

Keto Burn Blueprint

30 Irresistible Keto Desserts

By KetoBurnBlueprint.com



Introduction

Craving something sweet on your keto journey? *Keto Burn Blueprint* brings you 30 unique, mouth-watering dessert recipes that keep you in ketosis while satisfying your sweet tooth. From creamy mousses to crunchy cookies, these low-carb, high-fat treats are easy to make and bursting with flavor. Perfect for pairing with your *Keto Burn Blueprint* meal plan or enjoying as standalone delights!

Recipes

Each recipe serves 2 unless otherwise noted, with approximate macros per serving. All sweeteners used are keto-friendly (e.g., erythritol, stevia, or monk fruit).

1. Keto Almond Joy Bars

Ingredients:

- 1/2 cup unsweetened shredded coconut
- 1/4 cup almond butter
- 2 tbsp coconut oil, melted
- 2 tbsp erythritol
- 1/4 cup sugar-free dark chocolate chips
- 6 whole almonds

Instructions:

1. Mix coconut, almond butter, coconut oil, and erythritol in a bowl.
2. Press mixture into a small parchment-lined dish to form a rectangle.
3. Melt chocolate chips and drizzle over the top; place an almond every inch.
4. Freeze for 30 minutes, then cut into 6 bars.
5. Store in the fridge.

Macros (per bar, serves 6): 180 kcal, 17g fat, 2g net carbs, 3g protein

2. Lemon Raspberry Cheesecake Bites

Ingredients:

- 1/2 cup cream cheese, softened
- 2 tbsp heavy cream
- 2 tbsp erythritol
- 1 tbsp lemon juice
- 1/4 cup raspberries

- 1/4 cup almond flour (for crust)

Instructions:

1. Mix almond flour with 1 tbsp melted coconut oil; press into 6 silicone molds.
2. Blend cream cheese, heavy cream, erythritol, and lemon juice until smooth.
3. Fold in raspberries and spoon over crusts.
4. Freeze for 1 hour; pop out and serve chilled.

Macros (per bite, serves 6): 120 kcal, 11g fat, 2g net carbs, 2g protein

3. Keto Peanut Butter Cups

Ingredients:

- 1/4 cup sugar-free dark chocolate chips
- 2 tbsp coconut oil
- 1/4 cup peanut butter (no sugar added)
- 1 tbsp erythritol

Instructions:

1. Melt chocolate chips with 1 tbsp coconut oil.
2. Spoon a thin layer into 6 silicone cupcake molds; freeze for 10 minutes.
3. Mix peanut butter with erythritol and remaining coconut oil; spoon over chocolate layer.
4. Top with another layer of melted chocolate; freeze for 20 minutes.
5. Store in the fridge.

Macros (per cup, serves 6): 150 kcal, 14g fat, 2g net carbs, 3g protein

4. Coconut Lime Fat Bombs

Ingredients:

- 1/2 cup coconut oil, melted
- 1/4 cup cream cheese, softened
- 2 tbsp erythritol
- 1 tbsp lime juice
- 1 tsp lime zest

Instructions:

1. Blend all ingredients until smooth.
2. Pour into silicone molds or scoop into balls.
3. Freeze for 1 hour; store in the freezer.

Macros (per bomb, serves 8): 110 kcal, 11g fat, 1g net carbs, 1g protein

5. Chocolate Hazelnut Truffles

Ingredients:

- 1/4 cup sugar-free dark chocolate chips
- 2 tbsp heavy cream
- 2 tbsp hazelnut butter
- 1 tbsp erythritol
- 2 tbsp chopped hazelnuts (for coating)

Instructions:

1. Melt chocolate chips with heavy cream; stir in hazelnut butter and erythritol.
2. Chill mixture for 30 minutes until firm.
3. Scoop into balls and roll in chopped hazelnuts.
4. Store in the fridge.

Macros (per truffle, serves 6): 130 kcal, 12g fat, 2g net carbs, 2g protein

6. Keto Strawberry Shortcake

Ingredients:

- 1/4 cup almond flour
- 1 tbsp erythritol
- 1 tbsp butter, melted
- 1/2 cup strawberries, sliced
- 1/4 cup heavy cream, whipped

Instructions:

1. Mix almond flour, erythritol, and butter; press into 2 small ramekins.

2. Bake at 350°F (175°C) for 10 minutes; cool.
3. Top with strawberries and whipped cream.
4. Serve immediately.

Macros (per serving): 220 kcal, 20g fat, 3g net carbs, 3g protein

7. Cinnamon Pecan Cookies

Ingredients:

- 1/2 cup almond flour
- 2 tbsp erythritol
- 1 tbsp butter, melted
- 1 tsp cinnamon
- 1/4 cup chopped pecans
- 1 egg white

Instructions:

1. Mix all ingredients to form a dough.
2. Scoop into 8 small balls; flatten on a parchment-lined baking sheet.
3. Bake at 325°F (160°C) for 12 minutes.
4. Cool before serving.

