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Simply Delish™

EVERYDAY IS DESSERT DAY

HEALTHY

Halloween

RECIPE EBOOK

EDITION 4



KETO PINT



SHREWDFOOD®

KETO DECAYING MONSTER ICE CREAM WITH CHOCOLATE PUDDING CENTER

PREPPING TIME

15

MINUTES

SETTING TIME

5

HOURS

SERVINGS

8

RECIPE BY



@simplydelishnatural

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QUICK & EASY!

INGREDIENTS:

- 1 pint Keto Pint Cherry Chip Ice Cream
- 1 sachet Simply Delish Natural Chocolate Pudding
- 2 packages Shrewd Keto Dippers
- 1 cup sugar-free chocolate, melted red gel food coloring
- Sugar free gummy worms, candy corn, and eyeballs for decorating
- Silicone popsicle mold

INSTRUCTIONS:

1. Allow ice cream to soften at room temperature for 10 minutes. Spoon into your popsicle molds, filling halfway. Add a couple drops of red food coloring and swirl to create a blood effect.
2. In a stand mixer, make Simply Delish Natural Instant Chocolate Pudding according to box instructions. Spoon about one teaspoon of pudding into the center of each popsicle and cover with more ice cream to fill mold completely.
3. Place popsicles in the freezer to set until hardened (about 3 hours).
4. While the popsicles are freezing, crush the Shrewd Keto Dippers into small pieces. Use half as the "dirt" under the popsicles when serving and save the rest for sprinkling on top.
5. Remove popsicles from freezer and molds. Dip halfway into the melted dark chocolate and sprinkle with the remaining Shrewd Keto Dippers. Place in freezer for 5-10 minutes to set chocolate.
4. To serve, layer the gummy worms and candy corn on top of the Keto Dipper base. Then place the finished popsicles on top and finish with the candy eyes to bring them to life!



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KETO PEANUT BUTTER AND JELLY SPIDER SANDWICHES

PREPPING TIME

30
MINUTES

SETTING TIME

0
MINUTES

SERVINGS

8

RECIPE BY



@simplydelishnatural

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QUICK & EASY! INGREDIENTS:

- 1 sachet Simply Delish Natural Vanilla Pudding
- 1 loaf Great Low Carb Bread Co White Bread
- 1 sachet Simply Delish Natural Strawberry Jel Dessert
- $\frac{3}{4}$ cup peanut butter powder
- 2 cups strawberries, fresh or frozen
- Sugar free powdered sugar
- Sugar free chocolate
- Candy eyes



INSTRUCTIONS:

1. Use a round cookie cutter to cut the center out of each slice of bread making circular shapes.
2. In a saucepan, heat the strawberries over medium heat until thickened. simmer Purée until smooth then whisk in the Simply Delish Strawberry Jel Dessert. Let cool.
3. In a stand mixer, make the Simply Delish Vanilla Pudding according to box instructions then add in peanut butter powder and whisk again.
4. Melt the sugar-free chocolate and pipe on a baking tray into small mountain shapes to create the spider legs. Place in freezer to set.
5. To assemble the sandwiches, pipe a layer of peanut butter filling onto one side of bread then top with the homemade strawberry jam. Stick three legs on each side of the sandwich and place the other half of bread on top. Add the candy eyes or use chocolate chips in place.
6. Serve with a dusting of powdered sugar on top and enjoy!



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MELTED WITCH ICE CREAM CUP

PREPPING TIME

15

MINUTES

SETTING TIME

5

MINUTES

SERVINGS

4

RECIPE BY



@greatlowcarb

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QUICK & EASY!

INGREDIENTS:

- 4 Great Low Carb Chocolate Brownies, crumbled
- 1 pint Chocolate Keto Pint Ice Cream
- 2 packages Shrewd Foods Dark Chocolate Dippers
- 1 sachet Simply Delish Natural Strawberry Pudding

INSTRUCTIONS:

1. Crumble 1 Great Low Carb Chocolate Brownie and place at the bottom of the cup.
2. Layer 1 scoop of Keto Pint's Chocolate Ice Cream, then add ½ a package of Shrewd Foods Dark Chocolate Dippers and top with ¼ cup of Simply Delish's Strawberry Pudding (mix for 2 minutes and chill for 5 minutes).
3. Use paper straws and construction paper to make the witch's feet. Repeat steps for remaining 3 cups.
4. Serve & enjoy!



