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Simply Delish™

**HEALTHY NEVER
TASTED SO DELICIOUS**

*Keto
Life*

RECIPE EBOOK

EDITION 6



Keto Chocolate Strawberry Pudding Parfait

SUGAR FREE, KETO FRIENDLY & VEGAN (OPTIONAL)

PREPPING

30
MINUTES

SETTING TIME

0
HOURS

SERVINGS

4

RECIPE BY



@klean.kate

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QUICK
& EASY!

INGREDIENTS:

- 2 boxes @simplydelishnatural strawberry pudding
- 4 cups whole milk
- 1 1/2 cups diced strawberries, plus 4 whole strawberries
- 1 cup sugar free chocolate wafers, melted heart sprinkles for topping

INSTRUCTIONS:

1. Start by dividing the diced strawberries equally between 4 small serving cups.
2. Next, make the strawberry pudding according to box instructions using whole milk. Divide the pudding equally between the 4 cups on top of the strawberries, leaving room at the top for chocolate. Place in the fridge to set.
3. Melt the chocolate over a double boiler until smooth and creamy. Then, dip the whole strawberries into the chocolate and top with sprinkles. Pour the remaining chocolate on top of the pudding cups to create a chocolate shell and top with more sprinkles.
4. Place both pudding cups and chocolate strawberries in the fridge to set.
5. Place a chocolate strawberry on top of each pudding cup when ready to serve and enjoy! Serve in a glass and enjoy!



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Keto Vanilla Coffee Popsicles

SUGAR FREE, KETO FRIENDLY & VEGAN (OPTIONAL)

PREPPING

?

MINUTES

SETTING TIME

0

HOURS

SERVINGS

?

RECIPE BY



@paleoprettygirl

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QUICK
& EASY!

INGREDIENTS:

- @bulletproof "Mentalist" Coffee
- Cinnamon, ground 1 tsp
- @simplydelishnatural Vanilla Instant Pudding
- Almond Milk, Unsweetened 1 3/4 Cups

INSTRUCTIONS:

1. In a coffee cup, add 1 TSP of Ground Cinnamon
2. In a Keurig, create 1 cup of black coffee using #bulletproof's Mentalist Coffee pod
3. Add Unsweetened Almond Milk or cream of choice to black coffee
4. Equally pour Coffee into (12) twelve popsicle molds
5. In a separate large bowl combine & mix (use an electric mixer for creamy results) @simplydelishnatural Vanilla Instant Pudding, Almond Milk for (2) two minutes
6. Freeze overnight (maybe shorter time, I just happen to make them the day prior) & enjoy!!



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Keto Chocolate Pie

SUGAR FREE, KETO FRIENDLY & VEGAN (OPTIONAL)

PREPPING

?

MINUTES

SETTING TIME

0

HOURS

SERVINGS

?

RECIPE BY



@paleoprettygirl

CLICK HANDLE
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QUICK
& EASY!

INGREDIENTS:

- @simplydelishnatural Instant Chocolate Pudding
- ½ unsweetened almond milk
- Chocolate whipping cream
- @soocketolicious Sweet Chocolate Crust.
- Dark chocolate chips

INSTRUCTIONS:

1. Make the @simplydelishnatural Instant Chocolate Pudding with ½ unsweetened almond milk + ½ heavy whipping cream (per instructions)
2. For the chocolate whipped cream topping, add ¼ cup of the Chocolate Pudding to your keto whipped cream of choice.
3. Add the chocolate pie filling to @soocketolicious Sweet Chocolate Crust.
4. Top with chocolate whipped cream topping and add dark chocolate chips.



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Strawberry Amaretto Donuts with White Chocolate Black Cherry Ganache

SUGAR FREE, KETO FRIENDLY & VEGAN (OPTIONAL)

PREPPING

?

MINUTES

SETTING TIME

0

HOURS

SERVINGS

?

RECIPE BY



@ghostingcarbs

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QUICK
& EASY!

INGREDIENTS:

Donuts:

- 1 cup almond flour
- 1 tbsp coconut flour
- ¼ tsp xanthan gum
- 1 ½ tsp baking powder
- ½ tsp baking soda
- 1 tbsp @simplydelishnatural Instant Strawberry Pudding Mix
- Salt
- Pinch of cinnamon
- 2 eggs
- ¼ cup macadamia nut milk
- 1 dropper full @oooflavors Amaretto flavor
- ¼ tsp apple cider vinegar
- 2 tbsp melted butter
- ¼ cup allulose

Ganache:

- ¾ cup @choczero White Chocolate Chips
- ½ cup heavy whipping cream
- ½ of a sachet of @simplydelishnatural Black Cherry Jel Dessert

INSTRUCTIONS:

Donuts:

1. Whisk together eggs, macadamia milk, melted butter, allulose and amaretto flavoring. In a separate bowl, mix flours, xanthan gum, Simply Delish Instant Pudding Mix, baking powder, baking soda, salt and cinnamon. Then add dry ingredients to wet ingredients and mix well.
2. Pour batter into a small silicone donut mold. Bake at 350° F for 15 minutes. Let cool before popping them out of the molds.

