



Simply Delish™

RECIPE BOOK

EDITION 1



STRAWBERRY SHORTCAKE

PREPPING TIME

10
MINUTES

SETTING TIME

5
MINUTES

SERVINGS

9-12

RECIPE BY



SIMPLY DELISH
@simplydelishnatural

QUICK & EASY!

INGREDIENTS:

- 5 cups of pound cake, diced (Store bought or homemade)
- 1 pkg Simply Delish Natural Strawberry Pudding mix
- 1 tsp vanilla extract
- 500 ml heavy cream
- 1 lb fresh strawberries
- Mint for garnish

INSTRUCTION

1. With an electric mixer, whip the heavy cream add a tsp of vanilla extract and the envelope of Simply Delish pudding until mixture forms soft peaks.
2. To assemble, start by adding pound cake into the bottom of the glasses.
3. Next, layer cream mixture and strawberries evenly to each glass. Repeat, finishing with strawberries on top.
4. Garnish with fresh mint.



OOOH
SO YUMMY!



ENJOY

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TIRAMISU

PREPPING TIME

15
MINUTES

SETTING TIME

5
MINUTES

SERVINGS

9

RECIPE BY



SIMPLY DELISH
@simplydelishnatural

QUICK & EASY!

INGREDIENTS:

- 1 pkg Simply Delish Vanilla pudding mix
- 750ml heavy cream
- 1 tbs vanilla extract
- 1 cup espresso or strong coffee at room temperature
- 1 pkg ladyfingers biscuits (24 units)
- 1 tbs rum
- Cocoa powder for garnish



OOOH SO
CREAMY

INSTRUCTION

1. Beat heavy cream, Simply Delish Natural Vanilla Pudding mix and vanilla extract with an electric beater for a minute until soft peak forms.
2. Dip ladyfingers in coffee combined with rum and place 12 of them on the base of an 8" x 8" mold to make the first layer.
3. Spread half of the pudding mix on top.
4. Repeat the process with the rest of the ladyfingers (12) and spread the rest of the pudding mixture on top.
5. Using a fine strainer, dust the top of dessert with cocoa powder. Refrigerate before serving.



ENJOY

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FRUIT AND NUT JEL

PREPPING TIME

15
MINUTES

SETTING TIME

30-45
MINUTES

SERVINGS

8

RECIPE BY



SIMPLY DELISH
@simplydelishnatural

QUICK & EASY!

INGREDIENTS:

- 1 pkg Simply Delish Raspberry Jel
- 1/3 cup Ceres Peach juice
(you can use any other juice flavor)
- 1 1/4 cups boiling water
- 1 small apple, diced
- 1 small peach, diced
- 1/2 cup canned pineapple diced
- 1/4 cup chopped walnuts



INSTRUCTION

1. Mix Simply Delish Jel with 1/3 cup of cold juice
2. Add the boiling water and mix well.
3. Add the diced fruit and walnuts.
4. Pour into a square mold. Allow to set. Serve cold.

OOOH
SO DELICIOUS!



ENJOY

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ORANGE VODKA SHOTS

PREPPING TIME

5
MINUTES

SETTING TIME

35
MINUTES

SERVINGS

6-8

RECIPE BY



SIMPLY DELISH
@simplydelishnatural

QUICK & EASY!

INGREDIENTS:

- ¾ cup Vodka or Rum or Tequila
- 1 packet Simply Delish Orange Jelly (or any flavor you love)
- 1½ cups boiling water

INSTRUCTION

1. Mix the vodka and jel powder together well.
2. Add boiling water and mix well again. Pour into shot glasses and let set for 35 min.

OOOH
SO FRUITY



GREAT IDEA FOR PARTIES!

EASY TO WHIP UP AND CAN BE MADE WITH ANY FLAVOR OF JELS YOU LOVE! BE SURE TO MAKE A BUNCH, THEY GO FAST!