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GRAVEYARD ICE CREAM PARFAIT

PREPPING TIME

15

MINUTES

SETTING TIME

5

MINUTES

SERVINGS

4

RECIPE BY



@greatlowcarb

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QUICK & EASY!

INGREDIENTS:

- 1 pint Chocolate Keto Pint Ice Cream
- 1 sachet Simply Delish Natural Chocolate Pudding
- 4 Great Low Carb Chocolate Brownies, crumbled
- 2 packages Shrewd Foods Milk Chocolate Dippers

INSTRUCTIONS:

1. In a cup, add 1 scoop of Keto Pint Chocolate Ice Cream, then layer $\frac{1}{4}$ cup of Simply Delish's Natural Chocolate Pudding. (mix for 2 minutes and chill for 5 minutes).
2. Crumble Great Low Carb's Chocolate Brownie and add as the next layer.
3. Then top with $\frac{1}{2}$ of a package of Shrewd Foods Milk Chocolate Dippers. Use construction paper to cut out a tombstone as decoration. Repeat steps for remaining 3 cups.
4. Serve & enjoy!



ENJOY



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I-SCREAM SHAKE

PREPPING TIME

15

MINUTES

SETTING TIME

0

MINUTES

SERVINGS

1

RECIPE BY



@ketopint

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QUICK & EASY!

INGREDIENTS:

MILKSHAKE

- 1 cup Keto Pint Chocolate Chip Cookie Dough Ice Cream
- 1 ½ cup nut milk of choice
- ½ package of Simply Delish Natural Instant Vanilla Pudding
- 1 Great Low Carb Brownie Chopped

TOPPINGS

- ½ pint Keto Pint Dark Chocolate Bar, melted
- Frosting: ¼ cup of powdered sugar substitute + 2 tbsp heaving whipping cream
- Sugar free sprinkles
- Whipped cream

INSTRUCTIONS:

1. Allow ice cream to soften at room temperature for 10 minutes.
2. Combine Keto Pint ice cream, nut milk, and ½ Package of Simply Delish Natural Vanilla Pudding in a blender and process until a thick creamy shake forms.
3. Add chopped bits of Great Low Carb Brownie to the shake and lightly mix with a spoon - not to dissolve, but rather leave chunks of brownie throughout the mixture.
4. Decorate shake glass by coating the rim in orange colored frosting and then roll in sugar free sprinkles. *Before turning all of the frosting orange, use a small amount of white frosting to pipe a ghost shape onto wax paper - freeze for about 5 minutes before applying to glass, so it keeps its shape.
5. Add melted Keto Pint Dark Chocolate to a piping bag. Use half of the chocolate to coat the inside of the shake glass. Use the other half to create the face of the ghost and to pipe decorative web shapes onto wax paper, allowing these shapes to freeze before application along with the ghost. When shapes are solid - Add shake into glass, top with whipped cream, a few more sprinkles, your edible decorations and a festive straw! Serve and enjoy!



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WEBBED BREAD PUDDING

PREPPING TIME

10

MINUTES

SETTING TIME

15

MINUTES

SERVINGS

4

RECIPE BY



@ketopint

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QUICK & EASY!

INGREDIENTS:

FOR THE BREAD PUDDING BASE

- 4 slices of Great Low Carb Bread
- 2 large eggs
- 1 package of Simply Delish Natural Instant Vanilla Pudding
- 1 cup Keto Pint Sea Salt Caramel Ice Cream, melted
- ½ cup nut milk
- 2 tsp vanilla extract
- 1 tsp cinnamon

TOPPINGS

- Sprinkling, Powdered Sugar substitute
- Frosting: ¼ Cup of Powdered Sugar
- Substitute + 2 Tbsp Heavy Whipping Cream
- 2 Milk Chocolate Shrewd Food Keto Dippers
- 2 Keto Pint Chocolate Bar Squares, shaved into long strips

INSTRUCTIONS:

1. Preheat the oven to 365 F. Chop the 4 slices of bread into 1" cubes. In a medium sized bowl whisk together eggs, melted ice cream, ½ pudding packet, nut milk, vanilla and cinnamon.
2. Add bread cubes to the bowl with the pudding mixture and let soak for at least 10 minutes.
3. Add cubes and leftover liquid into a greased 6" mini cast iron skillet. Bake for 25 minutes - edges should be golden brown and the pudding mixture should be solid, but moist.
4. Let cool before sprinkling with powdered sugar substitute. Pipe a frosting web and add your spider body made from two Milk Chocolate Shrewd Food Keto Dippers and legs from Keto Pint chocolate shavings.



