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BOTAGOZ ZHARILGASOVA

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**Le Chic Kéto. 100+ Keto  
Desserts Cookbook: Indulge  
Yourself and Yours Guilt-free**



Botagoz Zharilgasova

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«Издательские решения»

**Zharilgasova B.**

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Le Chic Kéto: A Reservoir of Happiness for Your Waistline 100+ fast, elegant keto recipes ready in 5–15 minutes. From chocolate Energy Truffles to savory baked delights, each creation is perfect for storage, portability, and glamour. Master the Keto-Bento art, replacing fast food with style. Indulge, savor, and enjoy keto with sophistication.

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# **Le Chic Kéto. 100+ Keto Desserts Cookbook: Indulge Yourself and Yours Guilt-free**

**Botagoz Zharilgasova**

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## Le Chic Kéto 100+ Keto Desserts Cookbook: Indulge Yourself & Yours Guilt-Free

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Tired of boring keto snacks, mon ami? Open the door to 100+ exquisite wonders – from silky Truffles and cloud-like Muffins to delicate Cottage Cheese Pancakes (*syrniki*). Each recipe is a tiny celebration of flavor, elegance, and pure *joie de vivre*, designed to make your healthy lifestyle feel like a luxury. Go on, treat yourself, charm your loved ones, and savor the chic keto life.

## Introduction



### Mon chéri, welcome!

If you are holding this book, it means that, like me, you value not only taste but also the **art of living lightly** (*l'art de vivre léger*). We are no longer satisfied with rushing, compromising, or – heaven forbid – boring snacks. We seek balance: being active and busy, yet feeling light, energetic, and elegant.

I know how easy it is to stray from the path when life is moving at full speed. Breakfast is often eaten on the run, and lunch turns into a hasty, not always healthy affair. It is in these moments, when the hand reaches for the first available food, that an elegant waistline begins to crumble.

The secret to a Parisian's slender waist is the **ability to enjoy life**. It's not about constant dieting and hunger, but about the pursuit of graceful living and sophisticated choices. They understand that self-care is not hard labor, but a small, daily gift to oneself and loved ones in the form of a perfectly balanced **keto-morsel** (*morceau*), which satisfies hunger, provides energy, and brings true pleasure.

Do you want to master the art of living in a flow of enjoyment, eating lightly, deliciously, and beneficially for your figure?

This very approach – **lightness, sophistication, and pleasure** – became the foundation of this book.

This book is your **keto-morsel** that will free up time from long hours in the kitchen and shield you from the temptation of sudden hunger. Here, you will find over 100 ideas and recipes that you can prepare with such speed and ease, it will feel as if you simply popped into your favorite patisserie.

We have focused on these factors:

– **Speed and Simplicity**. Most recipes will take you no more than 5–20 minutes, relying on a minimal number of highly effective steps.

– **Elegant Packaging**. You will learn how to turn your snacks into graceful **keto-bento boxes** – small, beautiful sets that you won't be ashamed to share with loved ones.

– **Refined Pleasure.** Goodbye, coarse “fat bombs”! Welcome, elegant keto desserts! Let’s savor the textures and flavors: from chocolate-mint truffles to savory cottage cheese pancakes and casseroles, without fear for the waistline.

So, **mon amie**, the time has come for the most graceful, and perhaps most important, part of our art of living lightly.

We, busy women, often face a cunning enemy: **the sugar craving**. If we don’t prepare a worthy defense, it can nullify all our efforts. But is refusing dessert *L’Art de Vivre* (the art of living)? Of course not!

**True elegance is in enjoying while maintaining control.**

Welcome to the world of keto desserts – your smallest, most powerful ally. These aren’t “fat bombs,” but **Energy Morsels** (*Morsels Énergiques*) that provide an incredible energy boost, curb sugar cravings, and fit perfectly into your keto plan.

They can be stored in the freezer, carried with you in a chic box, and shared (if you want!) with loved ones. Trust me, once you master these 100+ recipes, you will forever forget factory-made sweets.