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3-LAYER KETO CHOCOLATE PUDDING

PREPPING TIME

15
MINUTES

SETTING TIME

10
MINUTES

SERVINGS

12

RECIPE BY



NATURA MARKET
@NaturaMarket

QUICK & EASY!

INGREDIENTS:

For the crust:

- 1½ cups blanched almond flour
- 1-2 tablespoons low-carb granulated sweetener
- ¼ cup melted coconut oil
- 1 egg, lightly beaten
(Use Ener-G Egg Replacer if you choose not to include egg)
- ½ teaspoon sugar-free vanilla extract

For the coconut whipped cream:

- 1 can full-fat coconut cream, chilled overnight in the refrigerator
- 1 teaspoon low-carb sweetener
- ½ teaspoon sugar-free vanilla extract

For the chocolate pudding layer:

- 2-1.7oz packages Simply Delish Chocolate Instant Pudding
- 2 cups unsweetened almond milk

Optional Topping:

- 1-2 tablespoons sugar-free chocolate shreds (Can use vegan chocolate if you prefer)

INSTRUCTION

1. Preheat oven to 350°F and line the bottom of a small 8x8 baking pan with parchment paper. To make the crust, combine the almond flour, sweetener, coconut oil, egg, and vanilla extract in a medium bowl. Mix well and transfer to baking pan. Press the dough into the pan to create an even layer. Bake for 15 minutes, until set and golden on the edges. Let cool completely before handling.

2. Beat the sachets of pudding mixture with 2 cups of milk using a handheld or electric beater for 2 minutes. Place in the refrigerator to cool and set.

3. For the coconut whipped cream, open the chilled can of coconut cream and scoop the solid coconut fat from the top into a mixing bowl. Break it up slightly with a fork, and then whisk the coconut fat until stiff peaks form 2-3 minutes. Add the sweetener and vanilla extract and whisk to combine. Place in the refrigerator to set and cool.

4. To assemble, carefully spread the chocolate pudding onto the cooled crust in an even layer. Top the chocolate pudding with coconut whipped cream, and sprinkle with chocolate shreds. Place in the refrigerator for at least 1 hour. Cut into 12 small squares and serve.



OOOH
SO YUMMY!



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BOSTON CREAM PIE CUPCAKES

PREPPING TIME

15
MINUTES

SETTING TIME

45-60
MINUTES

SERVINGS

6

RECIPE BY



NATURA MARKET
@NaturaMarket

QUICK & EASY!

INGREDIENTS:

For the cupcake batter

- 2 eggs
- ½ cup melted coconut oil
- 1 teaspoon sugar-free vanilla extract
- 1½ cups almond flour
- ½ cup low-carb granulated sweetener
- 1 teaspoon baking soda
- ¼ teaspoon salt

For the filling:

- 1-1.7oz package Simply Delish Vanilla Pudding
- 1¼ cups almond milk

For the chocolate topping:

- ¼ cup coconut butter
- 1 tablespoon raw cacao powder
- 1 teaspoon low-carb granulated sweetener

INSTRUCTION

1. Preheat oven to 350°F and prepare a muffin tin with 6 cupcake liners. Mix the eggs, coconut oil and vanilla extract in a medium bowl until a smooth consistency is formed.
2. Add the almond flour, sweetener, baking powder, and salt. Slowly mix to form a smooth batter.
3. Evenly spoon the mixture into the liners. Bake for 20 minutes, or until tops are golden brown and cupcakes are cooked through. Transfer to a wire rack and cool to room temperature.
4. Beat the packet of Simply Delish pudding mixture into the almond milk using a handheld or electric blender for 2 minutes. Place in the refrigerator to cool and set.
5. Cut a small circular hole into the tops of each cupcake and slightly hollow out the centers. Divide the vanilla pudding evenly filling the centers, then place the pieces that were cut back on top of the cupcake to cover the pudding.
6. Combine the coconut butter, cacao, and sweetener to form a topping. If the coconut butter is hardened, heat in a small saucepan over low heat, then whisk in the remaining ingredients until a smooth paste is formed. Before serving, spoon the chocolate mixture evenly over each cupcake. Store cupcakes at room temperature in an airtight container.

