



Sweet not sinful

HAVE YOUR CAKE AND EAT IT!

healthy baking
low carb, sugar
free

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Tasha De Quincey

This is an eBook with recipes that my family love. They are not only delicious but healthy. They satisfy any sweet tooth on a low carb lifestyle.



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A few notes. Low carb sweeteners are erythritol, stevia and monk fruit. Truvia is one available in most supermarkets and I also recommend a stevia liquid. When baking add small amounts and keep testing until you reach a sweetness to your own taste. Too much can result in a bitter taste.

Raw Cacao is 100% chocolate. Better options are available online but most supermarkets do these in a powder and as a bar. Measurements are in measuring cups rather than scales. I find this easier to put a recipe together. These are available from most shops.



Crispy Bars

Ingredients

½ cup raw cacao
1/3 cup almond butter
1 tbsp. coconut oil
A mix of:
Desiccated coconut
Almond flakes
Sunflower seeds
Pumpkin seeds
Sesame seeds
Hemp seeds
Mix of nuts (macadamia,
pecans)
1 tsp. truvia
Good pinch of salt

Method

1. Melt the chocolate, almond butter and coconut oil in the microwave for about 1 minute.
2. Simply add a mix of the seeds and nuts until well coated.
3. Pour into a lined bread tin and pop in the fridge to set.
4. Slice and keep refrigerated.

This really is a recipe great for the kids, as you can just throw it together with your favourite ingredients so experiment and have fun.



Muffins

Ingredients

¼ cup blueberries
¾ cup almond flour
¼ cup coconut flour
¼ cup butter melted and cooled
½ cup double cream or coconut cream
1 egg
2 tbsp. truvia
2 tsp. baking powder
2 tsp. vanilla
Pinch of Salt

Method

1. Preheat the oven to 170c and place 12 muffin liners in the tin.
2. Combine all the dry ingredients
3. In a separate bowl whisk together the wet ingredients and add to the dry ingredients
4. Fold in the blueberries
5. Fill each muffin case and bake for about 20/22 minutes.
6. Allow to cool completely.

This is a perfect muffin base and you can change it up by adding raw cacao, using raw cacao powder, raspberries or even keep them as plain vanilla. Let your kids decide.



Cherry Bakewell Cakes

Ingredients

- 1 cup softened butter
- 3 tbsp. truvia
- 2 cups ground almonds
- 2 eggs
- 1 tsp almond extract

Cherry Jam

- 2 1/2 cups of frozen cherries
- 2 tbsp. truvia
- 1 tbsp. arrowroot powder
- 3/4 cup water
- 1 tsp. vanilla

I love to top these with almond slices and you could add any jam that you enjoy.

Method

1. Divide 12 fairy cake liners between a cake tin and preheat the oven to 170c
2. Cream the butter and sweetener
3. Whisk in one egg at a time then add the ground almonds
4. Stir in the almond extract
5. Place a spoon of mixture in each fairy cake liner and then add a spoon of the cherry jam
6. Top each one with the rest of the mixture
7. Bake for roughly 15-20 minutes and allow to cool.

To make the jam:

1. Add all the ingredients to a pan (except the arrowroot)
2. On a medium heat bring to a boil and then simmer gently until thickened slightly. (about 10 minutes)
3. Whisk in the arrowroot mix and take off the heat to thicken.



Peanut Butter Fudge

Ingredients

1 1/2 cups double cream
2 tbsp. butter
1 tbsp. truvia
1/2 tsp. vanilla
1/3 cup smooth peanut
butter

Method

1. Line a loaf tin
2. In a saucepan add the cream, butter and sweetener.
3. Bring to a boil and then simmer gently for about 10-15 mins, stirring occasionally
4. Allow to cool slightly and whisk in the peanut butter.
5. Pour in the tin and add raw cacao to the top (optional)
6. Pop in the fridge to set.
7. Remove and slice into small squares.

Your kids will love this if they love peanut butter. Use crunchy nut butter for a snickers texture



Cookies and Cream dip

Ingredients

Cookie

1 1/4 cups ground almonds
1 tbsp. melted coconut oil
3 tbsp. butter
1/2 tsp. vanilla
1 tbsp. truvia

Cookie Dip

1/2 cup butter
200g soft cheese
2 tbsp. truvia
1 tsp. vanilla
1/4 cup crushed raw
cacao

When making the dip you can use an electric handheld mixer. If it begins to split then add 1 tbsp. of almond milk.

It will go hard in the fridge so take it out for half an hour before eating.

