

11 Low-Carb Recipes:

The Best Homemade Healthy Recipes



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Letter from the Editor

Dear Healthy Cooking Enthusiast,

In order to live a healthier lifestyle, you need to make a few changes in the kitchen. A healthy diet will be absolutely essential if you want to lose weight and feel better about yourself. By changing your diet, you'll have more energy to do the things that you love. After you realize how amazing it feels to follow a low-carb diet, you'll never want to cheat again!

This brand new eCookbook will provide you with quick and easy recipes to make your low-carb diet a smashing success. It doesn't matter what kind of low-carb recipe you're looking for because this eCookbook has them all. Perhaps you'd like to snack on our Low-Carb Cheesy Breadsticks (pg. 5). We don't blame you because these breadsticks are delicious and guilt-free. If you're looking for a healthy dinner recipe, then we suggest you try the Crustless Roasted Red Pepper Quiche on page 14. Now if you're craving a sweet treat that won't leave you feeling guilty, you need to try our Low-Carb Chocolate Brownies (pg. 19) or one of our other amazing low-carb desserts. With this collection of delicious and nutritious recipes, it's never been easier to follow a healthy diet.

Make one or make several of these low-carb recipes, and discover the delights of following a healthy diet. No matter which low-carb recipe you decide to try first, you won't be disappointed. All of these recipes are absolutely, without a doubt, the best recipes around. To have these recipes ready when you need them, be sure to save this low-carb eCookbook. You can print it out and keep it handy in your kitchen.

Happy healthy cooking!

Sincerely,

The Editors of FaveHealthyRecipes.com

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HEALTHY LOW-CARB SNACKS

LOW-CARB CHEESY BREADSTICKS

BY: [DARCY FROM MODERN LOW CARB](#)



Following a low-carb diet is often difficult, especially when you're craving pizza. It's insanely hard to avoid the unhealthy treat, but now you can enjoy the taste of pizza without all of the carbs.

These Low-Carb Cheesy Breadsticks are absolutely amazing. With this recipe, you'll still enjoy the crispy crust, the tasty garlic, and gooey cheese. We guarantee that you won't regret making this low carb recipe. Everyone will fall in love with these breadsticks, and you'll be constantly asked to make them again and again.

Serves: 4

Ingredients

- 1 cup + 2 tbsp. shredded, low-moisture, part-skim mozzarella cheese
- 6 tbsp. almond flour
- 3 tbsp. coconut flour
- ½ tsp baking powder
- 4 tbsp. butter
- 1 egg, beaten
- ¼ tsp salt
- ⅛ tsp freshly ground pepper
- ¼ tsp oregano
- ¼ tsp garlic powder
- ¼ tsp red pepper flakes
- ½ tsp dried parsley
- 1 clove garlic
- ½ cup Pepper Jack cheese, shredded
- 1 cup Cheddar cheese, shredded
- 1 tbsp. extra virgin olive oil

Instructions

1. Preheat oven to 400 degrees F.
2. Melt shredded mozzarella cheese in microwave for 25 seconds, or until it forms one melted ball of cheese.
3. Combine almond flour, coconut flour, baking powder, 2 tablespoons of butter, garlic salt, egg, parsley, salt, and pepper. Place the wet dough mix onto a cutting board. Combine with melted mozzarella, and use a kneading motion to combine the cheese into the flour

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mixture. It will take about three to four minutes to get the dough to a proper, combined consistency. Keep kneading!

4. Place a sheet of parchment paper on a baking sheet. Roll out the dough into a circle and place it on the baking sheet. Drizzle with olive oil. Bake for 8 minutes, or until edges become golden brown and crispy. Remove from oven.
5. Combine 2 tablespoons of butter and the garlic clove in a microwave-safe bowl. Microwave for 45 seconds, or until the butter is melted and infused with the garlic. Remove the garlic clove and rub it on the cooked crust. Discard when done. Drizzle crust evenly with garlic butter.
6. Top buttered crust with red pepper flakes, oregano, and a mixture of shredded Jack and Cheddar cheeses. Bake for an additional 7 minutes, or until cheese is melted and bubbly. Slice into sticks and serve.

