

85 LOW CARB DESSERTS

Note: These recipes call for Splenda for sweetener. You may substitute whatever sweetener you choose. However, you may be interested to know that The Atkins Center has done research that indicates sweeteners that contain aspartame (such as NutraSweet and Equal) stimulate insulin production (leading to unstable blood sugar, irritability and carbohydrate cravings). Sweeteners that use sucralose (marketed as Splenda) and saccharin (such as Sweet'nLow) have not been shown to stimulate insulin production.

1. PECAN MERINGUES - 5 Servings

3 egg whites
1 cup Splenda (24 grams)
1 tbsp chopped pecans (0.6 grams)

Preheat oven to 325 degrees F. Whisk egg whites until stiff. Whisk in Splenda gradually. Beat until meringue is thick. Drop spoonfuls of batter onto greased cookie sheets. Sprinkle with walnuts and bake for 30 minutes. Cool and serve with cream cheese. Makes 30 cookies

Carb Count: Recipe Total 24.6 grams, Per Serving 4.9 grams

2. LEMON MOUSSE - 4 Servings

4 egg yolks
1/2 cup Splenda (12 grams)
grated zest and juice of 1 lemon (3 grams)
4 egg whites, room temp
1/2 cup heavy cream (4.6 grams)

Place yolks, Splenda, rind and juice in a double boiler over simmering water. Whisk constantly for 10 minutes until thick. Remove from heat & refrigerate for 30 minutes. Beat cream until stiff. In another bowl, beat egg whites until stiff. Fold lemon mixture into cream and then egg whites into cream. Spoon into glasses & chill.

Carb Count: Recipe Total 19.6 grams, Per Serving 4.9 grams

3. PINA COLADA ICEE - 4 Servings

2 cup light cream (9.6 grams)
1/2 cup crushed pineapples with juice (12.5 grams)
2 scoops vanilla protein powder
1/2 tsp coconut extract, optional
1 cup crushed ice

Mix all the ingredients in a blender on high. Try with pineapples, peaches or strawberries.

Carb Count: Recipe Total 22.1 grams, Per Serving 5.5 grams

4. VANILLA ALMOND MOUSSE - 4 Servings

2 egg whites
1/4 cup Splenda, or to taste
1 1/2 cup cream (14.5 grams)
1/2 cup water
2 tsp vanilla (3 grams)
2 tsp almond extract

Beat two egg whites to soft peaks. Gradually beat in 2 tbsp of Splenda.

Continue to beat to stiff peaks and set aside. Whip cream until frothy.

Gradually beat in remaining Splenda until stiff. Add vanilla and almond extract and mix well. Divide equally among individual cups. Then cover and freeze.

Carb Count: Recipe Total 17.5 grams, Per Serving 4.3 grams

5. CHOCOLATE RASPBERRY BROWNIES - 12 Servings

1 cup Splenda (24 grams)
3/4 cup unsweetened cocoa powder (33 grams)
6 eggs
1/4 cup sugar free raspberry preserves (or apricot, or cherry) (18 grams; check your brand)
1 tsp vanilla (1.5 grams)
1/2 tsp salt
1/2 tsp baking soda
1/4 tsp almond extract
1 cup high gluten flour (24 grams)

Grease a 9x13 inch pan. Set aside. Combine Splenda and cocoa. Gradually add eggs and preserves, beating on low-speed with electric mixer. Add vanilla, salt, and almond extract and beat briefly to mix. Combine flour and baking soda and stir in with a spatula. Do not over mix. Turn into prepared pan. Bake at 325 degree F for 30-35 minutes. Brownies should be slightly under-baked but not runny in the center. Allow to cool and cut into small squares.

Carb Count: Recipe Total 100.5 grams, Per Serving 8.3 grams

6. VANILLA ALMOND COOKIES - 2 Servings

4 egg whites
8 tbsp powdered milk (10 grams)
1 tsp each vanilla & almond extract (1.5 grams)
1/8 cup Splenda (3 grams)

Beat egg whites until stiff. Add skim milk powder. Mix well. Add extracts and sweetener. Spoon drop onto cookie sheet. Bake at 275°F for 45 minutes. Remove from sheet and dust with cinnamon.

Carb Count: Recipe Total 14.5 grams, Per Serving 7.25 grams

7. CHOCOLATE ANGEL FOOD CAKE - 10 Servings

1/4 cup flour (22 grams) 2 tbsp cocoa (2.5 grams)
2 tbsp cornstarch
5 egg whites

1/2 tsp cream tartar
1/2 cup Splenda (12 grams)

Preheat oven to 350 degrees F. Sift flour, cocoa, cornstarch. In a separate bowl, beat egg whites until foamy. Add cream of tartar and whisk until soft peaks form. Add Splenda to egg whites and whisk until blended. Fold in cocoa/flour mix. Spoon into a greased ring mold. Bake for 35 minutes. Turn upside down and allow to cool.

Carb Count: Recipe Total 36.5 grams, Per Serving 3.65 grams

8. KEY LIME PIE - 4 Servings

1 packet unflavored gelatin
3 tbsp lime juice (4.2 grams)
1/2 cup boiling water
1/2 cup Splenda (12 grams)
1 cup light cream (4.5 grams)
1 tsp vanilla (1.5 grams)
2 drops green food coloring

Sprinkle gelatin over lime juice and let it stand for 1 minute. Add boiling water and sweetener to gelatin mixture and stir until gelatin is dissolved. Refrigerate about 45 minutes or until slightly thickened. Combine cream and vanilla and freeze 30 minutes. Remove from freezer and whip at high speed until stiff. Spoon pie filling into crust. Chill until firm.

Carb Count: Recipe Total 22.2 grams, Per Serving 5.5 grams

9. LOW-CARB FUDGE - 8 Servings

1 packet unflavored gelatin
1/4 cup water
1 square unsweetened chocolate (4 grams)
1/8 tsp cinnamon (0.2 grams)
1/2 cup Splenda (12 grams)
1/4 cup water
1/2 cup light cream (2.4 grams)
1/2 tsp vanilla (0.7 grams)

Soften gelatin in 1/4 cup water for 5 minutes. Melt chocolate with cinnamon and sweetener; add milk and water slowly. Add gelatin. Stir until dissolved. Remove from fire. Add vanilla, cool. When mixture begins to thicken, turn into cold pan. When firm cut into pieces.