Ganache:

1. Heat the heavy whipping cream in the microwave just until boiling.
2. Pour over the white chocolate chips. Let sit for 3 minutes and then stir in the Simply Delish Black Cherry Jel powder.
3. Heat the heavy whipping cream in the microwave just until boiling. Pour over the white chocolate chips.
4. Let sit for 3 minutes and then stir in the Simply Delish Black Cherry Jel powder.
5. Dip the chilled donuts in the glaze and top with chopped pistachios! Enjoy!



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No-Bake Zesty Lime Cheesecake

SUGAR FREE, KETO FRIENDLY & VEGAN (OPTIONAL)

PREPPING

?

MINUTES

SETTING TIME

0

HOURS

SERVINGS

2

RECIPE BY



@bunny_hopps76

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QUICK
& EASY!

INGREDIENTS:

Lime Cheesecake:

- ½ block (4 oz) light @lovemyphilly cream cheese, room temperature
- 2 tbsp plain 0% Greek yogurt
- ½ tsp lime juice (lemon works too)
- Whip ingredients above together with mixer until somewhat fluffy. Mix in and combine well
- ¼ cup powdered sweetener by @amsonnaturals and ¾ box of Lime Jel Dessert from @simplydelishnatural

INSTRUCTIONS:

1. In a separate bowl, whip ½ cup of heavy cream until medium peaks form. Add 1 packet of @truelemon True Lime and mix.
2. Fold the whipped cream into the cream cheese mixture until well incorporated. Set in fridge for 30 minutes up to several hours.
3. Best if left overnight for flavors to combine and attain a more cheesecake like texture.

Topping:

1. In a bowl, sprinkle the remaining Simply Delish Lime Jel Dessert over ½ cup heavy cream and leave for 15 minutes. It will bloom slightly. Whip together at high speed, adding a few drops of liquid sweetener by @sweetmonk until fully combined.
2. Pipe cheesecake mixture into jars and top with whipped cream and lime zest.
3. Optional: Add 4 drops of green food coloring for a brighter dessert. If omitting, cheesecake will be lighter in color. Enjoy!



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No Bake Cheesecake

SUGAR FREE, KETO FRIENDLY & VEGAN (OPTIONAL)

PREPPING

30
MINUTES

SETTING TIME

6
HOURS

SERVINGS

8

RECIPE BY



@keto.sheena

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QUICK
& EASY!

INGREDIENTS:

Raspberry Shortbread Cookie Crust

- Shortbread mix by @ketocandygirl
- 1 sachet @simplydelishnatural Raspberry Jel Dessert
- A stick of butter

Cheesecake Filling

- 16 oz softened cream cheese
- 1.5 cups heavy whipping cream
- 1.5 tsp vanilla extract
- ½ cup powdered sweetener @sonourishedinc
- 3 tbsps @preferredketo vanilla collagen
- 1 tbsp beef gelatin

INSTRUCTIONS:

Raspberry Shortbread Cookie Crust:

1. Combine short bread mix, Raspberry Jel Dessert and melted butter.
2. Press into a spring form pan until even and baked at 350° Fahrenheit for 10 minutes.

Cheesecake Filling:

1. Beat cream cheese, heavy whipping cream and vanilla until well blended.
2. Add collagen, sweetener and gelatin, mixing until smooth & creamy
3. Pour over cheesecake crust and spread evenly. Refrigerate for minimum of 4 hours before serving.
4. Serve and enjoy!



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Black Cherry Dark Chocolate Chip Ice Cream

SUGAR FREE, KETO FRIENDLY & VEGAN (OPTIONAL)

PREPPING



MINUTES

SETTING TIME



HOURS

SERVINGS



RECIPE BY



@straightouttakeo

CLICK HANDLE
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QUICK
& EASY!

INGREDIENTS:

- 1 cup heavy whipping cream
- 1 cup half and half
- 4-6 tbsps @lakanto original monk fruit
- Pinch of salt
- 1 tsp vanilla extract
- 20 drops @oooflavors Black Cherry flavor
- 3 egg yolks
- 1 scoop @vitalproteins collagen peptides
- ½ box @simplydelishnatural Black Cherry Jel Dessert with Probiotics
- @wiltoncakes burgundy food color (dip a toothpick)
- ¼ cup @dolesunshine frozen cherries (chopped)
- ¼ cup @choczero dark chocolate chips

INSTRUCTIONS:

1. Heat first six ingredients over low heat while whisking.
2. Temper egg yolks and add back into hot cream mixture. Mix thoroughly.
3. Add collagen, #SimplyDelish Black Cherry Jel packet and food coloring to cream mixture.
4. Heat while whisking until it thickens a bit and turn off heat. Cool on stove then overnight in the refrigerator (At least 12 hours before churning).
5. Churn in an ice cream maker for 20 minutes.
6. Add extras (i.e., chopped cherries and chocolate chips) in during the last 2 minutes of churning. Store in ice cream friendly container in the freezer. Enjoy!