Nutritional Information per Serving

- 495 Calories
- 37 g Fat
- 9.6 g Carbohydrates
- 6.5 g Net Carbohydrates
- 3.1 g Fiber
- 19.7 g Protein

LOW-CARB MAC AND CHEESE

BY: [VERED FROM HEALTHY RECIPES](#)



If you're trying to stick to a low-carb diet, then you'll typically have to avoid mac and cheese. This is especially the case if the mac and cheese comes out of a box. Well, not anymore!

This Low-Carb Mac and Cheese is low-carb because it uses shirataki rice instead of noodles, so each serving has less than 1 gram of carbohydrates. You'll never think of mac and cheese the same way again because this low-carb snack is definitely adult-friendly.

Serves: 4

Prep Time: 20 min

Cook Time: 30 min

Ingredients

- Olive oil spray
- 2 bags shirataki rice
- 2 tbsp. unsalted butter, melted
- 1 tsp kosher salt
- ¼ tsp black pepper
- ½ tsp garlic powder
- 5 oz. extra-sharp cheddar cheese, divided

Instructions

1. Preheat oven to 350 degrees F. Place four 1-cup ramekins on a baking sheet and lightly spray them with the olive oil spray.
2. Bring a medium pot of water to a boil. Using scissors, open the shirataki rice packages. Pour the contents into a colander. Ignore the slightly fishy smell - it will rinse/cook out. Rinse the "rice" under cold running water for 30 seconds.

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3. Transfer the rice to the boiling water, bring back to a boil, and boil for 3 minutes. While the rice boils, heat a clean, dry medium-sized skillet over medium-high heat.
4. Pour the cooked shirataki rice back into the colander and drain well. Transfer to the hot skillet and dry-roast (adding no oil to the skillet). Stir for about 1-2 minutes, or until rice is visibly dry and makes a squeaking sound when moved in the skillet. This step will get rid of the shirataki's rubbery texture, and it will help it to better absorb the sauce.
5. Transfer the boiled and dried shirataki rice to a medium bowl. Add the butter, salt, pepper, garlic powder, and 4 ounces of the cheese. Mix well.
6. Divide the mixture among the prepared ramekins. Sprinkle the remaining cheese on top. Bake 30 minutes or until golden. Allow to cool 10 minutes before serving.

Notes

Shirataki rice is not for everyone. In some, they may cause bloating, gas, diarrhea, constipation, and even intestinal obstruction. They can also affect the metabolism of medications.

Nutritional Information per Serving

- 193 Calories
- 17 g Fat
- .8 g Carbohydrates
- 0 g Sugars
- 9 g Protein

SALT AND VINEGAR ZUCCHINI CHIPS

BY: [AMANDA FROM THE WHOLESOME DISH](#)



When you're looking for an afternoon snack, you should make this easy zucchini recipe. These Salt and Vinegar Zucchini Chips take only ten minutes of hands-on work and the recipe requires only five ingredients. A healthy snack recipe can't get much easier than that.

So, when you're craving a snack before dinner, you don't need to fill up on empty carbs and unhealthy junk food. This zucchini recipe will satisfy your hunger, but it won't leave you feeling guilty. The best news is that this recipe for salt and vinegar chips is a low-carb recipe. We guarantee that you can't say the same thing about store-bought chips.

Serves: 6

Prep: 15 min

Cook: 2 hrs. 30 min

Ingredients

- 4 medium zucchinis
- 2 tbsp. olive oil
- 2 tbsp. apple cider vinegar (red wine or white vinegar would also work)
- ½ tsp salt
- ¼ tsp ground black pepper

Instructions

1. Preheat oven to 225 degrees F. Line 2 large (17 x 11-inch) baking sheets with parchment paper or silicone baking mats.
2. Cut off the ends of the zucchini and slice them very thin (about ⅛-inch thick), making about 5 cups of zucchini slices. To make it easy and consistent, use a mandolin or the slicing attachment on a food processor.
3. In a large bowl, add the oil, vinegar, salt, and pepper. Whisk until well combined.