Carb Count: Recipe Total 19.3 grams, Per Serving 2.4 grams

10. CREAMY RASPBERRY JELLO - 2 servings

One package sugar free raspberry gelatin
2 cup whipped cream (6.6 grams)

Prepare gelatin according to package directions. Chill 4-6 hours before serving. Remove gelatin and beat thoroughly. Add whipped cream and beat until smooth. Chill & serve.

Carb Count: Recipe Total 6.6 grams, Per Serving 3.3 grams

11. LIME PINEAPPLE CREAMY JELLO - 6 Servings

1 cup plain yogurt (11.2 grams)
1 box sugar free lime jello
1/2 cup pineapple chunks (10 grams)

Prepare jello according to package directions. mix in yogurt and pineapple. Pour into 6 small bowls and chill. For variety, use kiwi jello & 1 cup sliced kiwi.

Carb Count: Recipe Total 21.2 grams, Per Serving 3.5 grams

12. LEMON CREPES - 3 Servings
1 egg
4 egg whites
1/4 cup high gluten flour (7.5 grams)
1/4 cup Splenda (6 grams)
1 tbsp light cream (0.3 grams)
1 1/2 tsp vanilla extract
2 tsp grated lemon zest (0.6 grams)
3/4 cup cottage cheese (4.5 grams)

In a medium bowl, combine the egg, egg whites, flour, Splenda, cream, vanilla and lemon zest and stir to combine. Add cottage cheese to the flour mixture and stir to blend. Heat a large nonstick skillet over medium heat. Spoon the batter by spoonfuls into the hot skillet and when holes appear in the pancakes, turn and cook for 1 to 2 minutes longer, until golden. Repeat until all the batter is used. Serve with strawberries and cream cheese (or sour cream or creme fraiche or cottage cheese).

Carb Count: Recipe Total 18.9 grams, Per Serving 6.3 grams

13. CHOCOLATE CREPES - 4 Servings
1 egg
4 egg whites
1/4 cup high gluten flour (7.5 grams)
1/4 cup Splenda (6 grams)
2 tbsp light cream (0.6 grams)
2 tbsp cocoa powder (2.5 grams)
3/4 cup cottage cheese (4.5 grams)

In a medium bowl, combine the egg, egg whites, flour, Splenda, cream and cocoa powder. Stir to combine. Add cottage cheese and stir to blend. Heat a large nonstick skillet over medium heat. Spoon the batter by spoonfuls into the hot skillet and cook until all the batter is used. Serve with strawberries and cream cheese (or sour cream or creme fraiche or cottage cheese).

Carb Count: Recipe Total 21.1 grams, Per Serving 5.3 grams

14. BUTTERSCOTCH PUDDING - 3 Servings
1 cup cream (9.6 grams)
3/4 cup water 1 package sugar-free butterscotch pudding (8 grams)
whipped cream (3.3 grams per prepared cup)

Combine cream, water and pudding mix and blend on high for 15 seconds. Immediately pour into 8 single serve dishes. Chill for 5 minutes or

overnight. Top with whipped cream.

Carb Count: Recipe Total 17.6 grams, Per Serving 5.7 grams

15. COCONUT CHOCOLATE PUDDING - 4 Servings

1 cup cream (9.6 grams)
1 cup water
1 package. sugar-free chocolate pudding (8 grams)
1/2 cup unsweetened, shredded coconut (6.1 grams)
whipped cream (3.3 grams per prepared cup)

Place cream and water in blender. Add pudding & coconut and blend on high for 15 seconds. Immediately pour into 8 single serve dishes. Chill for 5 minutes or overnight. Top with whipped cream.

Carb Count: Recipe Total 23.7 grams, Per Serving 5.9 grams

16. TAPIOCA PUDDING - 8 servings

1 cup Splenda (24 grams)
6 scoops vanilla protein powder, optional
6 tbsp tapioca (20 grams)
3 cup cream (28.7 grams)
2 cup water
1 egg

Combine ingredients. Let stand for five minutes. In saucepan, place over a medium heat. Heat, stirring until mixture comes to a full boil. Remove from heat. Stir in two teaspoons vanilla and allow to stand for 20 minutes. Serve warm or chilled.

Carb Count: Recipe Total 48.8 grams, Per Serving 9.1 grams

17. CHEWY COCONUT BARS - 4 Servings

4 egg whites
1 cup Splenda (24 grams)
1/4 teaspoon maple flavoring
1/4 cup butter, melted
1 tsp vanilla (1.5 grams)
1/2 cup high gluten flour (12 grams)
1 tsp baking powder
1/4 tsp salt
3/4 cup unsweetened coconut, finely chopped (9.1 grams)

Beat eggs, sweetener and maple flavoring in medium bowl; mix in margarine and vanilla. Combine flour, baking powder and salt in small bowl; stir into egg mixture. Mix in coconut and raisins. Spread batter evenly in greased 8-inch square baking pan. Bake in preheated 350°F oven until browned and toothpick inserted in center comes out clean, about 20 minutes. Cool in pan on wire rack; cut into squares.

Carb Count: Recipe Total 46.1 grams, Per Serving 11.5 grams

18. RASPBERRY BRULEE - 8 Servings

2 cup heavy cream (19.8 grams)
1 tbsp cornstarch

1/2 cup Splenda (12 grams)
2 egg whites, lightly beaten
1 tsp vanilla
4 ounces cream cheese (8 grams)
1/2 cup fresh raspberries (7.1 grams)

Combine cream & cornstarch in double boiler until completely dissolved. Add Splenda & egg whites. Mix well. Place double boiler over simmering water & cook, stirring constantly, until thickens. Remove from heat and stir in vanilla. Add cream cheese & stir until mixture is smooth. Fold in raspberries & divide among 8 ramekins. Cover & chill for 2 hours. Broil until top browns. Serve.

Carb Count: Recipe Total 46.9 grams, Per Serving 5.8 grams

19. PEACHES & RICOTTA - 4 Servings
2 ripe peaches, quartered, pits removed (8 grams)
1/8 cup Splenda (3 grams)
1/3 cup whole milk ricotta cheese (0.6 grams)
1/2 cup cottage cheese (3 grams)

Mix ricotta, cottage cheese & Splenda. Spoon mixture into middle of each peach. Preheat broiler. Cook under a broiler for 5-9 minutes or until peaches are hot.

