



38 Healthy Recipes

INCREDIBLY SIMPLE INGREDIENTS
THAT HIT THE SWEET SPOT



Dear chef

It's part of our mission to make keto recipes accessible and fun. We're here for the everyday people who want to lead a healthy lifestyle, full of sweetness.

The recipes in this e-book are keto-friendly and without any added sugar, all the while being delicious and sweet. That's what GOOD GOOD's all about – hitting the sweet spot between healthy and tasty.



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Keto Açaí bowl

Prep time: 5 minutes

Yields: 1 serving

Course: Breakfast/ Drinks



INGREDIENTS FOR AÇAÍ BOWL

1/3 cup **Good Good Forest Fruits Jam**
1/4 cup blueberries
4 strawberries
1/4 cup almond milk
3 tsp acai powder
1 teaspoon chia seeds
1 cup ice cubes

INGREDIENTS FOR TOPPINGS

4 strawberries
1/4 cup blueberries
2 tablespoons coconut flakes
1 teaspoon chia seeds

INSTRUCTIONS

In a blender add the ingredients for Açaí bowl and blend on high for 30 seconds until smooth & creamy. Pour the contents into a wide bowl and garnish with the above given topping ideas or desired toppings.

Berry Salad with Keto Krunchy Bars

Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 0 minutes

Total Time: 10 minutes



INGREDIENTS

1 pound strawberries, sliced
6 ounces blackberries
6 ounces blueberries
6 ounces raspberries
3 **Good Good Raspberry Cheesecake Keto Krunchy Bars**,
chopped
Zest of 1 lemon

INSTRUCTIONS

1. Arrange the fruit on a large platter.
2. Top with the chopped **Keto Krunchy Bars** and lemon zest.
3. Enjoy!

Keto Porridge with Jam

Yield: 1 serving

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes



INGREDIENTS

2 tablespoons coconut flour

2 tablespoons flax meal

1 tablespoon heavy cream

$\frac{3}{4}$ cup water

Pinch of salt

1 egg

1 tablespoon unsalted butter

Good Good Sweet Like Sugar to taste

2 tablespoons of **Good Good Sweet Jam**, any flavor

Fresh fruit (optional)

Chopped nuts (optional)

INSTRUCTIONS

1. In a small saucepan, whisk together the coconut flour, flax meal, heavy cream, water, and salt.
2. Place over a medium heat and whisk until the mixture thickens. Remove from the heat.
3. Beat the egg in a small bowl until it becomes light and frothy.
4. Whisk the egg, a little at a time, into the coconut flour mixture, whisking thoroughly after each addition.
5. Return the porridge to a medium heat and whisk until it thickens.
6. Remove from the heat, then whisk in the butter and sweetener.
7. Top with the jam, fresh fruit, and chopped nuts.
8. Enjoy!

Keto Blueberry Pancakes

Yields: 2 - 3 servings
Prep time: 5 minutes
Cook time: 15 minutes
Course: Breakfast



INGREDIENTS

1 cup **Good Good Pancake & Waffle Mix**
3/4 cup water
1/2 cup blueberries
2 tablespoon butter
1/2 cup **Sweet Like Syrup**

INSTRUCTIONS

1. In a medium sized bowl, mix Pancake & Waffle Mix with water until smooth consistency without any lumps. Let the batter sit for 2 minutes to thicken.
2. Melt the butter in a skillet or griddle over medium heat.
3. Ladle about 3/4 cup of the batter onto the skillet to make a pancake. Sprinkle few blueberries over the surface of the pancake, and the underside is golden brown, about 3 minutes.
4. Flip with a spatula and cook about 1 more minute more on the other side.
5. Remove the cooked pancakes from the pan and transfer to a plate.
6. Repeat the process until the batter is used up.
7. Serve the pancakes with a dab of butter and drizzle of **Sweet Like Syrup**.

Maple Glazed Bacon with Black Pepper

Yield: 6 slices of bacon

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes



INGREDIENTS

6 slices keto-friendly thick-cut bacon

2 tablespoons **Good Good Sweet Like Syrup**, or more to taste

½ teaspoon fresh cracked pepper, or more to taste

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Lay the bacon on a cookie sheet.
3. Divide the syrup into two small bowls.
4. Bake the bacon for 10 minutes.
5. Brush the bacon with half of the syrup, then bake for 5 minutes more, or until the bacon is cooked to your liking.
6. Remove the bacon from the oven and brush with the remaining syrup.

Sprinkle with black pepper and enjoy!

Keto mudslide with Caramel Stevia Drops

Yields: 2 medium servings

Prep time: 10 minutes

Course: Drinks



INGREDIENTS

1 cup whipping cream/ heavy cream

4 teaspoon cocoa powder

2 teaspoon instant coffee

4 drops **Good Good Caramel Stevia Drops**

1 oz vodka

1 oz brandy

½ cup ice

INSTRUCTIONS

1. Gather ingredients
2. In a blender, add all the ingredients and reserve some cocoa powder for garnishing.
3. Blend the mixture for a minute and pour into serving glass, dust the prepared keto mudslide with extra cocoa powder and serve immediately.

Krunchy Keto Bar Granola

Yield: 12 servings
Prep Time: 20 minutes
Cook Time: 10 minutes
Total Time: 1 hour



INGREDIENTS

1 cup almonds
1 cup walnuts
1 cup pecans
 $\frac{2}{3}$ cup sunflower seeds
 $\frac{1}{2}$ cup flax meal
 $\frac{1}{3}$ cup **Good Good Sweet Like Sugar**
4 tablespoons unsalted butter, melted
1 teaspoon vanilla
 $\frac{1}{2}$ teaspoon cinnamon
1 egg white
Salt to taste
3 **Good Good Krunchy Keto Bars**, any flavor, dices into small pieces

INSTRUCTIONS

1. Preheat the oven to 350°F. Line a cookie sheet with parchment paper.
2. In a large food processor, blend the almonds, walnuts, and pecans until fine.
3. Add the sunflower seeds, flax meal, and **Sweet Like Sugar** then blend once again until finely chopped.
4. Add the butter, vanilla, cinnamon, and salt.
5. Blend until the mixture begins to clump together.
6. Transfer the mixture to the lined cookie sheet and spread it to fill the cookie sheet.
7. Bake until the sides begin to brown, about 10 minutes.
8. Allow the granola to cool for 15 minutes, then stir with a spatula to form clusters of granola.
9. When the granola is almost cool, add the diced **Krunchy Keto Bars** and stir to combine. You want the bar pieces to melt slightly so that it can stick to the granola.
10. Allow to cool completely, then store in an airtight container or enjoy some right away.