**The Art of the Keto Truffle**

The secret is simple: mix a creamy base with your chosen flavor, roll the balls, and send them to the freezer. The result? A ready-made keto-morsel in 5 minutes.

Here is your first recipe.

**Énergique Keto-Morsel Truffles (Truffes Énergique Kéto)**

A creamy, indulgent keto truffle that melts effortlessly and provides a gentle energy boost. Perfect for busy days, these bites are your first step into chic keto living.

**Quick Facts**

Yield: 10—12 truffles

Serving size: 1 truffle (≈10 g)

Nutrition per serving: ~80 calories • 7 g fat • 1 g protein • 1 g net carbs

Total time: 5 min active • 30 min freezing

Storage: Refrigerator: up to 1 week • Freezer: up to 1 month

**Ingredients**

100 g (7 tbsp) soft butter

50 g (3½ tbsp) melted coconut oil

30 g (3 tbsp) unsweetened cocoa powder

2 tbsp powdered keto sweetener

Pinch of fine sea salt

**Instructions**

Whip the butter and coconut oil until smooth and airy.

Add cocoa, sweetener, and salt; mix thoroughly.

Roll into walnut-sized balls. Place on parchment paper and freeze for 30 minutes.

Optional: Roll in cocoa powder or shredded unsweetened coconut before serving.

### **Le Chic Kéto Signature Tip**

For an extra touch, sprinkle lightly with finely grated dark chocolate or cocoa powder before serving to elevate the elegance of each bite.

Your first Énergique Keto-Morsel is ready.

Keto is a **luxury of choice, not a limitation**. You choose the best, the most delicious, and the most beneficial. Ready to make this part of your style? Just turn the page and enjoy new flavors every day.

**À bientôt** – and may your path be light!

## **Chapitre 1. Les Trois Piliers du Chic Kéto: Philosophie, Science et Esthétique Exquise – The Three Pillars of Le Chic Kéto: Philosophy, Science, and Exquisite Aesthetics**



## 1.1. Philosophie d'Abondance, Non de Privation – Philosophy of Abundance, Not Deficit

You no longer need a “diet.” You need a **lifestyle**. Our approach is not about what you cannot eat, but about the **luxury of choice**. You choose the purest, most satisfying, and most exquisite fuel for your body and brain.

**L'Art de Vivre (The Art of Living)**. True elegance lies in enjoying while maintaining control. Your food is not a punishment, but a privilege. We move away from “boring fat bombs” to **Energy Truffles (*Les Truffes Énergiques*)** – small morsels that satisfy sugar cravings and fit perfectly into your meal plan.

Goodbye, post-lunch fatigue. Forget sugar-induced sleepiness. On clean fats, your energy will last until evening, like a good French perfume -steady and without drops.

**Natural Slimness**. A slender waist is not a goal, but a pleasant bonus for simply choosing the best. When the body runs on beneficial fats, it stops storing excess.

## 1.2. Qu'est-ce que c'est? La Science de la Cétose: Alchimie Métabolique de la Minceur – The Science of Ketosis: The Metabolic Alchemy of Slimness

Ketogenic nutrition is a magical tool. By choosing foods rich in healthy fats and moderate protein, you switch your body into **ketosis mode**.

Instead of glucose (fast and dirty fuel), your body begins to use fats and produce **ketone bodies**. This is not a punishment, but a real bonus.

Ketones are a **super-fuel for the brain**, responsible for mental clarity and stable energy levels. You choose how much and when to eat, freeing yourself from outdated rituals of mandatory three-meals-a-day.

**An Important Note on Elegance.** The modern person's body functions differently. Often, **Keto-Morsels** are all your body requires for ideal energy, and you can comfortably sustain yourself solely on them when your schedule demands freedom and lightness.