Carb Count: Recipe Total 14.6 grams, Per Serving 3.6 grams

20. PEACH SOUFFLE - 4 Servings
2 peaches (18 grams)
1/2 cup Splenda (12 grams)
1/2 tsp lemon juice (0.2 grams)
1/4 tsp salt
4 egg whites

Heat oven to 350 degrees. Spray 4 individual souffle dishes (1 cup capacity). Peel peach and cut into thin slices. Sprinkle with 1 tablespoon of sugar and the lemon juice. Beat egg whites with salt until they hold soft peaks. Gradually beat in the remaining sugar and continue beating until the whites hold stiff peaks. Gently fold in peach slices. Divide among dishes and smooth tops. Bake until puffed and browned, about 18 minutes. Serve immediately.

Carb Count: Recipe Total 30.2 grams, Per Serving 7.5 grams

21. BROWNIE TORTE - 5 Servings
1/2 cup high gluten flour (12 grams)
1 tbsp cocoa (2.7 grams)
1/2 tsp cinnamon (1 grams)
1 tbsp espresso or coffee (liquid)
2 ounces bitter chocolate (8 grams) 1/2 cup cream cheese (4 grams)
1 cup Splenda (24 grams)
1 tsp vanilla (1.5 grams)
2 eggs

Preheat oven to 325 degrees. For filling, combine flour with cocoa &

cinnamon. Melt chocolate over double boiler & combine with espresso. Blend cream cheese, sugar, vanilla & eggs. Add chocolate mix to cream cheese mix. Gradually stir in flour mix. Pour into prepared crust. Bake for 30 minutes.

Carb Count: Recipe Total 53.2 grams, Per Serving 10.6 grams

22. CREAMY CAPPUCCINO - 2 Servings

2 tbsp cold water
1 envelope unflavored gelatin
1/4 cup boiling water
3 tbsp instant cappuccino powder
2 tbsp Splenda (3 grams)
1 cup cream (9.4 grams)

Place cold water in a bowl & sprinkle with gelatin. Let stand for 5 minutes. Add boiling water & stir until gelatin is dissolved. Add cappuccino powder & Splenda. Stir until dissolved. Add cream & mix well. Cover & refrigerate for 3 hours.

Carb Count: Recipe Total 12.4 grams, Per Serving 6.2 grams

23. VANILLA CUSTARD - 4 Servings

1 1/2 cup cream (13.8 grams)
1/2 cup water
1/4 cup Splenda (6 grams)
5 egg yolks
1 tsp vanilla (1.5 grams)

Warm cream and water over low heat. Beat Splenda with egg yolks. Slowly add cream to eggs, beating constantly. Blend in vanilla and pour into custard cups. Place in a pan of hot water and bake at 325 degrees F for 1 hour. Chill and serve.

Carb Count: Recipe Total 21.3 grams, Per Serving 5.3 grams

24. CHOCOLATE CHEESECAKE - 8 Servings

32 oz cottage cheese (24 grams)
3 packets unflavored gelatin
3/4 cup warm water
1 1/2 cup Splenda (36 grams)
1 cup sour cream (16 grams)
3 tbsp cocoa (3.9 grams)

Dissolve gelatin in water. Blend with cottage cheese, sour cream, sweetener & cocoa until smooth. Line pie pan with chocolate wafers. Pour cottage cheese mix over crust. Refrigerate overnight.

Carb Count: Recipe Total 79.9 grams, Per Serving 9.9 grams

25. STRAWBERRY CHEESECAKE - 6 Servings

1 cup crushed pecans (15 grams) mixed with 1 tbsp melted butter
1/2 cup Splenda (12 grams)
1 package (8 ounces) cream cheese, softened (16 grams)
1 tsp vanilla (1.5 grams)
1 tbsp Splenda
1 cup cold water

2 tbsp cornstarch
1 package sugar-free strawberry gelatin
1 pint strawberries (10.4 grams), hulled, sliced
whipped cream (3.3 grams per cup)

Beat cream cheese, vanilla, and Splenda in small bowl until fluffy; spread evenly in bottom of pie pan. Mix cold water and cornstarch in small saucepan; heat to boiling, whisking constantly until thickened, about 1 minute. Add gelatin and sweetener, whisking until gelatin is dissolved. Cool 10 minutes. Arrange half of the strawberries over the cream cheese; spoon half the gelatin mixture over strawberries. Arrange remaining strawberries over pie and spoon on remaining gelatin mixture. Refrigerate until pie is set and chilled, 1 to 2 hours. Serve with whipped topping, if desired.

Carb Count: Recipe Total 44.5 grams, Per Serving 7.4 grams

26. LEMON SHERBET - 6 Servings
juice and zest of 2 lemons (6 grams)
2 egg yolks
3 cup light cream (13.5 grams)
1/2 cup liquid sweetener

Blend all ingredients well. Pour into ice cream maker and follow manufacturer's instructions.

Carb Count: Recipe Total 19.5 grams, Per Serving 3.2 grams

27. WALNUT TORTE - 6 Servings
3/4 cup ground walnuts - especially good with crispy nuts RECIPE# 83 (9 grams)
1 1/4 cup Splenda (18 grams)
4 egg whites, room temp
1 tsp vanilla (1.5 grams)
1 1/2 cup cream (13.8 grams)
2 tsp lemon zest (0.4 grams)

Beat egg whites until glossy. Gradually add 1/2 cup Splenda, beating until stiff. Beat in 1/2 tsp vanilla. Fold over two pie plates lined with ground walnuts. Bake at 300 degrees F for 1 1/2 hours. Turn oven off and leave in the oven for another hour. Beat whipping cream with 1/2 cup Splenda, lemon zest and 1/2 tsp vanilla until stiff. Layer walnut meringue and icing.

Carb Count: Recipe Total 33.7 grams, Per Serving 5.6 grams

28. STRAWBERRIES & CREAM COOKIES - 6 Servings
8 ounces cream cheese (16 grams)
3 cold egg whites
1/2 cup Splenda (12 grams)
1/4 cup high gluten flour (6 grams)
2 tsp strawberry extract

Preheat oven to 350 degrees. Beat egg whites in a glass or metal bowl until foamy. Add remaining ingredients and mix well. Drop teaspoon of batter on greased cookie sheet. Bake for 15 minutes or until lightly browned. Serve with strawberries (10.4 grams).

Carb Count: Recipe Total 34 grams, Per Serving 5.6 grams

29. PEANUT BUTTER CHOCOLATE CUPS - 4 Servings

2 tbsp butter

1/3 cup peanut butter (12 grams; check your brand)

1 oz unsweetened chocolate (4 grams)

1/3 cup cottage cheese (2 grams)

1/2 cup Splenda (12 grams)

Melt butter, peanut butter and chocolate in microwave. Cool slightly, then add cottage cheese, sweetener and vanilla. Spoon onto wax paper and refrigerate.