Keto breakfast smoothie

Blueberry jam

Prep time: 5 minutes

Yields: 2 servings

Course: Breakfast



INGREDIENTS

1 cup frozen mixed berries
1 cup almond milk
 $\frac{3}{4}$ cup water
 $\frac{1}{2}$ cup ice
2 tablespoons **Good Good Blueberry Jam**
2 tablespoons chia seeds

INSTRUCTIONS

1. Place all the above ingredients in a high-speed blender and blend until smooth.
2. Pour over two tall glasses with a straw and serve immediately.

RECIPE NOTES

Use any kind of **Good Good Jams** of your choice.

Keto berry crumble with Sugar like sweet

Prep time: 15 minutes
Cook time: 30 minutes
Yields: 4 servings
Course: Dessert



INGREDIENTS FOR MIXED BERRY FILLING

1 ½ cups strawberries (diced)
1 ½ cups blueberries
2 tablespoon sugar like sweet
1 teaspoon arrowroot starch

INGREDIENTS FOR TOPPING

1 cup almond flour
½ cup pecans (chopped)
¼ cup butter (melted)
¼ cup sugar like sweet
1 teaspoon arrowroot starch

INSTRUCTIONS

1. Preheat oven to 375°F
2. In a medium bowl, add the ingredients for mixed berry filling and gently mix to coat.
3. Transfer the berry mixture to an 8x5 inch baking dish and keep aside.
4. In another mixing bowl, add the topping ingredients such as almond flour, pecans, melted butter, sugar like sweet, and arrowroot starch. Mix to make a crumble mixture.
5. Sprinkle the flour topping over the berry mixture in baking dish. Bake for about 30 minutes until golden brown spots appear.
6. Once done, remove from the oven and serve immediately. Keto berry crumble is now ready.

Keto jam tart

Prep time: 20 minutes

Cook time: 15 minutes

Yields: 10 jam tarts

Course: Desserts



INGREDIENTS

1 cup blanched almond flour
3 tablespoons arrowroot starch
1/4 teaspoon baking powder
1/8 teaspoon salt
3 tablespoons sweet like syrup
2 tablespoons coconut oil (melted)
1/2 teaspoon vanilla extract
1/2 cup keto Good good strawberry jam

INSTRUCTIONS

1. Preheat oven to 350 F. Grease a mini muffin pan and set aside.
2. In a large bowl, add almond flour, arrowroot starch, baking powder, salt, sweet like syrup, melted coconut oil and vanilla extract. Mix in to form a soft dough. Dive the dough into 10 equal small rolls.
3. Place each small rolls into muffin well and press with fingers to make a cavity. Repeat the same with other dough rolls.
4. Take a tablespoon of strawberry jam and fill the dough cavity, repeat the same with other dough cavities and bake for about 15 minutes.
5. Once done remove from oven, let it cool on wire rack. If required top the jam tarts with extra strawberry jam and serve immediately.

Chocolate Cake – Choco Hazel Spread

Prep time: 10 minutes
Cook time: 40 minutes
Yields: 6 - 8 servings
Course: Dessert



INGREDIENTS

1 cup almond flour
1/2 cup coconut flour
1/2 cup choco hazel spread
plus extra for topping
1/4 cup unsalted butter
(melted)
2 large eggs
1 teaspoon baking powder
1/2 teaspoon baking soda
1 teaspoon vanilla extract
1 teaspoon espresso/instant
coffee powder
1/4 teaspoon salt
1/4 cup keto chocolate chips
(divided)

INSTRUCTIONS

1. Preheat oven to 350 F. Line an 8x8 inch baking pan with parchment paper and set aside.
2. In a large mixing bowl, mix melted butter, 1/2 cup choco hazel spread and vanilla extract until smooth.
3. Now add eggs, one at a time until mixed well.
4. Add the dry ingredients such as almond flour, instant coffee powder, coconut flour, baking soda, baking powder and salt. Gently fold using silicon spatula until the batter becomes smooth and no lumps remaining.
5. Finally mix in 2 tablespoons of keto chocolate chips into the batter.
6. Transfer the batter to the prepared baking pan. Lightly dab baking the pan against the counter to remove excess air bubbles inside the batter.
7. Sprinkle the remaining chocolate chips over the batter and bake for about 40 minutes.
8. Once done, remove the baking pan from oven, when a toothpick inserted in the middle comes out clean.
9. Let it cool for 10 to 15 minutes, then slice and serve.
10. For optional topping, fill the ziplock bag with 1/4 cup of choco hazel spread, seal completely. Cut the tip of the bag and drizzle the choco hazel spread over the prepared cake and serve.

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Blueberry No-Churn Ice Cream (Keto)

Yield: 6 servings
Prep Time: 20 minutes
Cook Time: 0 minutes
Total Time: 6 hours 20 minutes



INGREDIENTS:

1 ½ cups sour cream
¾ cup xylitol
1 tablespoon vanilla
⅛ teaspoon salt
½ teaspoon xanthan gum
1 ½ cups heavy cream
1 cup **Good Good Blueberry Jam**

INSTRUCTIONS

1. In a medium bowl, whisk together the sour cream, xylitol, vanilla, and salt.
2. Sprinkle in the xanthan gum while whisking to prevent lumps.
3. Continue whisking until most of the xylitol has dissolved.
4. Place a large bowl in the refrigerator to chill for at least 10 minutes.
5. Pour the heavy cream into the bowl and beat with an electric mixer until medium peaks form.

Strawberry-Brie Keto Crostini

Yield: ~12 Crostini

Prep Time: 1 hour and 15 minutes

Cook Time: 1 hour 45 minutes

Total Time: 3 hours



INGREDIENTS

For the Keto Baguette:

1 egg
3 egg whites
1 cup unsweetened almond milk
 $\frac{3}{4}$ cup almond flour
 $\frac{1}{3}$ cup psyllium husk powder
 $\frac{1}{4}$ cup coconut flour
1 $\frac{1}{2}$ teaspoons baking powder
1 teaspoon salt

For the Crostini:

1 small wheel of brie, cut into slices $\frac{1}{4}$ -inch thick
 $\frac{3}{4}$ cup **Good Good Sweet Strawberry jam**
 $\frac{1}{2}$ cup fresh strawberry slices
Parsley for garnish (optional)



INSTRUCTIONS

1. Preheat the oven to 350°F. Line a cookie sheet or baguette pan with parchment paper.
2. In a large bowl, whisk together the eggs, egg whites, and almond milk.
3. Add the almond flour, psyllium husk powder, coconut flour, baking powder, and salt.
4. Stir until the mixture thickens. It will continue thickening until it becomes a stiff dough.
5. Roll the dough until it forms a long log about 16 inches long.
6. Carefully transfer the log to the prepared cookie sheet or baguette pan.
7. Cut 3 shallow slits along the top of the log.
8. Bake the baguette until it becomes crusty on the outside, about 1 hour and 30 minutes.
9. Set the baguette aside to cool for at least 1 hour.
10. When the baguette has cooled, cut it into slices that are about 1-inch thick.
11. Preheat the oven to 350°F.
12. Place the slices on a cookie sheet lined with parchment paper.
13. Top each slice of bread with 2 slices of brie.
14. Place the bread in the oven and bake until the brie melts, about 5 minutes.
15. Immediately top each slice with 1 tablespoon of jam, a strawberry slice, and a parsley leaf, if desired.
16. Serve immediately.

Caramel-Nut Keto Bar Waffles

Yield: 2 servings
Prep Time: 15 minutes
Cook Time: 10 minutes
Total Time: 25 minutes



INGREDIENTS

For the Waffles

1/4 cup unsalted butter
1/4 cup no-sugar-added creamy peanut butter
1/4 cup **Good Good Sweet Like Sugar**
1/2 cup almond milk
1/2 teaspoon vanilla
2 eggs, separated
3/4 cup almond flour
3 tablespoons cocoa powder
1 teaspoon baking powder
1/2 teaspoon salt

INSTRUCTIONS

1. Preheat a waffle iron to low heat and brush with butter.
2. In a small saucepan, combine the butter and peanut butter.
3. Place over medium-low heat and stir until melted.
4. Add the melted butter mixture to a large bowl and stir in the **Sweet Like Sugar**, almond milk, vanilla, and egg yolk.
5. Add the almond flour, cocoa powder, baking powder, and salt to the mixture and stir until completely combined.
6. In a medium, clean bowl beat the egg whites until you reach stiff peaks.
7. Fold the egg whites into the waffle batter.
8. Add the waffle batter to iron and cook through.
9. Place the waffles on a plate and top with the chopped **Krunchy Keto Bar** and **Sweet Like Syrup**.
10. Enjoy!

TO GARNISH

2 **Good Good Caramel Nut Krunchy Keto Bars**, chopped
Good Good Sweet Like Syrup, as desired

Quick Apricot and Cream Keto Smoothie

Yield: 1 serving

Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes



INGREDIENTS

½ cup **Good Good Apricot Jam**

¾ cup unsweetened almond milk

1 ½ tablespoons **Good Good Sweet Like Sugar**, or to taste

½ cup unsweetened full-fat Greek yogurt

1 cup ice

¼ teaspoon vanilla

½ apricot, sliced (optional)

Pinch of cinnamon (optional)

INSTRUCTIONS

1. Place all of the ingredients except the sliced apricot and cinnamon in a blender and blend until smooth.
2. Pour in a glass and top with the sliced apricot and cinnamon, if using.
3. Enjoy!

Easy Low Carb Choco Hazel Mousse

Prep Time: 10 minutes

Yield: 4 servings

Cook Time: 0 minutes

Total Time: 10 minutes



INGREDIENTS

1 ½ cups plus 1 cup heavy cream, divided
2 tablespoons plus 3 tablespoons powdered erythritol, divided
½ cup **Good Good Choco Hazel**
1 teaspoon cocoa powder (optional)
2 tablespoons chopped hazelnuts (optional)
1 teaspoon chia seeds
1 cup ice cubes

INSTRUCTIONS

1. Place a large bowl in the freezer to chill for 5 minutes.
2. Put the 1 ½ cups heavy cream and 2 tablespoons powdered erythritol in the chilled bowl and beat with an electric mixer until you achieve medium peaks.
3. Place the **Choco Hazel** in another large bowl and stir until soft.
4. Fold the whipped cream, ⅓ at a time, into the choco hazel until fully mixed.
5. Transfer the mousse into 4 glasses and chill in the refrigerator for at least 2 hours.
6. After the mousse is chilled, place a medium bowl in the freezer to chill for 5 minutes.
7. Put the 1 cup heavy cream and 3 tablespoons powdered erythritol in the chilled bowl and beat with an electric mixer until you achieve medium peaks.
8. Top the mousse with the whipped cream and sprinkle with cocoa powder and hazelnuts, if using.
9. Enjoy!

Keto BBQ sauce with Sweet like sugar

Prep time: 5 minutes
Cook time: 15 minutes
Yields: 2 cups
Course: Sauce



INGREDIENTS

1 ½ cups ketchup
1 cup **Sweet like sugar**
¾ cup sweet like syrup
½ cup cider vinegar
2 tablespoon grass fed butter
1 tablespoon Worcestershire sauce
2 teaspoon chili powder
1 teaspoon cayenne powder
1 teaspoon garlic powder
1 teaspoon yellow mustard
½ teaspoon onion powder
¼ teaspoon ground cinnamon
½ teaspoon salt
A pinch of ground black pepper

INSTRUCTIONS

1. In a medium size bowl, stir together all the ingredients such as ketchup, sweet like sugar, sweet like syrup, cider vinegar, Worcestershire sauce, chili powder, cayenne powder, garlic powder, yellow mustard, onion powder, ground cinnamon, salt, and pepper, except butter.
2. Transfer the contents to a saucepan over medium high heat and let it cook for 5 minutes. Once it started bubbling, add the butter and reduce the heat to medium low heat. Continue to cook for 10 minutes until it becomes slightly thick. Remove the sauce from heat and use it right away with chicken or store in an airtight container for later use.