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Lemon Berry Tart

SUGAR FREE, KETO FRIENDLY & VEGAN (OPTIONAL)

PREPPING

?

MINUTES

SETTING TIME

?

HOURS

SERVINGS

?

RECIPE BY



@on_westhoff_ranch

CLICK HANDLE
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QUICK
& EASY!

INGREDIENTS:

Crust

- 1 package @ketocandygirl Shortbread Mix
- 1 stick of butter

Filling

1. 2 cups heavy whipping cream
2. 2 tbsp unsalted butter
3. ¼ cup powdered sweetener
4. 16 oz cream cheese, softened
5. 2-4 tbsp powdered sweetener (To your taste)
6. 1 lemon finely zested
7. 5 tbsp fresh lemon juice
8. 1 box @simplydelish natural Unflavored Jel Dessert

Topping

1. ½ cup sugar free orange marmalade
2. 2-3 cups fresh berries, (Blackberries, blueberries & raspberries)
3. Fresh mint leaves (optional)

INSTRUCTIONS:

Crust:

1. Mix according to package directions. Press into 9" or 10" tart pan. Prick lightly with fork and freeze for 1 hour.
2. Bake at 350° F degrees for 11-13 minutes. Cool completely.

Topping:

1. In a heavy bottom saucepan, whisk together heavy whipping cream, powdered sweetener & unsalted butter. Bring to a boil, reduce heat to a simmer & cook 15-20 minutes until reduced to 1 and ¾ cups & has thickened, whisking periodically. Set aside to cool completely
2. Place lemon juice in a small microwave- safe bowl. Sprinkle sachet of Jel on top & stir. Allow to sit for 5 minutes. Place in microwave & cook on high power for 15 seconds. Set aside.

Filling:

1. Beat together cream cheese, sweetener, & lemon zest. Beat for 2 minutes until very fluffy. Slowly add cooled heavy cream mixture, stopping several times to scrape the sides of the bowl. Continue beating for 1 minute.
2. Slowly add Jel mixture while continuing to beat. Beat for 2 minutes. Pour into cooled crust & spread evenly. Refrigerate 3 hours.
3. Place marmalade in a small microwave safe bowl. Heat on high power for 1 minute. Pour through a fine sieve, to remove solids. Discard solids.
4. Combine strained marmalade + berries in a bowl & stir to combine. Spoon mixture overlemon layer. Refrigerate for 2 hours. Garnish with fresh mint leaves. Enjoy!



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Chocolate Strawberry Ice Cream Brownie Trifle

SUGAR FREE, KETO FRIENDLY & VEGAN (OPTIONAL)

PREPPING

?

MINUTES

SETTING TIME

?

HOURS

SERVINGS

?

RECIPE BY



@thatketogirlmom

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QUICK
& EASY!

INGREDIENTS:

- chocolate@ketoskream ice cream.
- Keto friendly brownie crumbles.
- @simplydelishnatural Instant Strawberry Pudding

INSTRUCTIONS:

1. Start with a layer of chocolate @ketoskream ice cream.
2. Add keto friendly brownie crumbles.
3. Lastly, top with @simplydelishnatural Instant Strawberry Pudding.
4. Repeat the process and enjoy!



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Egg Loaf French Toast

SUGAR FREE, KETO FRIENDLY & VEGAN (OPTIONAL)

PREPPING

?

MINUTES

SETTING TIME

?

HOURS

SERVINGS

?

RECIPE BY



@thelowcarbconfessa

CLICK HANDLE
TO VIEW PROFILE

QUICK
& EASY!

INGREDIENTS:

- 8 large Eggs
- 8 oz cream cheese (softened)
- 1 package @simplydelishnatural Instant Vanilla Pudding Mix
- 4 tbsp unsalted butter
- 1 tsp baking powder
- 7 tbsp coconut flour
- 20 drops @oooflavors cinnamon roll (Or any @oooflavors flavoring of your choice)
- Optional for a sweeter loaf: 2 tbsp of sweetener (Allulose)

INSTRUCTIONS:

1. Preheat oven to 350° F. Line a 9 x 5-inch loaf pan with parchment paper, spray with a nonstick spray & set aside.
2. Add eggs, melted butter softened cream cheese, and @oooflavors to the bowl of a food processor & blend until smooth. Next add in the pudding mix, baking powder, coconut flour, & sweetener. Blend again to combine & until you have a smooth batter.
3. Pour the batter into the prepared loaf pan & bake for 45-55 minutes or until the top has risen & has turned a golden-brown color. A toothpick inserted into the center should come out clean.
4. Let it cool for a few minutes then using the parchment paper pull the loaf out of the pan & place it on a cooling rack to cool.



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