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ZOMBIE MUFFINS

PREPPING TIME

20
MINUTES

SETTING TIME

30
MINUTES

SERVINGS

9

RECIPE BY



@ketopint

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QUICK & EASY! INGREDIENTS:

DECORATIONS

- Silicone worm mold
- Paper zombie hand décor (this topper was made with black cardstock using a silhouette paper cutter, similar items can be purchased pre-made online)

MUFFIN BASE

- 1 package of Great Low Carb Muffin Mix
- 360 grams water
- 15 grams olive oil
- ½ Keto Pint Dark Chocolate Bar, melted

FROSTING & TOPPINGS

- 1 cup of powdered sugar substitute
- ¼ cup heavy whipping cream
- ½ Keto Pint Dark Chocolate Bar, Melted
- 1 package of Dark Chocolate Shrewd Food Keto Dippers, crushed.

GUMMY BEARS

- 1 packet Simply Delish Natural Jel Dessert
- 1 Packet unflavored gelatin
- ¼ cup water, boiling

INSTRUCTIONS:

1. Preheat the oven to 360 F. In a Mixing bowl, combine Great Low Carb Muffin Mix, water, oil and ½ of a melted Keto Pint Dark Chocolate Bar. Use a cookie scoop to add batter evenly to a lined muffin tin. Mix makes approximately 9 regular sized muffins. Bake for 30 minutes, when done, set aside to cool.
2. Make gummy worm mixture by combining 1 packet of Simply Delish Natural Jel dessert and packet Unflavored Gelatin with ¼ cup of boiling water in a small bowl. When the gel powder is fully dissolved and you are left with a thick liquid, use a can dropper to transfer the gummy base into a worm shaped silicone mold. You can do this with as many flavors as your desire, adding multiple flavors into the same worm mold for a double flavored gummy worm!
3. While the worms are setting, we will begin the frosting. Mix together the powdered sugar substitute, heavy whipping cream and ½ melted Keto Pint Dark Chocolate Bar, until smooth consistency - no lumps.
4. Frost each muffin before dipping into a pile of crushed Dark Chocolate Shrewd Food Keto Dippers. Lastly, add your worms on top of the chocolate and adorn it with a zombie hand decoration! Enjoy this spooky treat and Happy Halloween!



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DALGONA DRACULA SCREAMER

PREPPING TIME

5

MINUTES

SETTING TIME

1

HOUR

SERVINGS

6

RECIPE BY



@shrewdfoodco

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QUICK & EASY!

INGREDIENTS:

- 1 packet Shrewd Keto Dippers
- Silicone cups
- Keto Pint Ice Cream
- Jordan's Skinny Syrup Pumpkin Spice
- Cookies

INSTRUCTIONS:

- 1) Whip Coffee, Keto Pint Ice Cream, and Jordan's Skinny Syrup Pumpkin Spice together until fully mixed to the consistency of a milkshake.
- 2) Top with Pumpkin Gummy, Shrewd Keto Dippers and cookies.
- 3) Serve & enjoy.



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SPOOKTACULAR DIPPER CUPS

PREPPING TIME

5

MINUTES

SETTING TIME

20

MINUTES

SERVINGS

6

RECIPE BY



@shrewdfoodco

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QUICK & EASY!

INGREDIENTS:

- 1 packet Shrewd Keto Dippers
- Butter
- Brownie cups
- Water
- Keto Pint ice cream or Simply Delish Natural Instant Pudding
- Silicone cups

INSTRUCTIONS:

1. Mix the following well: 2 ½ cup mix, 4 tps butter, 3 Tbsp water.
2. Fill silicone cups & freeze.
3. Remove from mold & fill with Simply Delish Natural Instant Pudding or Keto Pint Ice Cream ice cream & Shrewd Keto Dippers.
4. Serve & enjoy.



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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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