Spooky Strawberry Jello Shots

Prep time: 10 minutes

Cook time: 2 minutes

Yields: 4 - 6 cups

Course: Dessert



INGREDIENTS

1 cup **Good Good Strawberry Jam**

1/4 cup sweet like sugar

1 1/2 cup water

2 pack unflavored gelatin

1 teaspoon vanilla extract

INGREDIENTS FOR JELLO TOPPING

1 **Krunchy Keto Bar** (any flavor)

2 tbs **Choco Hazel Spread**

INSTRUCTIONS

1. In a small bowl, mix strawberry jam with 1/2 cup of water until it is smooth.
2. In a medium saucepan, mix 2 packs of unflavored gelatin to a cup of water without any lumps. Heat the saucepan until the water simmers and the gelatin begins to dissolve. Do not boil.
3. Once the gelatin completely dissolved in water. Remove the saucepan from heat, add sweet like sugar and still until it dissolves.
4. Mix the gelatin mixture with the prepared jam mixture until well combined.
5. Pour the mixture equally to 4 - 5 individual glass containers. Refrigerate until set, about 4 hours or overnight.
6. Meanwhile prepare the spooky graveyard signs. Take a **Krunchy Keto Bar** and cut into 1-inch equal pieces cross-sectionally, then cut two corners of one side, so that it resembles the graveyard sign. (You can use any flavor for your liking).
7. In a zip loc bag, fill 1/4 cup of **Choco Hazel Spread** and seal it. Cut at the tip of the bag to a thin hole and write "R.I.P" over the cut pieces of **Krunchy Keto Bars**.
8. Once the strawberry jello is set, remove from the refrigerator, and top with prepared graveyard signs and serve it.

RECIPE NOTES

Any flavored jam would work with this recipe, or you can use equal amount of fresh juice of desired taste.

Instead of individual containers, pour the gelatin jam mixture to a cake pan and cut into cubes once set.

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Keto Raspberry Vinaigrette

Yield: ~ 1 cup

Prep Time: 10 minutes

Cook Time: 0 minutes

Total Time: 10 minutes



INGREDIENTS

1/3 cup red wine vinegar
1/3 cup **Good Good Sweet Raspberry Jam**
1/2 tablespoon **Good Good Sweet Like Sugar**
1/4 teaspoon onion powder
1/8 teaspoon garlic powder
1/4 teaspoon salt
1/4 teaspoon black pepper
1/4 cup extra virgin olive oil

INSTRUCTIONS

1. Place all of the ingredients except the olive oil in a small food processor and blend until smooth.
2. Add the olive oil and blend, once again, until fully mixed.
3. Transfer the dressing to a jar or bottle and store in the refrigerator for up to 2 weeks.

Fruit and Cream Keto Tart

Yield: 8 servings
Prep Time: 20 minutes
Cook Time: 25 minutes
Total Time: 3 hours



INGREDIENTS

For the Crust:
2 cups almond flour
5 tablespoons unsalted butter, melted
¼ cup powdered erithritol
½ teaspoon salt

FOR THE FILLING

1 teaspoon gelatin
1 tablespoon water
6 egg yolks
¾ cup **Good Good Sweet Like Sugar**
1 cup unsweetened almond milk
1 cup heavy cream
Pinch of salt
1 stick unsalted butter, cut into 1 tablespoon slices

FOR GARNISH

½ pint strawberries, green stems removed and sliced
½ pint blueberries
½ pint raspberries
2 kiwi, peeled and very thinly sliced
1 tablespoon **Good Good Apricot Jam**



INSTRUCTIONS

1. Preheat oven to 350°F
2. In a large bowl, whisk together all of the ingredients for the tart.
3. Firmly press the crust ingredients into a 9-inch tart pan, pushing the crust up the sides.
4. Bake the crust until lightly browned around the edges, about 9 minutes.
5. Place in the refrigerator to cool while you make the filling.
6. In a small bowl, whisk together the gelatin and water. Set aside to bloom.
7. In a medium bowl, whisk together the egg yolks and $\frac{3}{4}$ cup **Sweet Like Sugar** until they become lighter in color.
8. In a medium saucepan, combine the almond milk, heavy cream, and salt.
9. Place over a medium heat until bubbles begin to form around the edges of the pan.
10. Whisk the hot cream mixture, a little at a time, into the egg yolk mixture.
11. Return the cream and yolk mixture to the saucepan and place over a medium-low heat.
12. Whisk the mixture constantly until it thickens slightly.
13. Remove from the heat and whisk in the bloomed gelatin, followed by the butter and vanilla.
14. Place the saucepan in an ice bath and stir the mixture until it cools to room temperature and thickens.
15. Pour the cream mixture into the prepared crust and spread until smooth.
16. Arrange the fruit on top of the cream.
17. Place the apricot jam in a small heat-proof bowl and microwave for about 10 seconds or until melted.
18. Using a pastry brush, brush the cut fruit with the apricot jam to prevent it from browning.
19. Cover the tart and refrigerate until firm, about 2 hours.
20. Cut and enjoy!

Ghost Cookie Balls – Krunchy Keto Bars

Prep time: 10 minutes

Cook time: 2 minutes (melting chocolate)

Yields: 12 - 15 cookie balls

Course: Snacks/ Dessert



INGREDIENTS FOR COOKIE BALLS

3-4 **Krunchy Keto Bars** (salty caramel nut)

1/2 cup almond butter

1 cup coconut flour

2 tbsp **Sweet Like Syrup** (optional)

1/2 cup keto chocolate chips

INGREDIENTS FOR SPOOKY TOPPING

1 cup keto chocolate chips

1/4 cup **Sweet Like Syrup** (powdered)

1 tbsp almond milk

INSTRUCTIONS

1. Take 3 keto bars, chop it coarsely and transfer it to a large bowl.
2. Further add almond butter, coconut flour and sweet like syrup, gently mix to form a dough until well combined. Mix in keto chocolate chips.
3. Place in the refrigerator for 15-30 minutes so they are easier to roll. Roll into 12 - 15 lime sized balls.
4. You can serve the cookie balls just as it is!
5. To make the cookie balls into ghost cookie balls, melt a cup of keto chocolate chips in a microwave safe bowl for about 90 seconds with an interval at every 30 seconds.
6. Scoop a teaspoon of melted chocolate and pour over the cookie balls, make sure not to cover the cookie balls, so that it resembles ghosts.
7. Repeat the same for remaining cookie balls. Refrigerate them for 30 minutes to an hour.