Macros (per cookie, serves 8): 90 kcal, 8g fat, 1g net carbs, 2g protein

8. Keto Tiramisu Cups

Ingredients:

- 1/4 cup almond flour
- 1 tbsp butter, melted
- 1/2 cup mascarpone cheese
- 2 tbsp erythritol
- 1/4 cup heavy cream
- 1 tsp coffee extract
- Cocoa powder for dusting

Instructions:

1. Mix almond flour and butter; press into 4 small cups for crust.
2. Blend mascarpone, erythritol, heavy cream, and coffee extract.
3. Spoon over crusts; dust with cocoa powder.
4. Chill for 1 hour before serving.

Macros (per cup, serves 4): 200 kcal, 19g fat, 2g net carbs, 3g protein

9. Blueberry Coconut Panna Cotta

Ingredients:

- 1/2 cup coconut milk
- 1/4 cup heavy cream
- 2 tbsp erythritol
- 1 tsp gelatin
- 1/4 cup blueberries

Instructions:

1. Dissolve gelatin in 2 tbsp warm water.
2. Heat coconut milk, cream, and erythritol until warm; stir in gelatin.
3. Pour into 2 ramekins; add blueberries.
4. Chill for 4 hours until set.

Macros (per serving): 250 kcal, 24g fat, 3g net carbs, 2g protein

10. Keto Chocolate Chip Cookies

Ingredients:

- 1/2 cup almond flour
- 2 tbsp erythritol
- 1 tbsp butter, melted
- 1 egg yolk
- 1/4 cup sugar-free chocolate chips

Instructions:

1. Mix all ingredients to form a dough.
2. Scoop into 8 cookies; place on a parchment-lined baking sheet.
3. Bake at 350°F (175°C) for 10-12 minutes.
4. Cool completely before serving.

Macros (per cookie, serves 8): 100 kcal, 9g fat, 1g net carbs, 2g protein

11. Matcha Coconut Fat Bombs

Ingredients:

- 1/2 cup coconut oil, melted
- 1/4 cup cream cheese, softened
- 1 tbsp matcha powder
- 2 tbsp erythritol

Instructions:

1. Blend all ingredients until smooth.
2. Pour into silicone molds.
3. Freeze for 1 hour; store in the freezer.

Macros (per bomb, serves 8): 115 kcal, 12g fat, 1g net carbs, 1g protein

12. Keto Lemon Bars

Ingredients:

- 1/2 cup almond flour
- 2 tbsp butter, melted
- 1/4 cup erythritol
- 2 eggs
- 2 tbsp lemon juice
- 1 tsp lemon zest

Instructions:

1. Mix almond flour and butter; press into a small baking dish.
2. Bake at 350°F (175°C) for 10 minutes.

3. Whisk eggs, erythritol, lemon juice, and zest; pour over crust.
4. Bake for 15 minutes; cool and cut into 6 bars.

Macros (per bar, serves 6): 140 kcal, 12g fat, 2g net carbs, 3g protein

13. Chocolate Avocado Ice Cream

Ingredients:

- 1 ripe avocado
- 1/2 cup coconut milk
- 2 tbsp unsweetened cocoa powder
- 2 tbsp erythritol
- 1 tsp vanilla extract

Instructions:

1. Blend all ingredients until smooth.
2. Freeze in a container, stirring every 30 minutes for 2 hours.
3. Scoop and serve.

Macros (per serving): 220 kcal, 20g fat, 3g net carbs, 2g protein

14. Keto Pumpkin Pie Bites

Ingredients:

- 1/4 cup almond flour
- 1 tbsp butter, melted
- 1/4 cup pumpkin puree
- 2 tbsp cream cheese
- 2 tbsp erythritol
- 1 tsp pumpkin pie spice

Instructions:

1. Mix almond flour and butter; press into 6 molds.
2. Blend pumpkin, cream cheese, erythritol, and spice; spoon over crusts.
3. Chill for 2 hours before serving.

