds
- 1/4 cup pecans
- 10 dates, seeds removed and soaked
- 1/3 cup shredded or desiccated coconut
- 6 scoops [Ultimate Superfood Powder](#)
- Dash water

### Filling:

- 1/2 cup macadamias soaked overnight
- 1/2 cup cashews soaked overnight
- 1/3 cup coconut cream
- 2 tsp [Nature Sweet Sugar Substitute](#)
- 4 tbsp melted coconut oil
- Pinch sea salt
- 1 tsp vanilla essence
- 20ml espresso coffee
- 2 tbsp cacao powder

## Method

1. Add the crust ingredients to a food processor and blend until combined. If mixture is too dry, add additional water 1 tbsp at a time.
2. Grease or line small cake tin or slice tray.
3. Transfer the crust ingredients to the tin or tray, evenly distribute and press down firmly.
4. Add all the filling ingredients to a blender and blend on high speed until mixture is smooth and creamy. You may need to add a little water if you find that your blender is struggling to make the mixture smooth. Option: For a layered look, omit the espresso and cacao powder in this step. After blending, halve the mixture adding espresso to one half and cacao to the other half.
5. Pour filling mixture on top of the base and spread evenly using a spatula.
6. Place in freezer to set for about 2 hours.



# Chocolate Beetroot Brownies

Serves: 8

Serving size: 90 g

Calories: 290

Protein: 9.06 g

Fat: 25.8 g

Carbs: 12.87 g

## Ingredients

- 4 free range eggs
- 5 tbsp coconut oil
- ¼ cup [Nature Sweet Sugar Substitute](#)
- 1 tsp vanilla essence
- 250 g beetroot (boiled and grated)
- Tiny pinch sea salt
- ¾ cup cacao powder
- 1 tsp baking powder
- 1.5 cups almond meal
- ½ cup coconut cream (for serving)

## Method

1. Preheat oven to 200°C and grease a brownie or cake tray.
2. Add all ingredients (except for the coconut cream) to a large bowl and mix until well combined. Alternatively, you can put them in a food processor or use an electric mixer.
3. Pour the batter into the brownie tray and bake in the oven for 20-30 minutes or until golden.
4. Beat the coconut cream to thicken.
5. Serve each brownie with a dollop of cream.



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# Raspberry Chia and Coconut Slice

Makes: 12 slices

Serving size: 50 g

Calories: 160

Protein: 3.3 g

Fat: 11.8 g

Carbs: 13.1 g

## Ingredients

- 2 cups fresh or frozen raspberries
- ½ cup chia seeds
- ½ tsp [Nature Sweet Sugar Substitute](#)
- 1 cup raw almonds or walnuts
- 2 tbsp ground flax seed
- 2 tbsp coconut oil
- ¼ cup desiccated coconut
- 4 pitted Medjool dates

## Method

1. Place raspberries, ½ cup chia seeds and [Nature Sweet](#) in a blender, and blend until combined. Set aside and allow to thicken.
2. Grease or line a square cake or slice tin.
3. Blend nuts, flax seed, coconut oil, coconut and dates in a blender, until well mixed to form the base mixture.
4. Evenly press the base mixture into the slice tin, and pat down firmly. Spread the raspberry mixture evenly over the base.
5. Place slice in the freezer to set. Cut into squares for serving.



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# Passion Fruit and Lime Mousse

Serves: 4

Serving size: 94 g

Calories: 38

Protein: 0.71 g

Fat: 0.17 g

Carbs: 9.33 g

## Ingredients

- 3 tsp gelatine
- ½ cup hot water
- 4 passionfruit pulp
- ½ cup fresh orange juice
- Juice and zest of one lime
- 1 tsp [Nature Sweet Sugar Substitute](#)

## Method

1. Dissolve the gelatine in the hot water and allow to cool.
2. Add the gelatine mixture, orange juice, lime juice and [Nature Sweet](#) to a blender, and blend until smooth.
3. Transfer to a bowl and fold through the passionfruit.
4. Refrigerate for 30 minutes, stir again, and leave in the fridge until completely set.



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# Pear and Raspberry Crumble

Serves: 6

Serving size: 248 g

Calories: 432

Protein: 6.9 g

Fat: 20.5 g

Carbs: 62.8 g



## Ingredients

### Filling:

- 1 cup fresh or frozen raspberries
- 5 pears, peeled, cored and sliced.
- 2 tbsp ground flax seeds/  
chia seeds
- ½ tsp cinnamon
- 1 tbsp water
- 1 tsp vanilla essence
- 1 tsp [Nature Sweet Sugar Substitute](#)

### Crumble:

- 8 pitted Medjool dates
- ½ cup pecans
- ½ cup almonds
- ½ cup quinoa flakes
- 3 tbsp coconut oil

## Method

1. Add the pears, cinnamon, vanilla essence, Nature Sweet, flax/chia and water to a pan on low-medium heat, stirring regularly until pears are slightly caramelised (about 10 minutes).
2. Add in the raspberries, and stir through until combined. Remove from heat.
3. Place almonds, pecans, dates and coconut oil in a food processor and blend until mixture is combined and crumbly.
4. Scoop the filling into an oven-proof dish and top with the nut crumble mixture. Bake for 15-20 minutes or until golden brown.

# Keto Lemon Butter Cream Icing

Serves: 10

Serving size: 28 g

Calories: 78

Protein: 1.1 g

Fat: 7.8 g

Carbs: 1.2 g



## Ingredients

- 3 tbsp [Nature Sweet Sugar Substitute](#) (more if you prefer sweeter)
- 3 tbsp lemon juice
- Zest of ½ lemon
- 1 tbsp water
- 1 tsp vanilla essence
- 150 g cream cheese (softened)
- 3 tbsp butter (softened)

## Method

1. Place all ingredients in a large mixing bowl and use an electric mixer to beat until thickened.

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# Choc Avocado Mousse

Serves: 2

Serving size: 155 g

Calories: 317

Protein: 3.6 g

Fat: 14.9 g

Carbs: 50.1 g



## Ingredients

- 1 avocado (peeled, pitted and prechilled)
- 2 tbsp raw cacao powder
- 4 Medjool dates (pitted)
- 1 tsp [Nature Sweet Sugar Substitute](#)

Optional:

- Top with chia seeds, walnuts and strawberries

## Method

1. Add all ingredients to a blender, and blend until smooth.



# Zesty Persimmon and Berry Chia Jam

Makes:  
1 small jar

Serving size: 28 g

Calories: 24

Protein: 0.48 g

Fat: 0.67 g

Carbs: 4.68 g

## Ingredients

- 1 sweet persimmon (peeled and chopped)
- Juice and zest of ½ a lemon
- ½ cup strawberries, topped
- 2 tbsp chia seeds
- 1 tsp [Nature Sweet Sugar Substitute](#)

## Method

1. Place all ingredients in a blender and blitz until smooth.
2. Transfer to a jar, cover and allow to set in the fridge.



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