Keto eggnog with stevia drops

Prep time: 5 minutes
Cook time: 15 minutes
Yields: 2 servings
Course: Drinks



INGREDIENTS

2 cups almond milk
2 egg yolk
4 drops caramel stevia drops
1 cup heavy cream
1/2 teaspoon vanilla extract
1/2 teaspoon ground cinnamon plus
more for dusting
1/2 cup brandy

INSTRUCTIONS

1. In a small bowl, whisk cold and 1/4 cup heavy cream until light colored.
2. Heat almond milk, ground cinnamon, vanilla extract in a saucepan until simmering. Slowly add in the yolk mixture and continue to stir for 10 minutes to prevent curdling.
3. Remove from heat and strain through a fine mesh, let it cool for 10 minutes in an ice bath.
4. Add the remaining ingredients such as heavy cream, caramel stevia drops, and brandy and stir to combine. Serve in a glass with a sprinkle of ground cinnamon.

Keto Apple Pie

– Sweet like syrup

Prep time: 35 minutes
Cook time: 50 minutes
Yields: 8 servings
Course: Dessert



INGREDIENTS FOR KETO APPLE PIE FILLING

5 medium chayote squash (peeled, deseeded and diced)
1/2 cup unsalted butter
1/4 cup **Sweet Like Syrup**
2 tablespoon arrowroot starch
3 tablespoon lemon juice
2 teaspoon apple pie spice
1 teaspoon vanilla extract

INGREDIENTS FOR KETO CRUST

3 cups blanched almond flour
1/4 cup sweet like syrup
1/2 cup unsalted butter (melted)
1 large egg
1 teaspoon vanilla extract
2 tablespoon cold water (optional)

INSTRUCTIONS FOR KETO PIE CRUST

1. In a food processor add the ingredients such as almond flour, sweet like syrup, melted butter, egg, vanilla extract and pulse few times until it forms into dough. If the dough still looks dry and didn't gather up, add a tablespoon of cold water little at a time until it forms dough.
2. Wrap your crust in a plastic wrap and refrigerate for 30 minutes.



SERVING SUGGESTIONS

2 - 3 scoops keto vanilla ice cream

INSTRUCTIONS FOR KETO PIE CRUST

1. In a food processor add the ingredients such as almond flour, sweet like syrup, melted butter, egg, vanilla extract and pulse few times until it forms into dough. If the dough still looks dry and didn't gather up, add a tablespoon of cold water little at a time until it forms dough.
2. Wrap your crust in a plastic wrap and refrigerate for 30 minutes.

INSTRUCTIONS FOR KETO APPLE PIE FILLING

1. Meanwhile prepare the pie filling. In a medium saucepan, place peeled, deseeded, and diced chayote squash, unsalted butter, lemon juice, apple pie spice, sweet like syrup and cook at medium heat.
2. Once the butter started melting and the ingredients were combined, add the arrowroot starch and vanilla extract, give a gentle mix so that starch combines evenly.
3. Continue to cook at medium low heat for about 20 minutes with occasional stirring, until the contents thickens and not runny. Remove from the heat and let it cool for a while.

ASSEMBLING THE KETO APPLE PIE

1. Preheat oven to 370 F. Grease a 9-inch pie dish and set aside.
2. Remove the pie crust from refrigerator and divide it into two equal portions.
3. Place one portion of dough in between 2 pieces of parchment paper. Sprinkle with a small amount of almond flour so that it doesn't stick to the paper.
4. Roll out the dough to 1/4-inch thickness and about 12-inch diameter. Begin rolling from the center, make sure to patch up the cracks forming at the edges. This is for bottom crust; the diameter is larger as to cover the sides of the pie dish.
5. Now roll out the top crust the same way you rolled out the bottom crust. but for about 9-inch diameter or little more, you can trim the excess dough while assembling.
6. Transfer the bottom crust into a prepared pie dish. Be careful to smooth out any cracks by pressing the dough together.
7. Pre-bake the bottom crust for about 10 minutes until the edges are light brown, then remove from oven.
8. Add the chayote mixture into the pre-baked pie crust. Cover the filling with top crust. Press the edges around the pie with fingertips to seal the two crusts together.
9. Cut slits into the surface of the crust, for the steam to vent as the pie cooks. Cover the edges of the pie dish with foil paper or silicon pie shield to avoid over browning of edges.
10. Bake the pie at 375 degrees for 20 minutes. Remove from oven and let it cool for 10 minutes. Serve warm with a scoop of ice cream.

Loaded Chocolate Chunk Keto Cookie Bars

Yield: 9 large bars
Prep Time: 15 minutes
Cook Time: 25 minutes
Total Time: 1 hour and 10 minutes
Including Cooling



INGREDIENTS

½ cup brown erythritol
¼ cup **Good Good Sweet Like Sugar**
½ cup unsweetened creamy almond butter
2 tablespoons coconut oil
2 eggs
1 teaspoon vanilla
1 ¾ cups almond flour
1 tablespoon coconut flour
1 teaspoon baking powder
¼ teaspoon salt
¼ cup chopped keto-friendly semi-sweet baking bar
2 **Good Good Krunchy Keto Bars**, chopped

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Line a 9-inch by 9-inch casserole dish with parchment paper so that it comes over the edge. This will make it easier for you to remove the bars later.
3. In a large bowl, cream together the brown erythritol, **Sweet Like Sugar**, almond butter, and coconut oil with an electric mixer until light and fluffy.
4. Add the eggs, one at a time, to the butter mixture beating after each addition.
5. Beat in the vanilla.
6. Add the almond flour, coconut flour, baking powder, and salt then stir to incorporate.
7. Add most of the chopped semi-sweet bar and chopped **Krunchy Keto Bar**, saving some to garnish.
8. Spread the cookie dough in the prepared baking dish.
9. Press the remaining semi-sweet bar and **Krunchy Keto Bar** into the top of the dough.
10. Bake the bars until the sides puff up and become brown around the edges, about 25 minutes.
11. Allow the bars to cool for about 30 minutes at room temperature, or until cool.
12. Cut and enjoy or store in an airtight container in the refrigerator.
13. These are also great warm, so you can reheat them in the microwave for about 15 seconds.