Method

Preheat your oven to 160c and line a baking tray.
2. Add all the ingredients to a food processor and whizz into a dough.
3. Roll into the shapes you would like and pop on your tray
4. Bake for about 10 -12 minutes. Let cool and refrigerate to avoid touching them or they will crumble.

1. On a high heat brown the butter in a saucepan (keep whisking until it turns brown with flecks)
2. Take off the heat and vigorously whisk in the rest of the ingredients (except chocolate) until it's all combined and smooth.
3. Once it has cooled stir in the chocolate.



Coconut & Almond Nests

Ingredients

1/2 cup coconut oil
1/4 cup cacao
3/4 cup desiccated coconut
3/4 cup sliced almonds
Truvia to taste

These are the girls versions
of the chocolate rice crispie
cakes

Method

1. Melt the oil and cacao on a low heat or in a microwave
2. Allow to cool slightly and then mix in the rest of the ingredients.
3. Put a good heap in fairy cake lining and pop in the fridge to set.



Lime & Coconut Cheesecake

Ingredients

Base

1/2 cup ground almonds
1/2 cup pecans
1/4 cup desiccated coconut
4 tbsps. butter
2 tbsps. truvia

Topping

4 ripe avocados
3-4 limes rind and juiced
1/4 cup truvia
1/2 cup coconut oil melted
1 tsp vanilla

Add the lime in small amounts. We love lime so add more. But no one will ever know this is made of avocados. !

Method

1. Line a 6" deep tin, spring form is best
2. In a food processor blend all the ingredients to form a dough like mixture
3. Press in to the base of the tin and refrigerate
4. In a food processor add all the ingredients for the topping and blitz until smooth. (taste test)
5. Pour over your base and leave to set for about an hour.
6. Serve with whipped coconut cream



Raspberry Cream Layer Cake

Ingredients

Cake Layers

1/4 cup coconut flour

1 tbsp. baking powder

125g mozzarella

30g cream cheese

1 egg

1 tbsp. melted coconut oil

2 tbsp. truvia

1tsp vanilla essence

Method

1. Preheat the oven to 170c and line two trays
2. In a microwavable dish add the mozzarella and cream cheese and melt in the microwave.
3. Mix in all the rest of the ingredients until you get a dough form
4. Divide the dough into three and roll into even circles and place on the trays. (you may need to do this between baking paper to avoid sticking or use your hands) or roll out and cut your circles.
5. Bake for roughly 12 minutes.
6. Remove and allow to cool
7. Layer with whipped cream or whipped coconut cream and raspberries.

This is so easy yet perfect for summer BBQs



Vanilla Cheesecake

Ingredients

2 cups Ground Almonds
2 tbsp. truvia
3 tbsp. melted butter
1tsp vanilla
16oz cream cheese
2 cups double cream
1/4 cup water
1 packet gelatine
1 tbsp. vanilla
1/4 cup of truvia

Method

1. Preheat oven to 180c
2. Line a spring form pan with baking parchment
3. To make the crust combine all the ingredients, taste test and then press into the base of the tin
4. Bake for approx. 10 minutes.
5. Remove and allow to cool.
6. Whip the double cream in a bowl.
7. In a separate bowl whip the cream cheese
8. In a small saucepan add the water and sprinkle the gelatine over the top. Let sit for a couple of minutes and then add the sweetener
9. On a gentle heat warm the water, until dissolved and then add the vanilla. (you can add half the sweetener and the rest later so you can get the right sweetness)
10. Whilst whisking add the gelatine mixture to the cream cheese.
11. Fold in the double cream into the cream cheese. Taste test and add more sweetener if required.
12. Add the cheese topping to your cheesecake base and pop in the fridge for a couple of hours or until set.

This is the base cheesecake for a multitude of epic flavours. Add blueberries, raspberries, use coconut cream, add raw cacao, or add the ganache , the list is endless.



Cookie Dough Bars

Ingredients

Cookie Dough Base

1/2 cup butter

2 tbsp. truvia

1 1/2 cups ground almonds

1/2 tsp vanilla essence

handful of broken raw cacao

Ganache Topping

1/2 cup double cream

1/4 cup raw cacao

1tbsp. truvia

This is Evie's recipe and is totally lush. You may not even want to wait for it to set!

Method

1.Line a loaf tin

2. Cream together the butter and sweetener

3.Stir in the almonds, vanilla and chocolate

4.Pop into the loaf tin and firmly push down then set in the fridge

5.Use a heat proof bowl over a saucepan of simmering hot water, add to the bowl the cream, chocolate and sweetener and stir until melted.

6.Allow to cool slightly and then pour over the cookie dough.

7.Set in the fridge before slicing



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