PER CUPCAKE
5g
NET CARBS



OOOH
SO DELICIOUS!



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CHOCOLATE TART

PREPPING TIME
1 HOUR AND
20 MINUTES
COMPLETE

SETTING TIME
20
MINUTES

SERVINGS
6-8

RECIPE BY



THE WILD TART
@thewildtart

QUICK & EASY!

INGREDIENTS:

- ½ cup Brown Butter cooled
- ⅔ cup Granulated Monk Fruit/Erythritol
- ½ tsp Liquid Stevia Splenda brand
- 2 Eggs
- 1 tsp Vanilla
- 1 cup Almond Flour
- 3 tbsp Coconut Flour
- ¼ tsp Xanthan Gum
- ¼ tsp Salt
- ½ tsp Baking Soda
- ¾ cup Pecan Pieces roasted, optional
- 1 Box Simply Delish Chocolate pudding (Strawberry or Vanilla depending on your preference)



INSTRUCTION

1. Pre-heat oven to 325°F.
2. Cream together brown butter and both sweeteners.
3. Mix in eggs and vanilla.
4. Add all dry ingredients (except pecans), and mix thoroughly.
5. Mix in pecans until evenly spread throughout the dough.
6. Shape tablespoon-sized portions into balls and place onto parchment-covered baking sheet. Flatten each ball slightly with a fork. Should make about 27 cookies
7. Bake for 14 minutes at 325°F
8. For each 4.5" x 4.5" x 1" tart pan, crush 3 cookies and mix with 1 tbsp melted butter. Form the crust by pressing the crumb mixture into the tart pan using a spoon.
9. Refrigerate or freeze the tart shell until firm.
10. Prepare pudding as per package instructions then fill your tart shell with as much pudding as it will hold!



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CHOCOLATE PUDDING PARFAIT (S'MORES)

PREPPING TIME

15
MINUTES

SETTING TIME

5
MINUTES

SERVINGS

2

RECIPE BY



FIT FOOD FINDS
@fit.food.finds

OOOH
SO DELICIOUS!

QUICK & EASY!

INGREDIENTS:

- 2 crushed graham crackers
- a layer marshmallow fluff
- 2 layers Simply Delish Chocolate Pudding
(Simply Delish pudding should be prepared before you start to layer)
- a handful mini marshmallows
- 2 pieces Lily's Dark Chocolate

INSTRUCTION

1. Very easy and you can get as creative as you want.
2. Grab Glass of your choice and start to layer it from the bottom.
3. We did it in the order above but for this dessert, it's really up to you how you would like to layer it!

For extra yumminess, use a coconut cream on top!

IF YOU ARE LOOKING FOR A
QUICK AND SIMPLE YUMMY
DESSERT, THIS PARFAIT TICKS
ALL THOSE DELICIOUS BOXES!
SMOOTH & CREAMY HEAVEN!



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STRAWBERRY CHEESECAKE BALLS

PREPPING TIME

5
MINUTES

SETTING TIME

1
MINUTES

BALLS

10-15

RECIPE BY



THE KETO LOSER
@the_keto_loser

QUICK & EASY!

INGREDIENTS:

- Use a ½ or a full packet Simply Delish Pudding, (Any flavor that's up to you)
- Half brick Softened Cream Cheese

INSTRUCTION

1. Mix together the Simply Delish powder and softened cream cheese
2. Roll into balls.

Then as an added bonus go ahead and roll into some coconut pieces

Let your imagination go wild here as you could roll it in crushed nuts, chocolate sprinkles or even some UNICORN Dust = it's all up to you!!

That's it - Super easy and super yummy



USE ANY OF OUR PUDDING
FLAVORS FOR THIS DELISH RECIPE

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