Carb Count: Recipe Total 30 grams, Per Serving 7.5 grams

30. RASPBERRY MERINGUES - 6 Servings

3 egg whites

1/2 cup Splenda (12 grams)

4 ounces cream cheese (8 grams)

1/2 cup ricotta cheese (0.9 grams)

1/2 cup raspberries (7.1 grams)

Preheat oven to 275 degrees F. Whisk egg whites until stiff, gradually add 1/4 cup Splenda. Spoon mixture onto two greased baking sheet, spreading meringue into two 8 inch circles. Bake for 1 1/2 - 2 hours or until crisp and dry. Mix cream cheese with 1/4 cup Splenda and ricotta cheese and raspberries. Place one meringue on decorative plate. Layer with cream cheese and top with second meringue.

Carb Count: Recipe Total 28 grams, Per Serving 4.6 grams

31. BREAD PUDDING - 2 Servings

3 oz bag plain pork rinds, lightly crushed

2 eggs

1/2 cup cream (4.7 grams)

1/2 cup water

1/2 cup Splenda (12 grams)

1 tsp vanilla (0.7 grams)

1 tsp cinnamon (1.8 grams)

Mix cream, eggs, water, sweetener, vanilla and cinnamon. Butter glass dish. Put lightly crushed pork rinds in dish and pour cream mixture into dish. Preheat oven to 350 and let casserole sit while it preheats so pork rinds can absorb some liquid. Sprinkle with cinnamon. Bake 30-40 minutes until top lightly browned. Serve warm.

Carb Count: Recipe Total 19.2 grams, Per Serving 9.6 grams

32. CHOCOLATE PEANUT BUTTER PARFAITS - 6 Servings

1 1/2 cup cream (13.6 grams)

2 tbsp chunky peanut butter (6 grams; check your brand)

1 package sugar free chocolate pudding mix (8 grams)

Whip cream.. Fold in peanut butter. Prepare pudding according to package directions. Fill parfait glasses with alternating layers of peanut butter whipped cream and pudding. Chill and serve.

Carb Count: Recipe Total 27.6 grams, Per Serving 4.5 grams

33. CHOCOLATE FROSTY - 4 Servings

1 cup heavy cream (6.6 grams)
1 tsp vanilla extract (1.5 grams)
2 packages sugar free cocoa mix (8 grams)

Beat cream and add vanilla. When soft peaks form, gradually add cocoa mix. Continue beating until stiff peaks form (about 30 seconds). Freeze for 30 minutes. Stir. Freeze for 20 minutes. Stir. Freeze for 15 minutes. Enjoy!

Carb Count: Recipe Total 16.1 grams, Per Serving 4 grams

34. CHOCOLATE PEANUT BUTTER PIE - 12 Servings

1 cup crushed or ground pecans (15 grams)
1 tbsp melted butter
2 tbsp butter
1 oz unsweetened chocolate (4 grams)
2 tbsp light cream (0.5 grams)
1 tsp vanilla (1.5 grams)
1 cup Splenda (24 grams)
1/8 cup peanut butter (6 grams; check your brand)
4 oz cream cheese (4 grams)

Mix pecans and butter. Pour in pie plate, spread to cover bottom of plate and place in freezer.
Then, mix melted butter and chocolate in small saucepan. Heat & stir. Mix in cream and vanilla. Add Splenda. Pour over frozen pie crust and place in freezer again. Next, mix peanut butter and cream cheese. Blend well. Spread over frozen pie. Serve with whipped topping.

Carb Count: Recipe Total 55 grams, Per Serving 4.5 grams

35. PEANUT BUTTER COOKIES - 12 Servings

2 eggs
1/2 cup Splenda (12 grams)
1/2 cup butter
1/2 cup peanut butter (24 grams; check your brand)
1 tsp vanilla (1.5 grams)
1/8 tsp salt
1/4 tsp baking soda
1/2 cup milk & egg protein powder

In mixing bowl, cream butter and Splenda. Add eggs and beat well. Add peanut butter and vanilla and blend well. Add protein powder, salt and baking soda. Mix to form a moderately stiff dough. Place by roundedteaspoons on cookie sheet, press down with fork, and bake in preheated 300 oven for 15-20 minutes.

Carb Count: Recipe Total 37.5 grams, Per Serving 3.1 grams

36. ZUCCHINI APPLES - 4 Servings

3 small zucchini, peeled and sliced (10 grams)
1/4 tsp cinnamon (0.4 grams)

pinch of nutmeg
1/4 cup Splenda (6 grams)
2 tbsp melted butter

Combine all ingredients in glass dish & bake for 350 degrees for 30 minutes.

Carb Count: Recipe Total 16.4 grams, Per Serving 4.1 grams

37. CHOCOLATE CHEESE CAKE MUFFINS - 6 Servings
8 oz softened cream cheese (8 grams)
1 egg
1 tsp vanilla extract (1.5 grams)
1 package chocolate pudding mix (8 grams)

Mix together with mixer until creamy. Fill 6 greased muffin tins. Bake at 350 degrees F for 20 minutes.

Carb Count: Recipe Total 17.5 grams, Per Serving 2.9 grams

38. CHOCOLATE SHAKE - 2 Servings
1/4 cup light cream (1.5 grams)
1/4 cup cottage cheese (1.5 grams) 1/22 cup water
1 tbsp cocoa (2.7 grams)
1/4 cup Splenda (6 grams)
Ice

Combine ingredients in blender & enjoy!

Carb Count: Recipe Total 11.7 grams, Per Serving 5.8 grams

39. COFFEE & CREAM ICEE - 4 Servings
4 cup espresso
2 cup cream (18.2 grams)
liquid sweetener to taste
1 cup crushed ice

Combine in blender & enjoy!

Carb Count: Recipe Total 18.2 grams, Per Serving 4.5 grams

40. SUGAR COOKIES - 12 Servings
1 cup almond flour (48 grams)
1 cup Splenda (24 grams)
1 egg
1/2 cup softened butter

Preheat oven to 350 Degrees F. Mix almond flour and Splenda.. In a separate bowl, lightly beat egg and then mix well with butter. Add to dry ingredients and mix. Form small balls and place on two cookie sheets. Bake for 7-9 minutes. Makes 2 dozen cookies.

Carb Count: Recipe Total 72 grams, Per Serving 6 grams

41. STRAWBERRY ICE CREAM - 12 Servings
2 cup strawberries (20 grams)

3 cup light cream (28.9 grams)
2/3 cup Splenda (16 grams)
1 tsp vanilla extract

Put blended strawberries in ice cream maker container, add remaining ingredients. Mix with spoon until well blended. Follow machines instructions for freezing.

