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# Simply Delish™

EVERYDAY IS DESSERT DAY

## Sugar Free

### RECIPE EBOOK

EDITION 3



# DOUBLE DONUT SUNDAE

PREPPING TIME

25

MINUTES

SETTING TIME

20

MINUTES

SERVINGS

5

RECIPE BY



@bunny\_hopps76

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## QUICK & EASY!

### INGREDIENTS:

- 1 package Sweet Cake Donut Mix
- 1 sachet **Simply Delish Natural Raspberry Jel Dessert**
- @zeroinchocolate sugar free chocolate
- @chapmansicecream sugar free ice cream
- Sugar free chocolate sauce & nuts



### INSTRUCTIONS:

1. Combine 1 package Sweet Cake Donut Mix from @mauiketotreats with 1 box of **Simply Delish Natural Raspberry Jel Dessert** and prepare. Bake as directed and let completely cool before removing from the pan as they will be very fragile.
2. Melt down sugar free chocolate from @zeroinchocolate and let cool slightly.
3. Top donuts with a scoop of No Added Sugar ice cream from @chapmansicecream or sugar free ice cream of choice, sugar-free chocolate sauce and nuts. Enjoy!



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# DOUBLE CHOCOLATE CONFETTI DONUTS

PREPPING TIME

20  
MINUTES

SETTING TIME

5  
MINUTES

SERVINGS

12

RECIPE BY



@paleoprettygirl

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## QUICK & EASY!

### INGREDIENTS:

- @mauiketotreats Chocolate Cream Donut Mix
- 1 sachet **Simply Delish Natural Chocolate Pudding**
- Sugar-free sprinkles.

### INSTRUCTIONS:

1. Bake @mauiketotreats Chocolate Cream Donut Mix according to package instructions.
2. Make **Simply Delish Natural Chocolate Pudding** according to package instructions.
3. Once donuts have cooled, dip in **Simply Delish Natural Chocolate Pudding** and immediately dip in sugar-free sprinkles.
4. Serve and enjoy!



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# STRAWBERRY CREAM

PREPPING TIME

10

MINUTES

SETTING TIME

5

MINUTES

SERVINGS

6

RECIPE BY



@paleoprettygirl

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## QUICK & EASY!

### INGREDIENTS:

- 1 sachet **Simply Delish Natural Strawberry Pudding**
- Milk or milk substitute (soy, almond, oat, etc.)
- Mini pie crust
- Sugar free whipped cream
- Strawberries

### INSTRUCTIONS:

1. Mix one packet of **Simply Delish Natural Strawberry Pudding** with 2 cups milk (soy, almond or oat use 1 1/4 cups), then beat for 2 minutes.
2. Fill the mini pie crust with **Simply Delish Natural Strawberry Pudding** and let stand for 5 minutes.
3. Top with sugar free whipped cream.
4. Add pieces of sliced strawberries.
5. Serve & enjoy!



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# BANANA PARFAIT

PREPPING TIME

15

MINUTES

SETTING TIME

0

MINUTES

SERVINGS

2

RECIPE BY



@paleoprettygirl

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## QUICK & EASY!

### INGREDIENTS:

- 1 sachet **Simply Delish Natural Banana Pudding**
- Sliced bananas
- Unsweetened Coconut, shredded
- Sugar Free Cool Whip

### INSTRUCTIONS:

1. 1st Layer: Prepared **Simply Delish Natural Banana Pudding**
2. 2nd Layer: Bananas, sliced
3. Unsweetened Coconut, Shredded
4. Sugar Free Cool Whip



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# LAYERED PARFAIT DESSERT

PREPPING TIME

10

MINUTES

SETTING TIME

0

MINUTES

SERVINGS

3

RECIPE BY



@paleoprettygirl

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## QUICK & EASY!

### INGREDIENTS:

- 1 sachet **Simply Delish Natural Chocolate Pudding**
- Shredded coconut
- Fresh blueberries
- Almond butter

### INSTRUCTIONS:

Layer the following ingredients:

1. Prepared **Simply Delish Natural Chocolate Pudding**
2. Coconut, shredded
3. Fresh blueberries
4. Almond butter
5. Prepared **Simply Delish Natural Chocolate Pudding**
6. Top with shredded coconut and blueberries



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# RASPBERRY LINZER COOKIES

PREPPING TIME

**30**  
MINUTES

SETTING TIME

**40**  
MINUTES

SERVINGS

**24**

RECIPE BY



@klean.kate

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## QUICK & EASY!

### INGREDIENTS:

#### For the shortbread:

- 2 ½ cups @kingarthurbaking paleo baking flour
- ¾ cup @lakanto monkfruit powdered sugar
- 1¼ cups salted vegan butter, softened
- 1 tsp pure vanilla extract

#### For the Raspberry Jam:

- 2 cups fresh or frozen raspberries
- 1 sachet **Simply Delish Natural Raspberry Jel Dessert**
- Juice of 1 lemon
- 1 tsp pure vanilla extract
- ½ cup monkfruit sugar @lakanto

### INSTRUCTIONS:

#### For the shortbread:

- Preheat the oven to 325° F & line a cookie sheet with parchment paper.
- In a mixing bowl, stir the flour and powdered sugar together. Then add in the butter and vanilla extract, mixing on medium speed until combined. The dough will look crumbly and soft, but will hold together when squeezed in your hand. Cover and place in the fridge for 20 minutes.
- Roll the dough out on top of a piece of parchment paper or floured board to prevent sticking – ¼ to ½ inch thick.
- Cut into desired shapes such as a heart spring release cookie cutter from @williamssonoma.
- Bake for 10 to 15 minutes, or until bottom is just slightly golden. Move to a cooling rack and let cool for 10 minutes.