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4. Add the zucchini to the bowl. Use your hands to very gently coat the zucchini in the vinaigrette.
5. Pull zucchini slices from the bottom of the bowl (to ensure even vinaigrette distribution) and lay them on the baking sheets. Spread them out into an even layer. Do not overlap.
6. Bake until the zucchini slices are brown and crispy. When you lift the zucchini from the baking sheet, it should not bend. This will take between 2 and 3 hours, depending on how thin your slices are and the color of your pan. If some chips seem done while others still seem a little soft and soggy, remove the chips that are done and return the baking sheet to the oven until all the chips are crisp.
7. Cool completely. Store in an airtight container.

Nutritional Information per Serving

- 63 Calories
- 5.1 g Total Fat
- .8 g Saturated Fat
- 4.1 g Carbohydrates
- 1.3 g Fiber
- 9 g Protein

HEALTHY LOW-CARB DINNERS

GRANDMA'S HOMEMADE CHICKEN NOODLE SOUP

BY: [MARY FROM THE CAKE CHICA](#)



Grandma's Homemade Chicken Noodle Soup is simply the best soup recipe around. The broth, chicken, noodles, and veggies all come together to create an amazing soup that is always full of flavor. You'll never look back after making this healthy recipe for the first time. Although it takes a bit of work to make this soup, you'll agree that it was worth the effort as soon as you slurp your first spoonful. The best news is that this chicken noodle soup recipe has only 11 grams of carbohydrates. So, if you're following a low-carb diet, then this will be the perfect recipe for you.

Serves: 8

Ingredients

To Make the Stock

- 1 three and a half pound to four pound chicken
- 1 tbsp. vegetable oil
- 1 onion, chopped
- 8 cups water
- 2 tsp table salt
- 2 bay leaves

To Make the Soup

- 1 tbsp. vegetable oil
- 1 onion, minced
- 2 carrots, peeled and sliced ¼ inch thick
- 1 tsp minced fresh thyme, or ¼ tsp dried
- 2 cups wide egg noodles
- 2 tbsp. minced fresh parsley
- Salt
- Ground Black Pepper

Instructions

To Make the Stock

1. Cut up the chicken into 7 pieces (2 split breasts, 2 legs, 2 wings, and a backbone). Set the breast aside, and chop the remaining chicken pieces into 2-inch pieces.
2. Heat 1 tablespoon of vegetable oil in a large Dutch oven over medium-high heat until just smoking. Add the chicken breast and cook for 5 minutes or until lightly browned. Transfer the chicken breast to a large bowl and set aside. Add half of the chicken pieces and cook for

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5 minutes or until lightly browned. Transfer to bowl with the chicken breast and repeat with the remaining chicken pieces.

3. Add the chopped onion to the fat left in the pot and cook until softened, about 5 minutes. Return chicken pieces (not the breasts) along with any accumulated juice to the pot. Cover and reduce the heat to low. Cook, stirring occasionally until the chicken has released its juice, about 20 minutes.
4. Add reserved chicken breasts, 8 cups water, 2 teaspoons salt, and 2 bay leaves. Bring to a boil. Cover, and reduce heat to a gentle simmer and cook, skimming the fat as needed, until chicken breasts register 160 to 165 degrees on an instant-read thermometer. This will take about 20 minutes.
5. Remove the chicken pieces from the stock and set aside to cool slightly.
6. Strain the stock through a fine mesh strainer over a large bowl. Let the stock settle for 5 to 10 minutes. Wash and dry the Dutch oven. Skim the stock of fat with a spoon.