Keto ginger-bread cake

with sweet like syrup & sweet like sugar

Prep time: 10 minutes
Cook time: 20 minutes
Yields: 6 - 8 servings
Course: Desserts



INGREDIENTS

1 1/2 cup almond flour
1/4 cup sweet like sugar
1/4 cup sweet like syrup
1/4 cup unsalted butter (softened)
2 large eggs
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon ground nutmeg
A pinch of salt

INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit. Line an 8x8 inch square pan with parchment paper and set aside.
2. In a large mixing bowl, combine unsalted butter, sweet like syrup, eggs, and sweet like sugar.
3. Further add dry ingredients such as almond flour, ground cinnamon, ground ginger, ground nutmeg and a pinch of salt until it is combined to a smooth consistency.
4. Transfer the gingerbread cake batter over prepared cake pan and bake for about 20 minutes until golden brown color.
5. Once baked, remove from oven and let it cool for 20 minutes, slice and serve. If desired drizzle with sweet like syrup and serve.

Pecan pie bars with crunchy keto bars

Prep time: 15 minutes

Cook time: 15 minutes

Yields: 4 - 6 servings

Course: Desserts



INGREDIENTS

4 salty caramel nut **Krunchy Keto Bars**

1/2 cup almond flour

3 tablespoons coconut oil (melted)

1 teaspoon vanilla extract

1 cup halved pecans

1 cup coarsely chopped pecans

1/2 cup **Sweet Like Syrup**

1/2 cup **Sweet Like Sugar**

1/4 cup unsalted butter

1 teaspoon vanilla extract

1/2 teaspoon sea salt flakes

INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit. Line an 8x8 inch square pan with parchment paper and set aside.
2. In a food processor add 4 packs of salty caramel nut crunchy keto bars, almond flour, melted coconut oil, and vanilla extract, combine until it mixed well.
3. Transfer the keto bar mixture to the prepared pan and spread evenly for about 1/2 inch thickness using the back of a spoon.
4. Bake the mixture for about 10 - 15 minutes until it becomes golden brown. Then remove from oven and set aside to cool.
5. Step 5: Heat a medium sized skillet, add **Sweet Like Syrup, Sweet Like Sugar**, unsalted butter, vanilla extract, stir to combine and let it bubbles. Continue to cook for 3 minutes and remove from heat.
6. Step 6: Add the halved and coarsely chopped pecans to the mixture.

Pancake roll-ups with strawberry jam

Prep time: 5 minutes
Cook time: 30 minutes
Yields: 3 – 4 servings
Course: Breakfast/ snacks



INGREDIENTS

2 cups **Good Good Pancake mix**
 $\frac{3}{4}$ cup + 2 tablespoons water
1 teaspoon vanilla extract
2 tablespoons butter
1 jar **Good Good Strawberry Jam**
 $\frac{1}{2}$ cup strawberries (cleaned, hulled & cut into quarters)

RECIPE NOTES

Make the pancakes bigger than the regular size. 8-inch skillet/ griddle should be enough, just use $\frac{1}{2}$ cup of batter and spread a little.

Use fresh & clean kitchen towel to roll the pancakes.

This rolling should be done when the pancakes are hot, so that it retains its shape.

INSTRUCTIONS

1. In a large mixing bowl, add good good pancake mix, along water and vanilla extract, whisk to a smooth batter consistency.
2. Heat a non-stick griddle over medium heat, add a teaspoon of butter and let it melt.
3. Pour $\frac{1}{2}$ cup of pancake batter over heated griddle, cook until golden brown and flip to other side using spatula and let it cook for a minute or so. This pancake should be larger than the regular pancakes.
4. Place a small clean kitchen towel ready over a plate. Once the pancake is cooked, transfer it to the kitchen towel. Gently roll the pancakes along with the towel and let it set for few minutes until the next pancake is ready. (This helps to maintain the shape of rolled pancake!)
5. Repeat the pancakes with remaining batter and follow the same instructions with the kitchen towel.
6. Once the pancake is cool enough to handle, fill the rolled pancakes with strawberry jam. Place the rolled pancakes in a plate with strawberries and serve.

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Keto Crepes

Yield: 4 servings

Prep Time: 15 minutes

Cook Time: 30 minutes

Total Time: 45 minutes



INGREDIENTS

4 ounces cream cheese
4 eggs
 $\frac{3}{4}$ cup almond flour
2 tablespoons **Good Good Sweet Like Sugar**
 $\frac{1}{4}$ cup unsweetened almond milk
Pinch of salt
Good Good Choco Hazel and/or Sweet Jams, any flavor, as desired (you will need about 1 tablespoon of filling per crepe)

INSTRUCTIONS

1. In a blender, combine the cream cheese, eggs, almond flour, **Sweet Like Sugar**, almond milk, and salt.
2. Blend until smooth.
3. Place a medium non-stick over medium-low heat.
4. Lightly butter the pan.
5. Pour in enough batter to cover $\frac{1}{2}$ of the pan, then swirl the pan to cover the entire bottom of the skillet.
6. Cook just until you start to notice the edges become slightly browned, about 3 minutes.
7. Loosen the edges of the crepe with a spatula.
8. Carefully lift the edge of the crepe, then slide a spatula under it and flip.
9. Cook until the other side is cooked, about 2 minutes more.
10. Transfer the crepe to a plate and cover with plastic wrap or another plate.
11. Use the remaining batter to make more crepes.
12. Place a tablespoon of filling onto a crepe, then spread over the entire surface.
13. Fold the crepe into fourths.
14. Repeat with the remaining crepes and enjoy!

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Keto lemon cake

with sugar like sweet

Prep time: 10 minutes
Cook time: 50 minutes
Yields: 8 servings
Course: Dessert



INGREDIENTS FOR KETO LEMON CAKE

5 large eggs (room temperature)
2 ½ cups almond flour
¾ cup **Sweet Like Sugar**
½ cup unsalted butter (melted)
¼ cup lemon juice
2 teaspoon baking powder
1 teaspoon vanilla extract
Zest from one lemon

INGREDIENTS FOR LEMON GLAZING

1 cup **Sweet Like Sugar**
2 tablespoon lemon juice

INSTRUCTIONS

1. Preheat oven to 350°F. Line a loaf pan with parchment paper.
2. In a medium sized bowl, mix almond flour and baking powder roughly. Keep aside.
3. In a large bowl, beat 5 eggs, add **Sweet Like Sugar** and whisk. Further add melted butter, lemon juice, vanilla extract and mix until it turns creamy.
4. Now add almond flour mixture little at a time and mix without any lumps. Finally mix in lemon zest and give a quick mix.
5. Pour the lemon cake batter to the loaf pan and bake for 50 minutes until the crust turns golden brown color and when toothpick inserted comes out clean.
6. Remove the lemon cake from oven and let it cool for 30 minutes.
7. Meanwhile prepare the lemon glazing. Powder the sugar like sweet using blender. Transfer it to a medium bowl, mix in lemon juice and combine until creamy and thin to drizzle.
8. Once the cake is cooled, remove it from loaf pan and drizzle with prepared lemon glaze. Slice, serve and enjoy!