Carb Count: Recipe Total 64.9 grams, Per Serving 5.4 grams

42. CHOCOLATE CAKE - 6 Servings

6 tbsp butter
4 ounces unsweetened chocolate (16 grams)
1/3 cup light cream (1.5 grams)
1/3 cup strawberry all fruit jam (13 grams; check your brand)
1 tsp espresso powder
2 tbsp Splenda (3 grams)
3 large eggs
1 tsp vanilla
1 cup Splenda (24 grams)
1/8 tsp cream of tartar
1/4 cup flour (6 grams)
1/8 tsp salt

Preheat oven to 350 degrees F. Grease cake pan & dust with cocoa powder. Set aside. Combine butter, chocolate, cream, jam, and espresso powder. Melt in a double boiler on low heat (or in microwave, 2-3 minutes in a microwave-safe dish). Let cool. Separate eggs. Combine flour & salt. Set aside. Add sugar, egg yolks, and vanilla to chocolate mix. Add sweetener & blend until smooth. In another bowl, beat egg whites until foamy. Add cream of tartar and beta into stiff peaks. Fold in cooled chocolate mix. Pour into prepared pan. Bake 18-20 minutes or until toothpick comes out clean. Cool. Refrigerate 1-2 hours. Serve with whipped cream & strawberries (5.2 grams per half cup) (or Chocolate Frosting, RECIPE #63).

Carb Count: Recipe Total 63.5 grams, Per Serving 10.5 grams

43. CHOCOLATE FROSTING - 6 Servings

1/4 cup sugar free chocolate pudding mix (8 grams)
1 cup cream (9.3 grams)
1/4 cup Splenda (6 grams)
1 tsp of vanilla (1.5 grams)
4 oz cream cheese , softened (4 grams)

Mix well. Thin with cream or water as needed.

Carb Count: Recipe Total 28.8 grams, Per Serving 4.8 grams

44. CINNAMON PECAN MUFFINS - 6 Servings

1/3 cup pecans (5 grams) chopped finely
1/2 tsp. cinnamon (0.4 grams)
1/2 cup Splenda (12 grams)
3 large eggs separated and at room temperature
3/4 cup protein powder
3/4 tsp baking powder
1/4 tsp salt

1/4 tsp cream of tartar
3 tbsp sour cream (3 grams)
1 tbsp butter
1/2 tsp vanilla (0.7 grams)
2 tsp almond extract

Combine pecans, cinnamon, and 1/4 cup Splenda and mix well. Set aside for toppings. Preheat oven to 325 degrees F. Beat egg whites with cream of tartar until stiff but not dry. Separately, beat egg yolks. Add sour cream, extracts, and remaining sweetener and beat thoroughly. Combine protein powder, baking powder, and salt and mix into the yolk mixture. Stir until combined, and then gently fold in the egg whites. Fill greased muffin tins halfway. Top with nut mixture and bake in preheated oven for 50-60 minutes.

Carb Count: Recipe Total 21.1 grams, Per Serving 3.5 grams

45. CINNAMON ROLLS - 4 Servings

4 eggs
2 tbsp cottage cheese (0.8 grams)
1/4 cup Splenda (6 grams)
1 stick butter
1/2 tsp cinnamon (0.4 grams)

Separate the 4 eggs. Whip whites with a pinch of salt until stiff peaks form. In a food processor, blend egg yolks, 2 tbsp, cottage cheese and Splenda. Gently fold yolks into whites. Spread into 6 mounds on greased cookie sheet. Bake at 300 for 30-40 minutes. Combine butter with cinnamon & 2 tbsp Splenda. Serve with rolls.

Carb Count: Recipe Total 7.2 grams, Per Serving 1.8 grams

46. LOW CARB POPOVERS- 6 Servings

1/2 cup gluten flour (12 grams)
1/2 cup regular flour (12 grams)
2 eggs
1/2 cup heavy cream (4.8 grams)
3/4 cup water
1/2 tsp salt
1 tbsp melted butter

Preheat oven to 450 degrees. Combine all ingredients and pour into generously buttered muffin tins.

Bake for 20 minutes at 450 degrees, then turn down oven to 350 degrees and bake 10-15 minutes until golden browned.

Carb Count: Recipe Total 28.8 grams, Per Serving 4.8 grams

47. VANILLA ICE CREAM - 12 Servings

10 egg yolks
2 1/2 quarts heavy cream (25 grams)
1 whole vanilla bean
2 tsp vanilla extract (3 grams)
1/2 cup Splenda, or to taste (12 grams)

Beat egg yolks 3- 5 minutes. In large saucepan simmer cream with vanilla bean for 30 minutes. Discard vanilla bean. Temper by pouring some of

cream mixture into eggs slowly. Slowly mix all eggs into pan mixture. Simmer until thick. Add sweeteners and vanilla extract. Strain into chilled bowl. Freeze in ice cream maker.

Carb Count: Recipe Total 40 grams, Per Serving 3.1 grams

48. CHEESECAKE - 12 Servings

2 cup sour cream (32 grams)
1 tsp vanilla (1.5 grams)
1 tbsp Splenda (1.5 grams)
24 ounces cream cheese, softened (54 grams)
1 cup Splenda (24 grams)
4 eggs
1 tsp vanilla (1.5 grams)

In a bowl, mix the sour cream, vanilla and 1 tbsp Splenda until well combined. Cover with plastic wrap and refrigerate. In a large bowl, beat the cream cheese and 1 cup Splenda until fluffy. Add the eggs, one at a time, blending well after each addition. Blend in the remaining 1 teaspoon vanilla. Pour the cream cheese mixture into the greased pie pan and bake at 350 degree for 50 minutes. Spread the sour cream mixture over the top and bake an additional 5 minutes. Chill and Serve.

Carb Count: Recipe Total 122.5 grams, Per Serving 10.2 grams

49. LEMON ALMOND CAKE - 4 Servings

1 cup blanched slivered almonds (20 grams)
1/2 cup Splenda (12 grams)
4 eggs, separated
5 tsp grated lemon peel (1.2 grams)
1/2 tsp cinnamon (0.9 grams)
Pinch of salt

Preheat oven to 375°F. Butter cake pan. Line bottom of pan with waxed paper. Finely grind almonds with 2 tablespoons Splenda in processor. Combine yolks, 2 tablespoons Splenda, lemon peel, cinnamon and salt in medium bowl. Using electric mixer, beat until thick and smooth, about 2 minutes. Stir in almond mixture. Using clean beaters, beat egg whites in large bowl until soft peaks form. Gradually add 4 tablespoons Splenda, beating until stiff but not dry. Fold large spoonful of whites into almond mixture. Gently fold in remaining whites. Transfer batter to pan. Bake until toothpick comes out clean, about 35 minutes. Cool in pan on rack. Turn out onto platter.

Carb Count: Recipe Total 34.1 grams, Per Serving 8.5 grams

50. FRENCH SILK PIE - 4 Servings

1/2 cup butter
3/4 cup Splenda (18 grams)
2 oz unsweetened baking chocolate (8 grams)
1 tsp vanilla (3 grams)
2 eggs

Cream butter and Splenda. Melt chocolate and blend into butter/sweetener mixture when cooled. Stir in vanilla. Add eggs, one at a time. Beat well. Chill 1-2 hours minimum. Top with whipped cream (3.3 grams per cup) if desired.

Carb Count: Recipe Total 29 grams, Per Serving 7.25 grams

51. CREME BRULEE - 6 Servings

1 1/4 quarts of heavy cream (12.5 grams)
1 tsp vanilla.
1 cup Splenda (24 grams)
12 egg yolks

Combine heavy cream, vanilla and 1/2 cup Splenda to a boil. Combine the beaten egg yolks and remaining 1/2 cup Splenda. Combine cream with yolk mixture. Fill ramekins, place in water bath
Bake in a 325 F (165 CUP) oven until just barely set, approximately 45 minutes. Remove from water bath when cool, wipe bottoms of ramekins, and refrigerate overnight.

Carb Count: Recipe Total 36.5 grams, Per Serving 6 grams

52. ORANGE CHOCOLATE CREAM - 6 Servings

2 oz unsweetened chocolate (8 grams)
1 tbsp butter
2 packages unflavored gelatin
2 ice cubes
1 tsp grated orange peel
2 cup whipping cream (19.2 grams)
3/4 cup Splenda (18 grams)
1/8 cup unsweetened cocoa powder (5.5 grams)

Melt chocolate with butter. Place the gelatin in a small bowl. Add 1 cup boiling water and orange peel. Stir until gelatin is dissolved. Add ice. Beat whipping cream. Add Splenda and cocoa powder. Slowly add in chocolate mixture. Then add gelatin mixture. Beat well. Chill for at least 3 hours.

Carb Count: Recipe Total 50.7 grams, Per Serving 8.4 grams

53. COCONUT CREME PIE - 6 Servings

4 eggs
1/4 cup butter
1 cup Splenda (24 grams)
1/4 tsp salt
1/2 tsp baking powder
2 cup heavy whipping cream (19.2 grams)
1 cup unsweetened coconut (12.2 grams)
1 tsp vanilla extract (1.5 grams)

Place all ingredients in blender at one time and blend until mixed together. Pour into a buttered 10-inch pie dish. Bake in a 350 degree oven for 1 hour.

Carb Count: Recipe Total 56.9 grams, Per Serving 9.4 grams

54. TIRAMISU - 4 Servings

1 container marscapone cheese
1/2 cup Splenda (12 grams)
2 tbsp coffee
4 tsp cocoa powder (4 grams)

Beat the marscapone until it is creamy. Add 2 tablespoons coffee and blend. Add Splenda. Chill & serve with cocoa powder sprinkled on top.

Carb Count: Recipe Total 16 grams, Per Serving 4 grams

55. PEACHES AND CREAM- 6 Servings

1 cup ricotta cheese (7.5 grams)
1/2 cup cream (4.8 grams)
1 cup peaches, chopped (18.8 grams)
1 tsp almond extract
1/4 cup Splenda (6 grams)

Combine ingredients. Chill & enjoy!

Carb Count: Recipe Total 37.1 grams, Per Serving 6 grams

56. RASPBERRY ICE CREAM - 10 Servings

1 cup raspberries (14.2 grams)
1 1/2 cup Splenda (36 grams)
2 tbsp lemon juice (2.6 grams)
4 cup heavy cream (38.2 grams)
1 tsp vanilla extract (1.5 grams)

In a 3-quart saucepan combine raspberries, Splenda and lemon juice. Mash berries slightly and cook over medium heat, stirring occasionally, until the mixture comes to a boil. Simmer 5 minutes.

Remove from heat and puree in a blender. Cool the mixture. Add cream and vanilla. Freeze according to manufacturer's directions.

Carb Count: Recipe Total 92.5 grams, Per Serving 9.25 grams

57. PECAN ICE CREAM - 10 Servings

4 cup heavy cream (38.2 grams)
1 cup Splenda (24 grams)
2 tbsp butter
1 tsp vanilla extract (1.5 grams)
1/2 cup toasted pecans (10 grams)

Combine the half of the cream, Splenda, and butter in a medium saucepan. Cook, stirring constantly over low heat until bubbles form around the edges of the pan. Let the mixture cool and put it in the ice cream machine. Stir in the rest of the cream and vanilla. Freeze as directed by your machine's manufacturer. Add pecans after ice cream begins to harden.

Carb Count: Recipe Total 73.7 grams, Per Serving 7.3 grams

58. CHOCOLATE ICE CREAM - 10 Servings

2 oz unsweetened chocolate (8 grams)
1/4 cup unsweetened cocoa powder (11 grams)
2 eggs
1 cup Splenda (24 grams)
2 cup whipping cream (19.2 grams)
1/2 cup water
1 tsp vanilla extract (1.5 grams)

Melt the unsweetened chocolate on top of a double boiler over hot water. Gradually whisk in the cocoa and heat, stirring constantly, until smooth. Whisk in the cream and water. Combine well & remove from heat. In a bowl, whisk the eggs until light and fluffy, 1 to 2 minutes. Whisk in the Splenda until blended, about 1 minute more. Pour into the cream and vanilla and whisk to blend. Pour the chocolate mixture into the cream mixture and blend. Cover and refrigerate until cold. Transfer the mixture to an ice cream maker and freeze following the manufacturer's instructions.

Carb Count: Recipe Total 63.7 grams, Per Serving 6.3 grams

59. PEANUT BUTTER ICE CREAM - 10 Servings

2 eggs

1/2 cup Splenda (12 grams)

1/2 cup sugar free chunky peanut butter (24 grams; check your brand)

3 cup heavy cream (28.8 grams)

Whisk together the eggs and sugar until light and fluffy. Add the peanut butter and whisk until smooth. Mix in the whipping cream. Transfer the mixture to the ice cream maker and process according to manufacturer's instructions.

