



# 5

## ***Simple Keto Dessert Recipes***



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***New to keto or a keto veteran? No matter where you fall these 5 simple recipes will meet your keto needs!***

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# Keto Chocolate Chip Cookies 'N Cream Milkshake

## INGREDIENTS

### Cookie Crumbs

- 1 cup Nunbelievable Keto Chocolate Chip cookies

### Milkshake (Option 1)

- 2 cups of keto vanilla ice cream
- 1/4 cup unsweetened almond milk
- 6 ice cubes

### Milkshake (Option 2)

- 1.5 cups full fat coconut milk
- 2 teaspoons vanilla extract
- 2-4 tablespoons sweetener, to taste
- 1/4 cup heavy whipping cream
- 6 ice cubes

## DIRECTIONS

### Cookie Crumbs

1. Put cookies in a Ziplock bag and crush with rolling pin or place in a food processor and blend until crumbly, leaving some large chunks. Place in the freezer to chill while you make the milkshake.

### Milkshake (Option 1)

1. Combine the keto vanilla ice cream and milk in a blender, and blend until slightly combined. Add half of the cookie crumbs and pulse for a few seconds. Don't blend completely.
2. Add in the remaining cookie crumbs and pulse again until combined.
3. Pour in your favorite glass and enjoy right away!

### Milkshake (Option 2)

1. Combine all ingredients, aside from the ice, and blend until smooth. Taste for sweetness, then add the ice and pulse until thick.
2. Add half of the cookie crumbs and pulse for a few seconds. Don't blend completely.
3. Add in the remaining cookie crumbs, and pulse again until combined.
4. Pour in your favorite glass and enjoy right away!



# Keto Pecan Sandy Cheesecake

## INGREDIENTS

### Crust

- Nunbelievable Keto Pecan Sandy cookies
- 6 tablespoons butter, melted

### Filling

*(Let all ingredients come to room temperature before beginning)*

- 6 packages 8-ounce, full fat cream cheese
- 2 cups powdered sweetener
- 5 large eggs
- 8 ounces sour cream
- 1 tablespoon vanilla extract

## DIRECTIONS

### Crust

1. Place cookies in a Ziplock bag and crush them with a rolling pin. Add to a bowl and then mix with the butter using a spatula.

### Cheesecake

1. Pre-heat oven to 325F.
2. Pour the crust mixture into a 10 x 4-inch springform pan and press crust evenly into the bottom of the pan.
3. Refrigerate the crust for 20 minutes.
4. In a large mixing bowl, using a hand mixer, beat the cream cheese until light and fluffy.
5. Slowly add in the sweetener powder and continue beating with the hand mixer.
6. Add in eggs one at a time and beat until mixture is blended well.
7. Add in the vanilla and sour cream and continue beating until all ingredients are well incorporated.
8. Pour the cheesecake mixture into the crust and smooth out the top. Bake in the pre-heated oven for 50 minutes.
9. Turn off the oven and leave the door of the oven cracked to prevent the cheesecake from cracking. Let the cheesecake sit in the oven for 30 minutes. Remove the cheesecake from the oven and run a sharp paring knife between the cheesecake and the pan.
10. Leave cake in the pan and let sit on the counter for 1 hour.
11. Cover loosely with plastic wrap and refrigerate for at least 8 hours.
12. Remove the springform pan sides and serve.





# Peanut Butter Fat Bombs

## INGREDIENTS

### Peanut Butter Filling

- 1/2 cup coconut oil (melted)
- 3/4 cup peanut butter (no added salt and sugar)
- 1/4 teaspoon sea salt
- 1 teaspoon vanilla extract
- 2 drops liquid stevia or no calorie sweetener

### Chocolate Ganache

- 1 tablespoon cocoa powder
- 6 tablespoons coconut oil
- 2 drops liquid stevia

## DIRECTIONS

### Peanut Butter Fat Bombs

1. In a medium bowl, mix together the coconut oil, peanut butter, salt, vanilla extract, and liquid stevia. Whisk together until smooth and creamy.
2. Line a 6-muffin tray with muffin paper cups. Spoon about 3 tablespoons of the peanut butter mixture into each cup.
3. Place in the refrigerator for at least 1 hour, or overnight, to set.
4. While the peanut butter layer is chilling, whisk together the chocolate ganache ingredients until silky smooth.
5. Spoon about 1 tablespoon of chocolate ganache on top of each fat bomb.
6. Chill for at least 30 minutes in the refrigerator before serving.



# Keto Hot Chocolate

## INGREDIENTS

### Keto Hot Chocolate

- 3/4 cup unsweetened almond milk
- 1/4 cup of water
- 1/4 cup heavy whipping cream
- 2 teaspoons keto friendly sugar (Swerve)
- 2 tablespoons unsweetened cocoa powder
- 1/4 teaspoon pure vanilla extract
- Dash cinnamon
- Whipped cream for topping (optional)

## DIRECTIONS

### Keto Hot Chocolate

1. In a small saucepan over medium-low heat, whisk together unsweetened cocoa, Swerve, and 2 tablespoons water until smooth.
2. Increase heat to medium, add remaining water and heavy whipping cream, and whisk occasionally until hot.
3. Stir in vanilla extract, then pour into your favorite mug.
4. Serve with whipped cream and a dusting of cocoa powder on top.



A close-up photograph of a light blue ceramic bowl filled with several scoops of creamy, off-white keto ice cream. The ice cream has a soft, melting texture. A black banner with yellow text is overlaid across the middle of the image.

# Keto Ice Cream

## INGREDIENTS

### Keto Ice Cream

- 2 cups heavy cream
- 1/4 cup sweetener
- 2 (15-oz.) cans coconut milk
- 1 teaspoon pure vanilla extract
- Sprinkle of salt

## DIRECTIONS

### Keto Ice Cream

1. Chill coconut milk in the fridge for at least 3 hours, ideally overnight.
2. Open the coconut milk can (do not mix) Spoon coconut cream only into a large bowl, leaving liquid in the can, and use a hand mixer to beat coconut cream until you have very creamy whipped coconut. Set aside.
3. In a different large bowl, using a mixer, beat heavy cream until soft.
4. Next, add in the vanilla and sweetener and beat a little more.
5. Fold whipped coconut into whipped cream, then transfer mixture into a loaf pan.
6. Freeze until solid, about 6 hours.

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