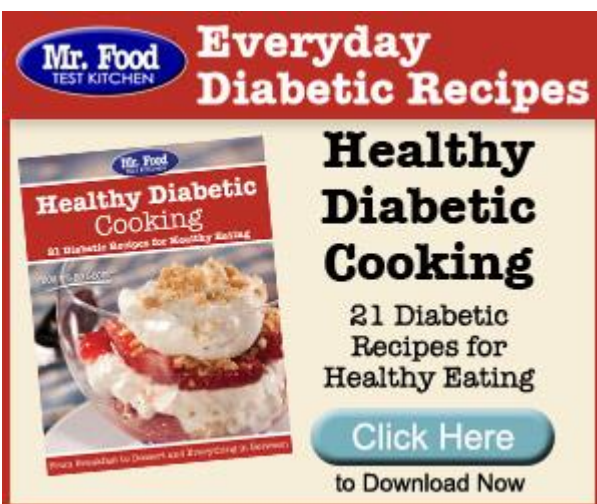
To Make the Soup

1. Heat 1 tablespoon vegetable oil in the Dutch oven over medium heat until shimmering. Add in the onion, carrot, and celery. Cook until softened, about 10 minutes. Stir in thyme and cook until fragrant about 1 minute.
2. Stir in stock and bring to a boil. Reduce the heat to a simmer, and cook until vegetables are just tender, about 10 minutes.
3. Stir in 2 cups of egg noodles and simmer until tender, about 8-10 minutes.
4. Remove and discard skin and bones from chicken and shred into bite-sized pieces. Stir in the shredded chicken and let it heat through, about 2 minutes. Turn off the heat and stir in the parsley, salt, and pepper. Serve and enjoy!

Nutritional Information per Serving

- 486 Calories
- 32 g Total Fat
- 9 g Saturated Fat
- 11 g Carbohydrates
- 2 g Fiber
- 2 g Sugars
- 40 g Protein

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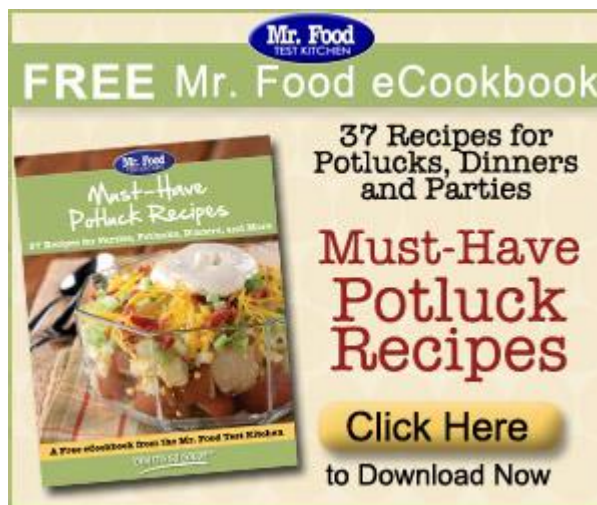
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CRUSTLESS ROASTED RED PEPPER QUICHE

BY: [TORI FROM GRINGALICIOUS](#)



One of the easiest ways to transform vegetables is to roast them. It causes the sugars to caramelize and the flavors to develop into something truly delicious. This Crustless Roasted Red Pepper Quiche recipe uses this method to make a healthy, vegetarian, and low-carb quiche.

Because the egg filling has vegetables and cheese, it doesn't need a crust, which makes this simple quiche recipe gluten free as well. Think beyond brunch for this one, and serve with a light salad for lunch or dinner!

Serves: 4

Prep Time: 10 min

Cook Time: 1 hr. 10 min

Ingredients

- 2 medium-sized roasted red bell peppers, instructions below
- 4 large eggs
- ½ cup half & half
- 1 cup shredded swiss cheese or cheese of choice
- 1 small onion, finely chopped
- 4 cloves garlic, minced
- 2 tbsp. olive oil
- ¼ tsp salt
- ¼ tsp pepper

Instructions

1. To roast the peppers, heat oven to 500 degrees F and line a pan with foil. Place peppers on a tray and roast them in the oven until completely charred and wrinkled. This will take about 30 minutes, and you should turn them a few times during roasting. Line standard-size muffin tins with paper liners or generously grease.
2. Remove from oven and wrap foil tightly around peppers and allow to cool. When cool, remove stems, seeds, and peels from peppers and discard. Put the peppers in a bowl and pour 2 tablespoons of olive oil over top along with any juices from the peppers. At this point you can use immediately or refrigerate until ready to use. They should keep for about 2 weeks.

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3. Reduce oven heat to 350 degrees F. Grease a 9-inch pie pan and beat eggs in a bowl with half & half, salt, and pepper. Chop roasted peppers into small pieces and stir in garlic and onions along with the juices from the peppers. Lastly stir in cheese and pour into pan. Bake for 25 to 35 minutes or until the eggs are set and the edges are browning. Remove from oven and cool for about 10 minutes. Serve and enjoy!