Macros (per bite, serves 6): 110 kcal, 10g fat, 2g net carbs, 2g protein

15. Salted Caramel Fat Bombs

Ingredients:

- 1/4 cup coconut oil, melted
- 1/4 cup almond butter
- 2 tbsp erythritol
- 1/2 tsp sea salt
- 1 tsp vanilla extract

Instructions:

1. Mix all ingredients until smooth.
2. Pour into silicone molds.
3. Freeze for 1 hour; store in the freezer.

Macros (per bomb, serves 8): 120 kcal, 12g fat, 1g net carbs, 2g protein

16. Keto Chocolate Mousse

Ingredients:

- 1/2 cup heavy cream
- 2 tbsp unsweetened cocoa powder
- 2 tbsp erythritol
- 1 tsp vanilla extract

Instructions:

1. Whip heavy cream until soft peaks form.
2. Fold in cocoa, erythritol, and vanilla.
3. Chill for 30 minutes before serving.

Macros (per serving): 200 kcal, 20g fat, 2g net carbs, 1g protein

17. Almond Butter Fudge

Ingredients:

- 1/4 cup almond butter
- 1/4 cup coconut oil, melted
- 2 tbsp erythritol
- 1 tsp vanilla extract

Instructions:

1. Mix all ingredients until smooth.
2. Pour into a small parchment-lined dish.
3. Freeze for 1 hour; cut into 6 pieces.

Macros (per piece, serves 6): 150 kcal, 14g fat, 1g net carbs, 2g protein

18. Keto Berry Crumble

Ingredients:

- 1/2 cup mixed berries
- 1/4 cup almond flour
- 2 tbsp butter, melted
- 2 tbsp erythritol
- 1/4 tsp cinnamon

Instructions:

1. Place berries in 2 ramekins.
2. Mix almond flour, butter, erythritol, and cinnamon; sprinkle over berries.
3. Bake at 350°F (175°C) for 15 minutes.
4. Serve warm.

Macros (per serving): 180 kcal, 16g fat, 3g net carbs, 2g protein

19. Mocha Fat Bombs

Ingredients:

- 1/2 cup coconut oil, melted

- 1/4 cup cream cheese
- 1 tbsp unsweetened cocoa powder
- 1 tsp instant coffee
- 2 tbsp erythritol

Instructions:

1. Blend all ingredients until smooth.
2. Pour into silicone molds.
3. Freeze for 1 hour; store in the freezer.

Macros (per bomb, serves 8): 110 kcal, 11g fat, 1g net carbs, 1g protein

20. Keto Vanilla Panna Cotta

Ingredients:

- 1/2 cup coconut milk
- 1/4 cup heavy cream
- 2 tbsp erythritol
- 1 tsp gelatin
- 1 tsp vanilla extract

Instructions:

1. Dissolve gelatin in 2 tbsp warm water.
2. Heat coconut milk, cream, and erythritol; stir in gelatin and vanilla.
3. Pour into 2 ramekins; chill for 4 hours.

Macros (per serving): 230 kcal, 22g fat, 2g net carbs, 2g protein

21. Chocolate Coconut Macaroons

Ingredients:

- 1/2 cup unsweetened shredded coconut
- 2 tbsp almond flour
- 2 tbsp erythritol
- 1 egg white

- 1/4 cup sugar-free chocolate chips, melted

Instructions:

1. Mix coconut, almond flour, erythritol, and egg white.
2. Scoop into 6 mounds on a parchment-lined baking sheet.
3. Bake at 325°F (160°C) for 15 minutes.
4. Drizzle with melted chocolate; cool.

Macros (per macaroon, serves 6): 120 kcal, 11g fat, 2g net carbs, 2g protein

22. Keto Key Lime Pie

Ingredients:

- 1/2 cup almond flour
- 2 tbsp butter, melted
- 1/2 cup cream cheese
- 1/4 cup heavy cream
- 2 tbsp erythritol
- 2 tbsp lime juice
- 1 tsp lime zest

Instructions:

1. Mix almond flour and butter; press into a small pie dish.
2. Bake at 350°F (175°C) for 10 minutes.
3. Blend cream cheese, cream, erythritol, lime juice, and zest; pour over crust.
4. Chill for 2 hours before serving.

Macros (per slice, serves 4): 220 kcal, 20g fat, 3g net carbs, 3g protein

23. Peanut Butter Mousse

Ingredients:

- 1/4 cup peanut butter (no sugar added)
- 1/2 cup heavy cream
- 2 tbsp erythritol

- 1 tsp vanilla extract

Instructions:

1. Whip heavy cream until soft peaks form.
2. Fold in peanut butter, erythritol, and vanilla.
3. Chill for 30 minutes before serving.

