



*Annie Marin*  
MIND BODY WELLNESS

## *Low-Carb Desserts*



# Mexican Chocolate SemiFreddo

NUT  
FREE

DAIRY  
FREE



Prep Time: 15 minutes

Cook Time: 5 minutes plus chill

Servings: 8

6 ounces unsweetened baking chocolate  
chopped fine

2 teaspoons cinnamon

2 teaspoons vanilla extract

3/4 teaspoon sea salt in grain, divided

2 1/2 cups heavy cream or coconut cream  
for dairy free

3 large egg whites room temperature

2/3 cup Confectioners Swerve

- 1 Place the chopped chocolate, cinnamon, vanilla, and 1/2 teaspoon salt in a medium heatproof bowl.
- 2 Heat cream in a small saucepan over medium until barely simmering. Pour hot cream over chocolate mixture and let sit until chocolate is melted, about 5 minutes. Whisk chocolate mixture until combined and smooth. Stir in the natural sweetener.
- 3 Chill, stirring occasionally, until cold, about 1 hour.
- 4 Beat the egg whites until stiff to make a meringue.
- 5 Using an electric mixer, beat chilled chocolate mixture until soft peaks form. Gently fold in meringue, leaving a few streaks.
- 6 Place a piece of parchment paper into a large loaf pan. Scrape into a large loaf pan and cover. Freeze until solid, at least 3 hours and up to 3 days.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
395	39g	4g	7g	5g
	89%	4%	7%	



# Chocolate Cheesecake Trifle

NUT  
FREE



Prep Time: 8 minutes  
Cook Time: 45 minutes  
Servings: 12

## ANGEL FOOD CAKE:

- 12 large egg whites
- 2 teaspoon cream of tartar
- 1 pinch sea salt
- 1 cup Jay Robb Vanilla Protein Powder or chocolate egg white protein powder
- 1 cup Confectioners Swerve or powdered erythritol
- 1 cup unsweetened cocoa powder
- 1 teaspoon chocolate extract or other extract

## Cheesecake:

- 16 ounces cream cheese 2 packages or 2 mascarpone cheese
- 3/4 cup cashew milk or unsweetened almond milk (hemp milk if nut free)
- 3/4 cup Confectioners Swerve
- 1/2 cup unsweetened cocoa powder
- 1 teaspoon vanilla extract
- 1/2 teaspoon sea salt fine grain

- 1 **Angel Food Cake:** Preheat oven to 350 degrees F (175 degrees C). Sift protein powder, cocoa powder and confectioners Swerve together and set aside. In a large clean bowl, whip egg whites with a pinch of salt until foamy.
- 2 Add cream of tartar and continue to beat until very stiff (you will be able to put bowl upside down and the whites won't fall out).
- 3 Add your favorite extract flavor. Quickly fold in protein powder mixture.
- 4 Pour into a greased 10 inch tube pan. Bake at 350 degrees F (175 degrees C) for 45 minutes.
- 5 **Trifle:** Cut the angel food cake into 1 inch pieces.
- 6 In a large bowl combine softened cream cheese and Swerve. Add the unsweetened cashew milk, cocoa powder, vanilla and salt. Combine until smooth. Taste and adjust sweetness to your desired liking.
- 7 Place the angel food cake pieces in a large clear trifle bowl about 2 inches high. Top with 1/4 of the cream cheese mixture. Repeat 3 more times.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
245	16g 59%	16g 26%	9g 15%	3g



# Chai Tea Breakfast Custard

NUT  
FREE

DAIRY  
FREE



Prep Time: 4 minutes  
Cook Time: 1-3 minutes  
Servings: 4

- 1 cup coconut milk full-fat; (or heavy cream if not dairy-sensitive)
- 1 tablespoon gelatin grass-fed powdered
- 1 cup chai tea strong brewed (1 cup water steeped with 2 chai tea bags)
- 1/2 cup Confectioners Swerve sweetener or equivalent
- 2 teaspoons cinnamon
- 1 teaspoon vanilla extract or seeds scraped from 1 vanilla bean (about 6 inches long)
- 1/8 teaspoon sea salt