Nutritional Information per Serving (194 g)

- 306 Calories
- 23.3 g Total Fat
- 9.6 g Saturated Fat
- 9.4 g Carbohydrates
- 1.7 g Fiber
- 4.1 g Sugars
- 15.7 g Protein

BROCCOLI AND ZUCCHINI NOODLE CASSEROLE

BY: [JUDITH HINES, FAVEHEALTHYRECIPES ORIGINAL RECIPE](#)



Made with fresh veggies and healthy ingredients, this Broccoli and Zucchini Noodle Casserole will soon become your favorite casserole recipe. This vegetable casserole is both delicious and nutritious, so you won't feel guilty for serving this meal to your family. Put down that box of mac and cheese because this recipe is just as simple to make but it's so much better for you.

Serves: 8

Cook Time: 45 min

Ingredients

- 4 large zucchinis, unpeeled
- 1 tsp salt
- 4 large eggs
- 1 cup egg whites (about 8 eggs)
- ½ cup fat-free plain Greek yogurt
- Fresh ground black pepper
- 2 cups broccoli, chopped into small pieces
- 2 cups kale, stemmed and chopped
- ½ cup basil leaves, roughly torn or chopped
- 1 ½ cup reduced-fat shredded Cheddar cheese, divided

Instructions

1. Preheat oven to 350 degrees F and spray a 10-inch baking dish with cooking spray.
2. Use a spiral cutter to cut the zucchini into "noodles". Place the zucchini noodles into a large colander and sprinkle with the salt, tossing with your hands to mix. Let stand 20 minutes, tossing again a couple times. Place on a clean kitchen towel and roll and squeeze to remove as much moisture as possible.
3. In a large bowl, mix the eggs, egg whites, yogurt, and pepper. Add the dried zucchini, broccoli, kale, and basil into the bowl. Add one cup of the cheese and mix. Pour into the prepared baking dish and sprinkle with the remaining cheese. Bake for 40-45 minutes.

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Notes

- The process of mixing the raw zucchini with salt and letting it stand is to remove excess moisture from the vegetable so that it does not make the dish water-y. Don't be tempted to skip this step.
- If you don't have a spiral cutter, you can slice the zucchini very thinly on a mandolin, box grater, or using a food processor and julienne blade.

Nutritional Information per Serving (295 g)

- 167 Calories
- 7.2 g Total Fat
- 3.4 g Saturated Fat
- 0 g Trans Fat
- 10.1 g Carbohydrates
- 2.6 g Fiber
- 4.3 g Sugars
- 17.4 g Protein



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HEALTHY LOW-CARB DESSERTS

LOW-CARB CHOCOLATE BROWNIES

BY: [COURTNEY FROM FITCAKES](#)



You are going to love this healthy brownie recipe. With only 6 grams of carbs and less than 100 calories per serving, you can enjoy these Low-Carb Chocolate Brownies without feeling any guilt. You'll agree that not much is better than this healthy dessert recipe.

Each delicious fudge bite will leave you wanting more and more. Luckily, this is a healthy recipe, so you won't feel guilty if you take more than your share. You should definitely save this recipe because you'll want to make it again soon. Be sure to share these chocolate brownies with your friends and family.

Makes: 18 Brownies

Cook Time: 30 min

Ingredients

- ¾ cup almond flour
- ½ cup coconut flour
- ½ cup cocoa powder
- 1 ¼ cup stevia powder
- 1 (15-oz) can beets, with water
- ½ scoop (about 18 g) of your favorite protein powder (optional)
- ¼ cup ground flaxseed
- 2 tsp instant espresso powder
- 1 tsp ground cinnamon
- 1 tsp baking soda
- ¼ tsp salt
- ⅓ cup butter, melted
- 2 tsp vanilla extract
- 1 egg
- ⅓ cup mini chocolate chips (optional)

Instructions

1. Preheat the oven to 350 degrees F. Coat two 8 x 8 inch pans with cooking spray.
2. Put almond flour, coconut flour, cocoa powder, stevia powder, beets, protein powder (optional), flaxseed, espresso powder, ground cinnamon, baking soda, salt, and melted butter in a food processor. Blend until thoroughly combined. Scrape down sides with a rubber spatula.
3. Add egg and vanilla. Blend for a few seconds. Scrape down the sides again.