Macros (per serving): 250 kcal, 24g fat, 2g net carbs, 4g protein

24. Keto Cinnamon Donut Holes

Ingredients:

- 1/2 cup almond flour
- 2 tbsp erythritol
- 1 tsp cinnamon
- 1 tbsp butter, melted
- 1 egg

Instructions:

1. Mix all ingredients to form a dough.
2. Roll into 8 small balls; place on a parchment-lined baking sheet.
3. Bake at 350°F (175°C) for 12 minutes.
4. Optional: Roll in erythritol-cinnamon mix.

Macros (per donut hole, serves 8): 80 kcal, 7g fat, 1g net carbs, 2g protein

25. Chocolate Peanut Butter Fat Bombs

Ingredients:

- 1/4 cup peanut butter
- 1/4 cup coconut oil, melted
- 2 tbsp unsweetened cocoa powder
- 2 tbsp erythritol

Instructions:

1. Mix all ingredients until smooth.
2. Pour into silicone molds.
3. Freeze for 1 hour; store in the freezer.

Macros (per bomb, serves 8): 120 kcal, 12g fat, 1g net carbs, 2g protein

26. Keto Raspberry Mousse

Ingredients:

- 1/2 cup heavy cream
- 1/4 cup raspberries
- 2 tbsp erythritol
- 1 tsp vanilla extract

Instructions:

1. Whip heavy cream until soft peaks form.
2. Blend raspberries with erythritol and vanilla; fold into cream.
3. Chill for 30 minutes before serving.

Macros (per serving): 200 kcal, 20g fat, 3g net carbs, 1g protein

27. Almond Joy Mousse

Ingredients:

- 1/2 cup heavy cream
- 2 tbsp unsweetened shredded coconut
- 1 tbsp almond butter
- 2 tbsp erythritol
- 1 tsp cocoa powder

Instructions:

1. Whip heavy cream until soft peaks form.
2. Fold in coconut, almond butter, erythritol, and cocoa.
3. Chill for 30 minutes before serving.

Macros (per serving): 220 kcal, 21g fat, 2g net carbs, 2g protein

28. Keto Chocolate Bark

Ingredients:

- 1/2 cup sugar-free dark chocolate chips
- 2 tbsp coconut oil
- 1/4 cup chopped almonds
- 1/4 tsp sea salt

Instructions:

1. Melt chocolate chips with coconut oil.
2. Spread on a parchment-lined tray; sprinkle with almonds and salt.
3. Freeze for 30 minutes; break into pieces.

Macros (per piece, serves 8): 100 kcal, 9g fat, 1g net carbs, 1g protein

29. Vanilla Almond Fat Bombs

Ingredients:

- 1/2 cup coconut oil, melted
- 1/4 cup almond butter
- 2 tbsp erythritol
- 1 tsp vanilla extract

Instructions:

1. Mix all ingredients until smooth.
2. Pour into silicone molds.
3. Freeze for 1 hour; store in the freezer.

Macros (per bomb, serves 8): 120 kcal, 12g fat, 1g net carbs, 2g protein

30. Keto Coconut Cream Pie

Ingredients:

- 1/2 cup almond flour
- 2 tbsp butter, melted
- 1/2 cup coconut milk
- 1/4 cup heavy cream
- 2 tbsp erythritol
- 1 tsp gelatin
- 1/4 cup unsweetened shredded coconut

Instructions:

1. Mix almond flour and butter; press into a small pie dish.
2. Bake at 350°F (175°C) for 10 minutes.
3. Dissolve gelatin in 2 tbsp warm water.
4. Heat coconut milk, cream, and erythritol; stir in gelatin and coconut.
5. Pour over crust; chill for 4 hours.

Macros (per slice, serves 4): 250 kcal, 24g fat, 3g net carbs, 2g protein

Tips for Keto Dessert Success

- **Sweetener Choice:** Adjust erythritol to taste; substitute with monk fruit or stevia if preferred.
 - **Storage:** Most fat bombs and chilled desserts keep well in the fridge (3-5 days) or freezer (up to 1 month).
 - **Portion Control:** These desserts are rich; stick to recommended serving sizes to stay in ketosis.
 - **Customization:** Swap nuts or berries to suit your preferences while keeping carbs low.
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Conclusion

Keto Burn Blueprint makes it easy to enjoy delicious desserts without breaking your keto diet. Pair these treats with your *Keto Fit* recipes and workouts for a balanced, satisfying lifestyle. Indulge guilt-free and keep your keto journey sweet!