Carb Count: Recipe Total 64.8 grams, Per Serving 6.4 grams

60. COFFEE ICE CREAM - 4 Servings

6 egg yolks

1/2 cup Splenda (12 grams)

2 cup cream (19.2 grams)

4 cup coffee

Beat the egg yolks with the Splenda. Add cream & coffee. Put in pan & heat until the sauce thickens and coats the back of the spoon. Freeze according to manufacturer's instructions.

Carb Count: Recipe Total 31.2 grams, Per Serving 7.8 grams

61. PEACHES & CREAM ICE CREAM - 10 Servings

8 ounces cream cheese, softened (16 grams)

1 cup Splenda (24 grams)

2 eggs

1 tbsp lemon juice (1.3 grams)

1 tsp vanilla

2 1/2 cup heavy cream (24 grams) 1/2 cup diced peaches (9.4 grams)

In a large mixer bowl beat cream cheese and Splenda smooth. Beat in the eggs, lemon juice, and vanilla until well combined. Stir in the cream and peaches. Freeze according to manufacturer's directions.

Carb Count: Recipe Total 64.7 grams, Per Serving 6.4 grams

62. MINT ICE CREAM - 6 Servings

4 egg yolks

3 cup heavy cream (28.8 grams)

1 tsp mint extract

2/3 cup Splenda (18 grams)

Combine half of the cream and mint extract in a saucepan. Bring to simmer. Remove from heat and let stand for 30 minutes. Mix in remaining cream. Beat the egg yolks and Splenda until pale yellow. Gradually beat in the cream mixture. Return mixture to saucepan and stir over medium heat until it thickens. Do not let the mixture boil. Chill. Once the mixture is cold, pour it into ice cream machine and freeze according to manufacturer's directions.

Carb Count: Recipe Total 46.8 grams, Per Serving 7.8 grams

63. MACAROONS - 10 Servings

4 egg whites
1 1/4 cup Splenda (30 grams)
1/4 tsp salt
1/2 tsp vanilla extract (0.7 grams)
2 cup unsweetened shredded coconut (24.2 grams)

Beat egg whites until frothy. Stir in sweetener, salt, vanilla, and coconut. Spoon drop onto greased cookie sheet. Bake at 325 about 15 to 20 minutes, or until lightly browned.

Carb Count: Recipe Total 54.9 grams, Per Serving 5.4 grams

64. GINGER COOKIES - 4 Servings

1/4 cup high gluten flour (6 grams)
2 eggs, separated
1/2 cup Splenda (12 grams)
1 tbsp heavy cream (0.5 grams)
1/2 tsp ground ginger

Beat egg whites until stiff. Add flour, Splenda, ginger and cream to yolks; beat until smooth. Fold in egg whites. Drop from teaspoon on a greased cookie sheet; flatten out, and bake at 325 degrees F for 20 minutes.

Carb Count: Recipe Total 18.5 grams, Per Serving 4.6 grams

65. CHOCOLATE MINTS - 10 Servings

8 oz. Philadelphia cream cheese (16 grams)
1 cup butter
1/4 cup cocoa powder (11 grams)
1 tsp mint extract 1/4 cup cream (2.4 grams)
1/2 cup Splenda (12 grams) or to taste

Combine all ingredients. Roll into balls & refrigerate.

Carb Count: Recipe Total 31.4 grams, Per Serving 3.1 grams

66. COCOA BALLS- 12 Servings

1/2 cup sugar free peanut butter (24 grams; check your brand) .
8 ounces cream cheese (16 grams)
1 tbsp heavy cream (0.6 grams)
2 tbsp almond extract
1/4 tsp salt
1/4 cup cocoa powder (11 grams)
1/4 cup chopped pecans (3.5 grams)

1/4 cup Splenda, or to taste (6 grams)

Combine all ingredients. Roll into balls & refrigerate.

Carb Count: Recipe Total 61.1 grams, Per Serving 5 grams

67. SUGAR FREE GUMMY WORMS - 4 Servings

2 small packages sugar free jello

4 envelopes plain gelatin

1/2 cup water

Combine ingredients in a pan. Heat over medium heat until dissolved. Pour into molds. Cool for twenty minutes.

Carb Count: Recipe Total 0 grams, Per Serving 0 grams

68. PEANUT BUTTER BALLS - 6 Servings

1/3 cup chunky peanut butter (16 grams; check your brand)

1 tsp honey (3 grams)

1/2 tsp vanilla extract (0.7 grams)

1/8 cup shredded coconut (3 grams)

Combine all above ingredients and mix well. Form 12 balls and roll in coconut. Refrigerate.

Carb Count: Recipe Total 22.7 grams, Per Serving 3.7 grams

69. FUDGE - 4 Servings

2 oz unsweetened chocolate (8 grams)

1/2 cup Splenda, or to taste (12 grams)

4 tbsp butter

3 tbsp heavy cream (1.5 grams)

1/2 tsp vanilla (0.7 grams)

Combine all ingredients in pan over low heat. Stir and until melted. Pour into greased pan & chill.

Carb Count: Recipe Total 22.2 grams, Per Serving 5.5 grams

70. CINNAMON MERINGUES - 4 Servings

2 egg whites 1/4 tsp cream of tartar

dash salt

1/2 cup Splenda (12 grams)

2 tsp ground cinnamon (3.6 grams)

1 tsp vanilla extract (1.5 grams)

1/2 tsp almond extract

In medium bowl, combine egg whites with cream of tartar and salt; beat until soft peaks form. Fold in cinnamon, vanilla and almond extracts Drop by tablespoonfuls onto greased cookie sheets. Bake at 300 degrees F for 30 minutes.

Carb Count: Recipe Total 17.1 grams, Per Serving 4.2 grams

71. PECAN COOKIES - 4 Servings

2 egg whites

2 cup crushed pecans (10 grams)
1 tbsp cinnamon (3.6 grams)
1/3 cup Splenda (8 grams)
1 tsp vanilla extract (1.5 grams)

Whip egg whites until frothy. Add remaining ingredients. Roll into balls, drop on grease cookie sheet. Cook for 15 minutes at 350 degrees F.

Carb Count: Recipe Total 23.1 grams, Per Serving 5.7 grams

72. PEANUT BUTTER PECAN TREAT - 6 Servings

3 tbsp butter
1/8 cup Splenda (3 grams)
2 cup ground pecans (10 grams)
1/2 cup Sugar free Peanut Butter (24 grams; check your brand).