NOTES

1. Make sure the ingredients were at room temperature.
2. The melted butter should not be hot, since it curdles the eggs in the recipe.
3. Do not mix the batter too much, else the texture of the cake will be affected.

Vegan choco chip cookies with sweet like sugar

Prep time: 10 minutes
Cook time: 20 minutes
Yields: 3 - 4 servings
Course: Dessert



INGREDIENTS

1 cup almond flour
6 tablespoons coconut oil
3/4 cup **Sweet Like Sugar**
1 tablespoon flax meal
1/2 teaspoon baking soda
1 teaspoon vanilla extract
1/2 cup chocolate chips
3 scoops vegan vanilla ice cream

INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit. Grease 8-inch cast iron skillet with coconut oil and set aside.
2. In a small bowl, mix flax meal with 3 tablespoons water for about 30 seconds until it becomes thick and gooey. In large mixing bowl, add the wet ingredients such as coconut oil, prepared flax egg, vanilla extract, sweet like sugar until it mixed well.
3. Add dry ingredients such as almond flour, baking soda to the above mixture and mix well until smooth consistency. Mix in 1/4 cup chocolate chips.
4. Pour the cookie dough into the prepared cast iron skillet and press evenly with spatula. Sprinkle with remaining chocolate chips and bake for about 20 minutes until the edges turns golden brown.
5. Remove from oven and let it cool for 10 minutes over counter. Top the skillet cookie with few scoops of vegan vanilla ice cream and serve immediately.

Keto Yogurt and Jam Pops

Yield: 8 pops

Prep Time: 15 minutes

Cook Time: 0 minutes

Total Time: 3 hours 15 minutes



INGREDIENTS

2 ½ cups full-fat, plain yogurt
¼ cup **Good Good Sweet Like Sugar**
1 teaspoon vanilla
2 cups **Good Good Jam**, any flavor

INSTRUCTIONS

1. In a medium bowl, whisk together the yogurt, **Sweet Like Sugar**, and vanilla.
2. Spoon half of the yogurt mixture into the bottom of 8 popsicle molds.
3. Firmly tap the popsicle molds on a countertop, then top with half of the jam.
4. Spoon the remaining yogurt mixture on top of the jam and tap, once again, to settle the mixture.
5. Top with jam and tap firmly again.
6. Insert a popsicle into each mold and freeze for 3 hours or until firm.
7. Run the molds under warm water when you are ready to eat the popsicles and pull firmly to unmold.
8. Enjoy!

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Fruit explosion morning muffins

Prep time: 10 minutes

Cook time: 25 minutes

Yields: 12 muffins

Course: Dessert/ breakfast



INGREDIENTS

½ cup unsalted butter
(room temperature)

1 cup **Good Good Sweet
Like Sugar**

3 large eggs (room
temperature)

½ cup almond milk

1 teaspoon vanilla extract

3 cups almond flour

2 teaspoon baking powder

¼ teaspoon salt

¾ cup **Good Good
Blueberry Jam**

¼ cup fresh blueberries

INSTRUCTIONS

1. Pre-heat the oven to 350 degrees F. Line a 12 standard size muffin pan with muffin liner.
2. In a large bowl, using hand mixer, beat the unsalted butter and **Sweet Like Sugar** until creamy and fluffy.
3. Add eggs one at a time and mix until combined followed by almond milk and vanilla extract.
4. Further add almond flour, baking powder, and salt. Mix until well combined but do not overmix.
5. Scoop the batter to the muffin pan until half filled. Place a tablespoon of blueberry jam in each muffin well, later cover the jam with remaining batter until ¾ of muffin liner.
6. Top each muffin batter with 2-3 fresh blueberries. Bake in a preheated oven for 20-25 minutes until it turns golden brown and when a toothpick inserted comes out clean, there would be some blueberry jam but that's okay.
7. Let it cool for 10 minutes and serve the muffins with milk or as it is for breakfast or snacks. Serve the muffins for about 2 – 3 days in an airtight container/ zip lock bag. Freeze for up to 3 months.

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Keto Peanut Butter and Jelly Cups

Yield: 6 cups

Prep Time: 10 minutes

Cook Time: 5 minutes

Total Time: 45 minutes



INGREDIENTS

1 cup unsweetened creamy peanut butter
2 tablespoons **Good Good Sweet Like Syrup**
¼ cup coconut oil
3 tablespoons **Good Good Jam**, any flavor
2 tablespoons chopped peanuts

INSTRUCTIONS

1. Line a cupcake pan with 6 paper liners.
2. In a small saucepan, combine the peanut butter, **Sweet Like Syrup**, and coconut oil.
3. Stir over a medium-low heat just until melted.
4. Spoon half of the peanut butter mixture into the cupcake papers.
5. Put the cupcake pan in the freezer until the peanut butter mixture is firm, about 10 minutes.
6. Add about ½ tablespoon of jam to the middle of each peanut butter cup and spread slightly to flatten the jam.
7. Top the jam with the remaining peanut butter mixture and sprinkle with peanuts.
8. Place the peanut butter cups in the freezer for 10 more minutes to harden.
9. Enjoy immediately or store in an airtight container in the refrigerator.