#### For the Raspberry Jam:

- Place the raspberries, sugar and lemon juice in a pot on the stove and turn on medium heat.
- Bring to a boil and let simmer until a loose jam consistency forms.
- Stir in the packet of **Simply Delish Natural Raspberry Jel Dessert** and simmer for another 2 minutes. Transfer to a heat safe bowl and let cool to thicken.
- Spoon a tiny drop of raspberry jam into the center of the cookies to fill the indentation.



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# BANANA (LESS) BREAD

PREPPING TIME

**10**

MINUTES

SETTING TIME

**45**

MINUTES

SERVINGS

**10**

RECIPE BY



@ketobydesign

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## QUICK & EASY!

### INGREDIENTS: BREAD:

- 1 cup almond flour
- ½ cup coconut flour
- 2 tbsp baking powder
- 2 tbsp cinnamon
- ¼ tsp sea salt
- 4 tbsp coconut oil
- ½ brown sugar substitute
- 3 large eggs
- 1 cup coconut milk
- 30 drops banana flavoring or 1 tsp banana extract
- 1 sachet **Simply Delish Natural Banana Pudding**

### TOPPINGS:

- 40 grams walnuts (chopped)
- Powdered sugar substitute

### INSTRUCTIONS:

1. Preheat oven to 350 degrees. Mix dry ingredients in a bowl.
2. In a separate bowl, melt coconut oil and mix in brown sugar substitute.
3. Add in eggs and then incorporate the milk and flavorings, stir.
4. Add dry ingredients into the wet ingredients and combine.
5. Add mixture into a greased 5x8 pan and place crushed walnuts on top.
6. Bake for 50 minutes. Once cooled, dust with powdered sugar substitute.



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# WHITE CHOCOLATE COVERED JEL

PREPPING TIME

10

MINUTES

SETTING TIME

2

HOURS

SERVINGS

12

RECIPE BY



@ketokopt

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## QUICK & EASY!

### INGREDIENTS:

- 1 sachet **Simply Delish Peach Jel Dessert**
- 1/3 cup of cold water
- 1 and 1/3 cup of boiling water
- 1/2 cup sugar free white chocolate chips
- 1/2 tsp of coconut oil
- @thesprinklecompany sprinkles

### INSTRUCTIONS:

1. Add the **Simply Delish Natural Peach Jel Dessert** sachet into 1/3 cup of cold water until dissolved and then add the boiling water. Once mixed, add into your silicone mold of choice. This recipe used circle molds. Refrigerate for 1 hour.
2. In a bowl, melt the chocolate chips. If you're melting the chips in the microwave, do it in 15 second intervals and mix. Once it becomes soft, add the coconut oil and mix.
3. Once the chocolate is melted, dunk the Jel in and refrigerate it.



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# SUGAR "FREE" COOKIE STRAWBERRY STACK

PREPPING TIME

**20**  
MINUTES

SETTING TIME

**5**  
MINUTES

SERVINGS

**12**

RECIPE BY



@paleoprettygirl

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## QUICK & EASY!

### INGREDIENTS:

- 1 sachet **Simply Delish Natural Strawberry Pudding**
- 1 cup unsweetened Vanilla Almond Milk
- @gooddeemix Sugar Free Cookie Mix
- One egg
- Coconut oil
- Sugar Free Vanilla Extract



### INSTRUCTIONS:

1. **Simply Delish Natural Strawberry Pudding**  
(Mixed with 1 cup unsweetened Vanilla Almond milk.)
2. @gooddeemix Sugar Free Cookie Mix (Mixed with one egg, coconut oil + Sugar Free Vanilla Extract, per package instructions)



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# KETO CHOCOLATE RASPBERRY BON BONS

PREPPING TIME

15

MINUTES

SETTING TIME

2

HOURS

SERVINGS

25

RECIPE BY



@colorful\_superfoodie

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## QUICK & EASY!

### INGREDIENTS:

- One 16 oz jar of coconut butter
- ½ cup coconut flour
- ½ cup shredded coconut
- 2 tbsp powdered monk fruit
- ½ cup @lilys\_sweets stevia sweetened chocolate chips
- 1 tbsp coconut oil
- 1 sachet **Simply Delish Natural Raspberry Jel Dessert**
- 1 tbsp beetroot powder
- ½ cup freeze dried raspberries



### INSTRUCTIONS:

1. In a bowl, mix together the coconut butter (melted), coconut flour, shredded coconut, **Simply Delish Natural Raspberry Jel Dessert** and beetroot powder. Once well combined use a cookie dough scoop to scoop out the mixture into balls and place on a parchment paper lined sheet pan.
2. Stick the balls in the fridge to harden. Then melt the chocolate chips and coconut oil together for drizzling over the Raspberry balls. Take the freeze-dried raspberries and crumble over top the chocolate drizzle. Sweet Tip! Drizzle a couple at a time because if you wait too long the chocolate will harden and the raspberries won't stick.
3. Store them in the fridge and when you're ready to enjoy, take them out to cool to room temperature.



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