Melt butter. Stir in Splenda and pecans. Spread on a cookie sheet & cook at 400 degrees for 10 minutes. While cooling, melt peanut butter and dip small batches of pecans in the melted peanut butter. Let harden & enjoy!

Carb Count: Recipe Total 37 grams, Per Serving 6.2 grams

73. FUDGSICLES - 4 Servings

2 packages Sugar Free Cocoa Mix (8 grams)
1 cup cream (6.7 grams)
1/2 cup softened cream cheese
1 tsp vanilla

Dissolve cocoa mix in 1/2 cup of hot water. Add cream & cream cheese and mix well.
Pour into ice cube trays and freeze.

Carb Count: Recipe Total 14.7 grams, Per Serving 3.9 grams

74. COCONUT CREAM - 4 Servings

1 cup light cream (4.8 grams)
2 tbsp lemon juice (2.6 grams)
2 egg yolks
1 cup cottage cheese (6 grams) 1/4 cup Splenda (6 grams)
1/2 tsp coconut extract

Cream ingredients together and pour into greased pie dish. Bake at 300 degrees for 20 minutes.

Carb Count: Recipe Total 19.4 grams, Per Serving 4.85 grams

75. STRAWBERRY MERINGUE - 2 Servings

2 egg whites
1/4 cup Splenda (6 grams)
1 cup strawberries (10.4 grams), crushed

Beat egg whites with Splenda until stiff. Fold in strawberries and chill.

Carb Count: Recipe Total 16.4 grams, Per Serving 8.2 grams

76. CHOCOLATE CUPCAKES - 10 Servings

2 cup high gluten flour (24 grams)
1 cup Splenda® (24 grams)
6 tbsp butter
1/8 tsp cream of tartar
1 tsp vanilla extract
5 eggs, separated
2 tsp baking powder
1/4 cup cocoa (11 grams)

Preheat oven to 325°F. Whip egg whites with cream of tartar until stiff. In separate bowl, cream butter with egg yolks until fluffy. Add vanilla and Splenda®, beat until mixed. Add egg whites gradually & gently mix in. Add 1 cup of flour and fold in. Add remaining flour, baking powder and cocoa and fold in, being careful not to break down the egg whites. Fill greased muffin tins about half full. Bake at 325°F about 15 - 20 minutes.

Carb Count: Recipe Total 59 grams, Per Serving 5.9 grams

77. STRAWBERRY SHERBET - 5 Servings

2 cup strawberries, pureed (20 grams)
1/4 cup Splenda® (6 grams)
1 tbsp lemon juice (1.3 grams)
4 egg whites, beaten stiff

Mix strawberries with Splenda and lemon juice.. Fold the berries into the egg whites and mix thoroughly. Spoon into a plastic container and freeze for 4 hours.

Carb Count: Recipe Total 27.3 grams, Per Serving 5.4 grams

78. LOW CARB TIRAMISU - 2 Servings

1/4 cup butter
1/4 cup heavy cream (2.4 grams)
2 large eggs
3/4 cup Splenda® (18 grams)
1/2 cup high gluten flour (6 grams)
1 tsp baking powder 1/4 cup flour (12 grams)
1/2 tsp vanilla extract (0.7 grams)

Preheat oven to 375°F. In a small pan, heat the butter & cream. In a large bowl, beat eggs at high speed for several minutes. Add the 3/4 cup of Splenda and beat for 2 minutes. Add flours, baking powder, salt, vanilla & butter/cream mixture. Beat at low speed until smooth; pour into greased pan. Bake at 375°F for 15 minutes or until cakes springs back when lightly touched in the center. Cool completely. Serve with whipped cream (3.3 grams of carbs per cup).

Carb Count: Recipe Total 27.1 grams, Per Serving 13.5 grams

79. SODA POP JELLO - 2 Servings

1 envelope plain gelatin
2 cups diet soda pop, any flavor

Soften gelatin with 1/2 cup soda. Bring to a boil, stirring constantly,

until gelatin dissolves. Add remaining soda and chill.

Carb Count: Recipe Total 0 grams, Per Serving 0 grams

80. ICEES

Freeze diet soda pop in ice cube trays. Crush & enjoy.

Carb Count: Recipe Total 0 grams, Per Serving 0 grams

81. CHOCOLATE RASPBERRY MOUSSE PIE - 8 Servings

1 cup cream (9.4 grams)
1 cup water
1 package sugar free instant chocolate pudding mix (8 grams)
3/4 cup sour cream (12 grams)
1 cup whipped cream (3.3 grams)
1/2 cup raspberries (7.1 grams)

Beat cream & pudding mix until smooth. Add sour cream & topping, whisk until smooth. Fold in raspberries. Pour into pie pan. Sprinkle extra raspberries over top. Chill for 3 hours.

Carb Count: Recipe Total 39.8 grams, Per Serving 4.9 grams

82. PEACH PIE - 8 Servings

1 can sliced peaches in juice, undrained (8 ounces), coarsely chopped (36 grams)
1 box fat free sugar free instant vanilla pudding mix (8 grams)
3/4 cup sour cream (12 grams)
1/2 tsp vanilla (0.7 grams)
1/4 tsp cinnamon (0.5 grams)

In large bowl, combine all ingredients. Pour filling into pie pan. Chill for 3 hours.

Carb Count: Recipe Total 57.2 grams, Per Serving 7.1 grams

83. CRISPY NUTS - 10 Servings

4 cup pecan pieces (40 grams)
2 tsp salt
water

Mix nuts with salt and water and leave in a warm place overnight. Drain. Spread on a baking pan and heat at 150 degrees F for 12 hours, turning occasionally. Store in airtight container. Also good with walnuts.

Carb Count: Recipe Total 40 grams, Per Serving 4 grams

84. PECAN PIE CRUST - 4 Servings

1 cup crispy pecans (10 grams)
1/4 cup Splenda (6 grams)
1/4 tsp salt
1/2 cup butter, melted

Combine ingredients in food processor and combine until smooth. Place in buttered pie pan. Bake at 325 degrees F for 30 minutes. Can also use hazelnuts or almonds.

Carb Count: Recipe Total 16 grams, Per Serving 4 grams

85. COCONUT PIE CRUST - 4 Servings

1/2 cup melted butter

2 cup shredded unsweetened coconut (24.4 grams)

Mix coconut with butter. Press firmly into a buttered pie pan. Bake at 300 degrees F for 30 minutes until golden brown. Cool.

Carb Count: Recipe Total 24.4 grams, Per Serving 6 grams

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