

Whipped Topping

Fastest low-carb dessert ever, aside from unwrapping a ChocoPerfection bar.

1 cup heavy cream
1/4 cup SweetPerfection

- 1) Pour the heavy cream in a medium mixing bowl.
 - 2) Sprinkle the SweetPerfection on top of the cream.
 - 3) Mix at highest speed for about three minutes until stiff peaks form.
- You'll know when it is done... the temptation to take off with the whole bowl is overwhelming.

Note: Why use SweetPerfection instead of Splenda? The chicory root that is 99.5% of SweetPerfection helps lower blood sugar levels over time, does not spike insulin levels, and helps with weight loss. Also, because SweetPerfection is nearly 100% fiber, it is very filling and it reduces sugar cravings.

No-Bake Cheesecake with ChocoPerfection Crust

Crust:

2 cups almond flour
1/2 cup SweetPerfection
1 50g bar of Dark ChocoPerfection melted in 1/3 cup butter

In a small bowl, mix the almond flour and the SweetPerfection. Add the ChocoPerfection and melted butter and mix well. Press into the bottom of a Pyrex baking dish.

Filling:

2 Eight-ounce packages of cream cheese, softened
1 cup SweetPerfection
1 pint heavy whipping cream
1 cup Greek yogurt

In a medium bowl, mix together the cream cheese and yogurt using a an electric mixer at medium speed until soft. Add the heavy whipping cream and the SweetPerfection. Continue to mix at medium to high speed until the batter becomes very thick and stiff. Pour into the crust and store chilled in the refrigerator.

ChocoPerfection Ultimate Fudge

12 50g bars Dark ChocoPerfection
1 cup heavy whipping cream
3/4 cup SweetPerfection
2 cups chopped walnuts or pecans

- 1) In a large sauce pan on medium heat, mix the whipping cream and SweetPerfection until warm.
- 2) Place the ChocoPerfection bars in the sauce pan, and allow to melt. Stir by scraping the bottom of the sauce pan with a heat-proof spatula every 30 seconds or so to move the melted chocolate from the bottom and replace with the yet unmelted bars.
- 3) Continue to stir/scape/mix until ChocoPerfection is thoroughly melted. Do not allow mix to boil.
- 4) Add the chopped nuts and stir to combine.
- 5) Pour fudge into a buttered 9" x 9" pan. Cool at room temperature for one hour and then store fudge in the refrigerator.

ChocoPerfection Fudge Brownies

3 cups almond flour
1/3 cup coconut flour
1 cup SweetPerfection
1 tsp. baking soda
3/4 cup heavy whipping cream
6 Dark 50g ChocoPerfection bars
1 cup butter
2 eggs at room temperature
1 cup chopped walnuts, optional

Preheat oven to 350 degrees and butter the sides of a 9" x 9" baking pan.

1) In a small saucer, melt the butter and ChocoPerfection bars at low-medium temperature. Mix frequently and do not allow to boil. When the bars are mostly melted, remove from heat. Continue to mix until the bars are fully melted. Add the heavy whipping cream and mix thoroughly.

2) In a medium sized bowl with an electric mixer on Medium, combine the almond flour, coconut flour, SweetPerfection, and baking soda and mix for one minute.

3) Add the melted ChocoPerfection to the dry ingredients, then add the eggs and mix 1-2 minutes. Add the walnuts, if used, and mix thoroughly.

4) Pour into buttered 9" x 9" pan and bake at 350 degrees for 30 minutes.

Since this recipe is made with heavy whipping cream, it is best to store the brownies in the refrigerator.

ChocoPerfection Chocolate Chip Cookies

3 cups almond flour

1/3 cup coconut flour

3/4 cup SweetPerfection

1 cup melted butter, cooled to near room temperature

1/4 cup erythritol or xylitol

1 Tablespoon vanilla

2 eggs at room temperature

1/2 tsp. sea salt

1 tsp. baking soda

Six ChocoPerfection bars cut into nugget sized pieces. Cut each bar into 5 sections and then into 4-6 nuggets per section.

Preheat oven to 350 degrees and line two cookie sheets with parchment paper.

1) In a medium sized bowl with an electric mixer on Medium, combine the almond flour, coconut flour, SweetPerfection, erythritol, sea salt and baking soda and mix for one minute.

2) Add the melted butter, vanilla and eggs and mix 1-2 minutes

3) With mixer on low, add the ChocoPerfection nuggets and mix for 30 seconds.

Using a tablespoon and butter knife, scoop out cookie dough into 24 large cookies. Bake for 20 minutes until the top of the cookie turns crisp. Cool on cookie tray for 15 minutes before transferring to cookie jar.

Magically Moist Almond Cake

adapted from recipe on Bob's Red Mill Almond Flour

1 1/2 cup almond flour
1/2 cup coconut flour
1 cup SweetPerfection
1/4 teaspoon sea salt
2 teaspoons baking powder
3/4 cup butter, melted and cooled to slightly warm
4 eggs
1/3 cup heavy whipping cream
1 teaspoon vanilla

Preheat oven to 350 degrees and butter a 9" x 9" baking pan.

- 1) In a medium sized bowl with an electric mixer on Medium, combine the almond flour, coconut flour, SweetPerfection, sea salt and baking powder and mix for one minute.
- 2) Add the whipping cream, melted butter, vanilla and eggs and mix 1-2 minutes
- 3) Pour batter into buttered 9" x 9" baking pan and bake at 350 degrees for 30 minutes.

Since this recipe is made with heavy whipping cream, it is best to store this cake in the refrigerator.