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4. Add the mini chocolate chips (if you decide to include them) and pulse the food processor a few times just to distribute them evenly throughout the batter.
5. Scrape all the batter into the two pans. Place them both in the center of the oven and bake for about 25 to 30 minutes or until baked through but still slightly moist in the center. These brownies will set a bit more as they cool.
6. Store at room temp up to 3 days, or in the refrigerator for 1 week.

Nutritional Information per Serving

(Optional ingredients are not included)

- 97 Calories
- 7.2 g Total Fat
- 3.4 g Saturated Fat
- 0 g Trans Fat
- 10.1 g Carbohydrates
- 2.6 g Fiber
- 4.3 g Sugars
- 17.4 g Protein

5-INGREDIENT SINGLE-SERVE CHOCOLATE CAKE

BY: [BRIANA FROM BRIANA THOMAS](#)



No matter how hard you try to stay away from sweets, sometimes you just can't ignore that chocolate craving. Now, you can satisfy that craving without ruining your diet.

This 5-Ingredient Single-Serve Chocolate Cake is a low-carb, gluten-free, and sugar-free recipe. So, you don't need to feel guilty for making this perfect-for-one chocolate cake. This healthy dessert recipe is chocolatey, moist, and fluffy. It can't get much better than that. We suggest that you make this delightful little cake as soon as possible. It would make the best afternoon snack or after-dinner dessert.

Serves: 1

Cook Time: 1 min

Ingredients

- 1 egg
- 1 tbsp. water
- 1 tbsp. sour cream
- 2 tbsp. cocoa powder
- Sweetener of choice, to taste (see notes section)
- ½ tsp baking powder
- Toppings of choice (optional)

Instructions

1. Combine all ingredients until totally smooth and microwave in a small glass bowl for 1 minute or until mostly done through. Your cake should be still a little wet on top in the middle. We used a 2 cup glass Pyrex dish which worked wonderfully.

Notes

- We suggest that you use any granulated sweetener or a combination of a granulated sweetener and pure stevia extract powder. We do not recommend using only pure stevia

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extract powder. When making this recipe, we used a pinch of pure stevia extract and 2 packets of Truvia (1 ½ tsp Truvia).

- As for the toppings, we included a smear of natural peanut butter, a squirt of Reddi-Whip, and some unsweetened almond milk. But it's up to you to decide what to include on your cake!

Nutritional Information per Serving (86 g)

(Optional ingredients are not included)

- 115 Calories
- 8.3 g Total Fat
- 3.8 g Saturated Fat
- 10.3 g Carbohydrates
- 3.3 g Fiber
- 2.9 g Sugars
- 7.9 g Protein

LOW-CARB SCOTCHAROOS

BY: [JUDITH HINES, FAVEHEALTHYRECIPES ORIGINAL RECIPE](#)



With a crisp peanut butter layer topped with a rich chocolate layer, these Low-Carb Scotcheroos are one of the tastiest dessert recipes around. If you've never tried scotcheroos before, then you're in for a real treat! Every bite will be absolutely amazing, and you'll want to save all of these bars for yourself. Luckily these dessert bars are low in carbohydrates, so you won't feel guilty for eating a few more than you intended.

Makes: 24 Squares

Ingredients

- 3 cups unsweetened coconut flakes
- ½ cup butter
- ½ cup natural sugar-free peanut butter
- 1 cup + 3 tbsp. Splenda
- ⅔ cup vanilla whey protein powder
- 1 cup coconut oil
- 2 tsp cocoa powder

Instructions

1. Prepare a 10 x 7-inch baking pan by lining it with foil. Make sure that you use enough foil for an overhang on each of the long sides. Press the foil into the corners and smooth the surface.
2. Place coconut flakes into a wide dry skillet and, over low heat, cook and stir for about 3 minutes until the coconut flakes begin to brown lightly around the edges. Set aside to cool.
3. Place the butter and peanut butter in a large microwavable bowl, and microwave for 30 seconds or until melted. Stir to combine, then add in the Splenda and whey protein powder. Stir again until completely combined. Add in the coconut flakes until they are coated.
4. Use a spatula to press the coconut mixture into the pan, then lay a piece of plastic wrap on top (so your fingers do not stick to the mixture). Press to compact the mixture and get it into the corners. Smooth the top as flat as possible. Leave the plastic wrap on top, and let the dessert chill in the refrigerator for 1 hour.

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5. In a ceramic bowl, melt the coconut oil in the microwave and combine with cocoa powder and Splenda.
6. Pour the chocolate layer over the peanut butter layer. Make sure the chocolate layer completely covers the peanut butter layer.
7. Chill in freezer for 10 minutes, and then these scotcheroos are ready to serve. Enjoy!

Nutritional Information per Serving (1 square or 31 g)

- 215 Calories
- 19.7 g Total Fat
- 14.9 g Saturated Fat
- 5.1 g Carbohydrates
- 2.1 g Fiber
- 2.3 g Sugars
- 4.3 g Protein

LOW-CARB SALTED CARAMEL CAKE POPS

BY: [CAROLYN FROM ALL DAY I DREAM ABOUT FOOD](#)



There are so many good things about these Low-Carb Salted Caramel Cake Pops. This is a low-carb and gluten-free treat that will delight everyone and anyone. Plus, these cake pops taste absolutely, without a doubt, amazing. You'll want to eat the entire batch in one sitting. You'll love how the rich chocolate combines with the sweet caramel to create a deliciously decadent dessert.

The blogger who created these low-carb cake pops was inspired by a popular Starbucks dessert. But don't worry, these copycat cake pops are much healthier than Starbucks' version. So, you don't have to feel guilty for taking more than your share. We know from experience that it'll be hard to stop yourself after just one.

Makes: 36 Cake Pops

Serving Size: 2 Cake Pops

Materials

- 30 to 40 lollipop sticks
- Large piece of Styrofoam for keeping cake pops upright

Ingredients

For the Low-Carb Chocolate Pound Cake

- 2 cups almond flour
- 1/3 cup cocoa powder
- 1/3 cup coconut flour
- 1/3 cup unflavored whey protein powder
- 1 tbsp. baking powder
- 1 1/2 tsp instant coffee granules
- 1/2 tsp xanthan gum
- 1/2 tsp salt
- 1/2 cup butter
- 2/3 cup Swerve Sweetener or other granulated erythritol
- 4 large eggs
- 1 tsp vanilla
- 1/4 tsp stevia extract

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- $\frac{2}{3}$ cup almond milk

For the Caramel Sauce

- $\frac{1}{4}$ cup butter
- 6 tbsp. Swerve Sweetener
- 2 tbsp. coconut sugar (or two additional tbsp. of Swerve)
- $\frac{1}{2}$ cup heavy cream
- $\frac{1}{4}$ tsp xanthan gum
- $\frac{1}{2}$ cup kosher salt
- 2 tsp water

For the Cake Pops

- 1 recipe for low-carb chocolate pound cake, baked and cooled (recipe below)
- $\frac{1}{2}$ tsp caramel flavor (optional)
- 4 oz. high cacao or sugar-free dark chocolate, chopped

Instructions

To Make the Low-Carb Chocolate Pound Cake

1. Preheat oven to 325 degrees F, and grease a 9 x 5-inch loaf pan.
2. In a medium bowl, whisk together almond flour, cocoa powder, coconut flour, whey protein, baking powder, instant coffee granules, xanthan gum, and salt.
3. In a large bowl, beat butter and Swerve until well combined. Beat in eggs, vanilla, and stevia extract.
4. Beat in almond flour mixture in two batches, alternating with almond milk, until well combined.
5. Spread batter in prepared pan and smooth the top.
6. Bake 45 to 50 minutes or until set. A tester, inserted in the center of the cake, should come out clean.
7. Let cool in the pan for 15 minutes, and then flip out onto a wire rack to cool completely.

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To Make the Salted Caramel

1. In a medium saucepan over medium heat, combine butter, Swerve, and coconut sugar. Bring to a boil and cook 3 to 5 minutes (be careful not to burn it).
2. Remove from heat and add cream. Mixture will bubble vigorously.
3. Sprinkle with xanthan gum and whisk vigorously to combine. Add kosher salt.
4. Return mixture to heat and boil for 1 more minute. Let cool to lukewarm and stir in water until well combined.

To Make the Cake Pops

1. Line a large baking sheet with parchment or waxed paper.
2. In a large bowl, break into crumbs the cooled chocolate pound cake with your hands.
3. Reserve about 2 tablespoons of caramel sauce for garnishing cake pops and set aside. Stir in the remaining caramel sauce and caramel flavor with the crumbled cake. Combine well.
4. Use your hands to squeeze dough together and roll into 1-inch balls. Your dough should be moist enough to hold together very well when squeezed. If not, add a few tablespoons of water, one at a time, to the mixture. Stir to combine. You should get about 36 balls.
5. Place balls on prepared baking sheet and freeze at least one hour.
6. When cake balls are frozen, melt chocolate in a bowl set above barely simmering water (bottom of bowl should not touch water), stirring until smooth.
7. Dip the tip of a lollipop stick into chocolate and press into the center of a frozen cake ball, then dip the cake pop into the chocolate, turning to coat.
8. Tap lollipop stick gently against side of bowl to remove excess chocolate. Turn pop a few times above bowl of chocolate to catch any stray drips.
9. Push tip of lollipop stick into Styrofoam and let set. Repeat with remaining cake balls and sticks.
10. If cake balls start to soften too much, return them to the freezer (they are easier to work with and chocolate coating adheres better and hardens faster when they are frozen).
11. When pops are all set, combine reserved caramel sauce and powdered Swerve in a small bowl until smooth (if your caramel has hardened, warm it gently in the microwave).

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12. Cut the very tiniest tip off the corner of a resealable plastic bag. Spoon caramel mixture into the bag and pipe over cake pops.
13. Sprinkle each with a few grains of sea salt.
14. To make cake truffles instead of pops, simply dip frozen balls in chocolate with a fork, tapping off excess. Return to parchment or waxed lined baking sheet and let set, then continue with remaining directions.

Nutritional Information per Serving (2 Cake Pops)

- 238 Calories
- 20 g Total Fat
- 10 g Carbohydrates
- 6 g Net Carbs
- 4 g Fiber
- 7 g Protein

APPLE PUMPKIN FALL SMOOTHIE

BY: [TIFFANY FROM GREAT FOOD AND LIFESTYLE](#)



Stock up on canned pumpkin because it can be used for more than just pumpkin pie. This Apple Pumpkin Fall Smoothie is a delicious and healthy smoothie that capitalizes on the great taste and nutrients in pumpkin.

Smoothies are a quick and easy way to get lots of nutritious food in your body, and they're also super portable. The addition of cinnamon and cardamom gives this low-carb smoothie a distinctive fall flavor and aroma. This smoothie recipe could easily become paleo friendly by using a different sweetener.

Serves: 6

Ingredients

- 1 ½ cup organic canned pumpkin
- 1 cup unsweetened apple sauce
- ½ can coconut cream
- ¾ cup almond milk
- ¼ cup salted almond butter
- 1 tsp vanilla
- 1 tsp organic cinnamon
- ½ tsp organic cardamom
- ¾ tbsp. xylitol
- 2 cups ice

Instructions

1. Place all of the ingredients in your blender and run it on high until they're smooth. Enjoy!

Notes

- Xylitol is a low-carb natural sweetener that tastes like sugar!
- If you don't mind a few extra carbs, you can substitute xylitol for raw honey. This substitution will also make this recipe paleo!

Nutritional Information per Serving (169 g)

- 196 Calories
- 15.9 g Total Fat
- 4.0 g Fiber
- 8.4 g Sugars
- 13.5 g Saturated Fat
- 14.1 g Carbohydrates
- 2.6 g Protein

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THANK YOU

THE FOLLOWING BLOGGERS MADE THIS EBOOK POSSIBLE:

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