Fruity Keto Cheesecake Bites

Yield: 8 Cheesecake Bites

Prep Time: 20 minutes

Cook Time: 0 minutes

Total Time: 2 hours 20 minutes



INGREDIENTS

FOR THE CRUST

1 cup almond flour
3 tablespoons unsalted butter, melted
2 tablespoons brown sugar alternative
⅛ teaspoon cinnamon
¼ teaspoon salt

FOR THE CHEESECAKE

12 ounces cream cheese, softened
¼ cup **Good Good Sweet Like Sugar**
2 tablespoons powdered erythritol
2 tablespoons sour cream
1 teaspoon lemon juice
½ teaspoon vanilla
¾ cup heavy cream

FOR THE FRUITY TOPPING

½ cup **Good Good Sweet Jam**, any flavor
Fruit to garnish, as desired



INSTRUCTIONS

1. Line a cupcake pan with 8 paper liners.
2. In a medium bowl, whisk together all of the ingredients for the crust until well combined.
3. Evenly distribute the crust mixture among the 8 cupcake liners.
4. Using a measuring cup, press the crust mixture down firmly.
5. Place the crusts in the refrigerator while you prepare the cheesecake filling.
6. In a large bowl, beat the cream cheese, **Sweet Like Sugar**, and powdered erythritol until fluffy.
7. Add the sour cream, lemon juice, and vanilla then beat again until fully mixed.
8. Place a medium bowl in the freezer to chill for 5 minutes.
9. Put the heavy cream in the chilled bowl and beat with an electric mixer until you achieve medium peaks.
10. Fold the whipped cream, $\frac{1}{3}$ at a time, into the cream cheese mixture.
11. Evenly distribute among the chilled crusts.
12. Tap the cupcake pan firmly on a countertop or spread the filling with a spatula.
13. Cover and chill the cheesecake bites in the refrigerator until firm, about 2 hours.
14. Top each cheesecake bite with 1 tablespoon of jam and fruit, if using.
15. Enjoy!

Crepes

with Choco Hazel Spread & Raspberry Jam

Prep time: 5 minutes
Cook time: 30 minutes
Yields: 3 – 4 servings
Course: Breakfast



INGREDIENTS

2 cups **Good Good Pancake Mix**

2 ½ cup water

1 teaspoon vanilla

2 tablespoon butter

¾ cup **Good Good Raspberry Jam**

½ cup **Good Good Choco Hazel Spread**

¼ cup fresh raspberries

INSTRUCTIONS

1. In a large mixing bowl, add **Good Good Pancake Mix**, water and vanilla extract. Whisk to combine, the batter would be thin and runny.
2. Heat a non-stick griddle over medium heat, add a teaspoon of butter and let it melt. Pour ¼ cup of prepared batter in a hot griddle and swirl the pan to coat evenly till the edges.
3. Let it cook until the edges turn light brown and crisp for few minutes, flip the crepe using spatula and let it cook for a minute. Once cooked, remove from the griddle carefully and place it on a plate.
4. Repeat the process with remaining batter.
5. Place a crepe in a plate, spread a tablespoon of **Choco Hazel Spread** in one side of the crepe, then fold the crepe halfway to cover the **Choco Hazel Spread**. Then again fold in half way through, so that it forms triangle, repeat the step with remaining crepes.
6. In a plate, serve two prepared crepes topped with a dollop of **Raspberry Jam** and few raspberries.
7. Store the plain crepes in an air-tight container, layered between parchment paper to prevent sticking. It stores well for 2 – 3 days at room temperature and freezes for up to 3 months.

PB&J sandwich with Choco Hazel & Strawberry Jam

Prep time: 5 minutes

Cook time: 6 minutes (Toasting time)

Yields: 3 servings

Course: Breakfast



INGREDIENTS

6 slices keto bread

½ cup **Good Good Choco Hazel Spread**

½ cup **Good Good Strawberry Jam**

INSTRUCTIONS

1. Toast the bread until it is light brown on both sides.
2. Spread the **Choco Hazel Spread** on 3 toasts and strawberry jam on other 3 toasts.
3. Cover the **Choco Hazel Spread** side over strawberry jam side. Slice diagonally and serve / wrap.

Keto vanilla ice cream

with keto raspberry cheesecake bars

Prep time: 20 minutes

Yields: 8 servings

Course: Dessert



INGREDIENTS FOR KETO VANILLA ICE CREAM

2 cups heavy whipping cream
1 cup cream cheese (softened)
1/3 cup **Sweet Like Sugar**
2 teaspoon vanilla extract
2-3 keto raspberry cheesecake bars (cut into cubes)

INGREDIENTS FOR RASPBERRY SAUCE

1/2 cup Keto Raspberry Jam
1/4 cup water

NOTES

1. You can also serve this ice cream with extra raspberry cheesecake bar pieces or sugar like syrup or with any of your favorite toppings.
2. The whipping cream should be beaten until stiff peak to achieve the ice cream texture. If you're using the ice cream maker, then you can skip the "whipping" process.

INSTRUCTIONS

1. In a large bowl, whip the heavy whipping cream for 2-3 minutes until stiff peaks form, set aside.
2. In a food processor, add softened cream cheese, sugar like sweet, and vanilla extract. Blend for a minute until creamy.
3. Take a scoop of cream cheese mixture and fold into the whipped cream mixture. Now add remaining cream cheese mixture, little at a time and fold until mixed well.
4. Now mix in the keto raspberry cheesecake bar pieces into ice cream mixture and transfer into loaf pan or ice cream pan, sprinkle some cheesecake bar pieces over top. Freeze for 5-8 hours or overnight.
5. Meanwhile prepare the raspberry sauce. In a small bowl, mix raspberry jam and water together and transfer to a small saucepan and cook for 2 minutes. Remove from heat and let it cool.
6. Once the ice cream is set and frozen, scoop out into a bowl, drizzle with raspberry sauce, and serve immediately.

Keto chocolate chip cookies

Prep time: 10 minutes

Cook time: 15 minutes

Yields: 18 - 20 cookies

Course: Desserts



INGREDIENTS

¼ cup butter
2 eggs
¼ cup **Sweet Like Sugar**
1 ½ cup blanched almond flour
½ teaspoon baking soda
A pinch of salt
½ teaspoon vanilla extract
1/2 cup dark chocolate chip cookies

INSTRUCTIONS

1. Pre-heat oven to 350°F
2. In a medium sized bowl, mix almond flour, baking soda and salt until well combined, then keep aside.
3. In a large bowl, cream the butter, add the eggs and sweet like sugar, vanilla extract using whisk mix until well combined.
4. Add the dry ingredients to the wet ingredients, using spatula mix to combine, do not overmix.
5. Finally fold in the dark chocolate chips and give a rough mix.
6. Line a baking sheet with parchment paper. Using an ice cream scoop or large spoon, make 2-inch scoops of cookie batter, spacing 2 inch apart each other.
7. Transfer the baking sheet to the oven and bake for 12 - 14 minutes. The cookies should be firm to the touch and soft on the inside.
8. Remove the cookies from oven and let it cool on the rack for 10 minutes before serving.

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