

Mini Keto Pecan Pies

Crust:

5 Tbsp Melted Butter

¾ C Almond Flour

Melt butter in a small saucepan and add flour. Stir until all incorporated.

Divide crust into 24 portions and flatten into mini muffin cupcake tin papers.

Filling:

1 C chopped pecans

2/3 C Low Carb pancake syrup (i.e.- Lakanto syrup)

1/3 C Lakanto Golden Monkfruit sweetener blend (Monkfruit and Erythritol)

½ tsp xanthan gum

2 eggs

1 egg yolk ¼ tsp sea salt (Wakaya's is excellent)

Spoon ½ cup chopped pecans into the muffin tins evenly. Beat eggs and yolk together add all the other ingredients and blend until smooth. Pour into muffin tins and bake at 375 Degrees for 20 minutes or toothpick inserted comes out clean. Cool and top with whipped cream.

Macro info per serving:

9 g fat

1.6 g protein

.58 g carbs (net)

Chocolate Mint Ice Cream

Ingredients:

1 C Heavy Cream

1 C unsweetened Vanilla Almond Milk

200 ML Coconut Cream (about 7 oz...I use Kara Coconut Cream...no carbs!)

150 ML water (to collect all the residual coconut cream from the box...about 4 oz)

2 scoops Keto FUEL

1 tsp vanilla

2 Tbsp Chocolate syrup (any low carb, sugar free brand you like)

6 Tbsp Cocoa Powder

4 Tablets of WP Mineral caps

7 drops WP Peppermint EO

½ tsp WP sea salt

Combine all ingredients into blender. Blend until smooth. Place mix into countertop ice cream machine and churn until mixture has set up and is an ice cream consistency. Freeze for a few hours. Enjoy!

Optional: add some Lilly's chocolate chips towards the end of the churn and/or some chopped nuts.