- 1 Pour the coconut milk into a medium-sized bowl. Sift the gelatin over the milk and let it soften while you prepare the rest of the ingredients.
- 2 Heat 1 cup of strong brewed chai tea in a saucepan over medium heat for a few minutes or until hot. Alternatively, heat the milk in a microwave-safe container in the microwave for a minute.
- 3 Whisk the sweetener and cinnamon into the cool coconut milk gelatin mixture. Stir until well combined.
- 4 Pour the hot coconut milk into the gelatin mixture while stirring constantly. Add the extract and salt. Pour the custard into four 4-ounce serving cups. Place in the refrigerator for 1 hour or until the custard is set. Best served at room temperature but can be served cold.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
105	8g 69%	4g 15%	4g 15%	1g



# Vanilla bean cupcakes



Prep Time: 7 minutes  
Cook Time: 10 minutes  
Servings: 12

## CUPCAKES:

- 2 large eggs
- 4 tablespoons sour cream
- 2 tablespoons coconut oil or butter, softened
- 1/2 cup Confectioners Swerve plus stevia glycerite to taste
- 3 tablespoons coconut flour
- 1 teaspoon baking powder
- 1/4 teaspoon sea salt fine grain

## FROSTING:

- 1/2 stick butter unsalted, softened
- 1/4 cup cream cheese
- 2 tablespoons Confectioners Swerve
- 1 vanilla bean scraped clean (or 2 teaspoons vanilla)
- pinch sea salt fine grain

- 1 Cupcakes: Preheat oven to 325 degrees F. Grease two 12 hole mini muffin tins and set aside.
- 2 In a large bowl combine the eggs, sour cream, softened butter and Swerve. Add stevia glycerite to your desired sweetness (about 1 teaspoon, the sweetness is reduced after baking). Mix until well combined. Add the coconut flour, baking powder and salt. Stir well to combine.
- 3 Place mixture into the greased muffin tins. Bake for 10-12 minutes or until a toothpick inserted into the middle comes out clean.
- 4 FROSTING: Meanwhile make the frosting by combining all the frosting ingredients. Adjusting sweetness to your desired liking.
- 5 One the cupcakes are finished baking, cool completely before frosting.
- 6 Frost and enjoy! Store extras in an airtight container in the fridge for up to 5 days.

Nutritional Info (per serving)				
Calories	Fat	Protein	Carbs	Fiber
130	13g	2g	1g	1g
	90%	7%	3%	



# Chocolate Angel food Cake

NUT  
FREE

DAIRY  
FREE



Prep Time: 10 minutes  
Cook Time: 45 minutes  
Servings: 14

- 12 large egg whites
- 2 teaspoon cream of tartar
- 1 pinch sea salt
- 1 cup Jay Robb Vanilla Protein Powder or chocolate egg white protein powder
- 1 cup Confectioners Swerve sweetener (or powdered erythritol)
- 1 cup unsweetened cocoa powder
- 1 teaspoon chocolate extract (or other extract)

- 1 Preheat oven to 350 degrees F (175 degrees C). Sift protein powder, cocoa powder and confectioners Swerve together and set aside. In a large clean bowl, whip egg whites with a pinch of salt until foamy (save the yolks for “healthified” creme anglaise, OR “healthified” ice cream for the topping).
- 2 Add cream of tartar and continue to beat until very stiff (you will be able to put bowl upside down and the whites won’t fall out).
- 3 Add your favorite extract flavor. Quickly fold in whey mixture.
- 4 Pour into a greased 10 inch tube pan. Bake at 350 degrees F (175 degrees C) for 45 minutes.

## Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
61	1g 15%	10g 66%	3g 19%	1g



# Easy Flourless Cookies



Prep Time: 5 minutes  
Cook Time: 10 minutes  
Servings: 12

1 cup almond butter pecan butter,  
macadamia nut butter  
1/2 cup Confectioners Swerve  
1 teaspoon ~~stevia~~ glycerite  
1 large egg  
1/4 teaspoon sea salt fine grain  
1 teaspoon vanilla extract

- 1 Preheat oven to 350 degrees F.
- 2 Place all the ingredients in a bowl and combine until smooth. Add “healthified” pieces of chocolate if desired.
- 3 Place 2 tablespoons of dough about 2 inches apart on a cookie sheet. Press down a bit with fingers or a fork.
- 4 Bake for 8-10 minutes or until slightly golden brown on the edge.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
135	11g	5g	4g	2g
	73%	15%	12%	



Favorite Appetizers: