

Cream Cheese Frosting



SERVINGS: *x*

COOK TIME: *5 minutes*

CALORIES: *55*

NET CARBS: *0g*

INGREDIENTS:

8 oz Philadelphia cream cheese
¼ cup half and half
¼ cup Sweetie
¼ tsp vanilla extract

DIRECTIONS:

1. In a microwave-safe bowl, combine the cream cheese, half and half, Sweetie, and vanilla extract.
2. Microwave for 1 minute.
3. Blend with a hand blender until smooth and creamy.

Twinkie Filling



SERVINGS: *x*

COOK TIME: *5 minutes*

CALORIES: *55*

NET CARBS: *0g*

INGREDIENTS:

2 cups heavy whipping cream
4 oz Philadelphia cream cheese,
softened
¼ cup Sweetie
½ tsp vanilla extract

DIRECTIONS:

1. Add the heavy whipping cream, cream cheese, Sweetie, and vanilla extract to a mixing bowl.
2. Blend with a hand mixer or hand blender until smooth, thick, and fluffy.
3. Serve immediately or chill until ready to use.

Flavor Tip: You can swap the vanilla extract for other flavors to create different variations. For example, a few drops of banana extract creates a banana cream flavor.

Chocolate Frosting



SERVINGS: *x*

COOK TIME: *5 minutes*

CALORIES: *55*

NET CARBS: *0g*

INGREDIENTS:

1 cup coconut oil
2 Tbsp heavy whipping cream
2 Tbsp cocoa powder
¼ cup powdered Sweetie
¼ cup peanut butter

DIRECTIONS:

1. Add the coconut oil, heavy whipping cream, cocoa powder, powdered Sweetie, and peanut butter to a bowl.
2. Whisk or blend until smooth and creamy.
3. Serve immediately or refrigerate until ready to use.

Cranberry Relish



SERVINGS: *x*

COOK TIME: *5 minutes*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

1 cup cranberries
¼ cup orange peels
¼ cup Sweetie
¼ cup water

DIRECTIONS:

1. Add the cranberries, orange peels, Sweetie, and water to a blender.
2. Blend on low until combined to your desired consistency.
3. Serve immediately or refrigerate until chilled.

Cinnamon Sweetie



SERVINGS: *x*

COOK TIME: *5 minutes*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

¼ cup Sweetie
½ tsp cinnamon

DIRECTIONS:

1. Mix together and enjoy!

Mocha Mousse



SERVINGS: *x*

COOK TIME: *5 minutes*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

1 cup heavy whipping cream
½ Tbsp instant coffee
2 Tbsp cocoa powder
½ cup powdered Sweetie

DIRECTIONS:

1. Add the heavy whipping cream, instant coffee, cocoa powder, and powdered Sweetie to a mixing bowl.
2. Blend with a hand blender until smooth, thick, and fluffy.
3. Serve immediately or chill before serving.

Mayonnaise



SERVINGS: *x*

COOK TIME: *5 minutes*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

1 teaspoon salt
2 raw eggs
1 Tbsp mustard
2 Tbsp vinegar
Light olive oil, grapeseed oil, or
avocado oil

DIRECTIONS:

1. Add the salt, eggs, mustard, and vinegar to a tall jar or mixing cup.
2. Blend with a hand blender until combined.
3. While blending, slowly stream in the oil until the mixture becomes thick, smooth, and creamy.
4. Continue adding oil until the desired consistency is reached.
5. Refrigerate until ready to use.

Yogurt Parfait



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *148*

NET CARBS: *3g*

INGREDIENTS:

1 cup plain nonfat Greek yogurt
¼ cup blueberries
¼ cup strawberries, diced
2 Tbsp Sweetie
¼ cup keto granola

DIRECTIONS:

1. In a bowl, mix the Greek yogurt and Sweetie until well combined.
2. Top with blueberries, strawberries, and keto granola.