### 1.3. La Stratégie de la Grâce – The Strategy of Grace)

Parisian chic requires order and foresight. Our reliable backup is the “**Reservoir of Happiness**” (*Votre “Réservoir” personnel*). This is your personal collection of Keto-Morsels, made with love and stored in the freezer or your handbag.

**The Foresight Game.** You dedicate one hour on a weekend to create several types of morsels at once. You are not just “meal prepping”; you are creating your “Reservoir of Happiness,” which will thoughtfully free you from kitchen routines for an entire week.

**Graceful Presentation.** Presentation matters! Choose cute small jars and stylish containers. Treat each Keto-Morsel as a small gift you present to yourself throughout the day. This ritual transforms a regular snack into an act of *L’Art de Vivre* and is the foundation of natural slimness.

## 1.4. L'Épicerie Fine Kéto: La Garde-Robe de Base des Ingrédients Chic – The Basic Wardrobe of Chic Kéto Ingredients

While *Mise en Place* is the art of organization, the basic wardrobe of ingredients is the **art of selection**. Your “Reservoir of Happiness” begins with the right products.

### Flours

- **Super-Fine Almond Flour**. The gold standard of keto baking. Store in the refrigerator.
- **Coconut Flour**. A strong thickener-use only mixed with almond flour, otherwise, the baked goods will turn out dry.

### Sweet Accents

- **Keto Sweetener (Powder)**. The main sugar substitute. *Tip: Allulose* is the best choice for caramelization. **Erythritol** is a popular zero-calorie option.
- *For your convenience:* You can use any preferred sweetener. For simplicity and predictable results, all recipes in this book use **powdered Erythritol**.
- **Keto Chocolate 85%+** The base for desserts and ganaches.

### Spices and Aroma

- **Ceylon Cinnamon**. Its subtle flavor adds sophistication to all autumn and sweet recipes.
- **Cocoa Powder**. Unsweetened, Dutch-processed – to give truffles a dark color and soft taste.
- **Vanilla Extract**. The natural aromatic backbone of all sweet dishes.
- **High-Quality Turmeric (Powder)**. Imparts a sunny hue to dishes and provides antioxidant support.

### Fats and Textures

- **Ghee Butter**. Pure milk fat with caramel-nut notes, which doesn't burn when frying – your main ally for creating exquisite desserts. *Note:* On weekdays, it can safely be replaced with high-quality butter (82.5%+ fat).
- **Walnuts**. Their noble bitterness and rich crunch are a graceful accent for truffles, candies, cubes, and bars.

## 1.5. Fromagerie Kéto: Fromages et Base Crèmeuse – Cheeses and the Creamy Base

Here, we don't save – we choose. The right cheese is the difference between simply sweet and truly exquisite dessert.

### **Cream Cheese**

Our main ally and the foundation of a flawless texture.

#### **Your Selection Checklist:**

- **Fat Content:** Ideally, at least **50%**.
- **Ingredients:** Only **normalized cream and starter culture**. The shorter the list, the better.
- **What to Avoid:** Steer clear of products labeled “**cheese product,**” “**paste,**” or those containing **vegetable oils, starch, carrageenan, and sugar**.
- **Chef's Tip: Your Secret Recipe for Perfect Cream Cheese** If cream cheese is unavailable, don't despair. You can create its impeccable analog right in your kitchen.
  - Take **fatty granular cottage cheese (9%+)** and **heavy cream (33%)** in a ratio of approximately **2:1**.
  - Blend until absolutely **silky smooth**.
  - **What you get:** A smooth, thick cream with a clean milky flavor and the correct fat content.
  - *Remember:* this will affect the texture (it will be slightly denser), but it will be richly compensated by the knowledge that you created the most important ingredient with your own hands.

### **Mascarpone**

A luxurious fatty alternative. Ideal for:

- Airy mousses and the most tender creams.
- Truffles, candies, and cubes.
- Cottage cheese pancakes and casseroles.
- For bars – use with caution.
- **Strict Taboo: Processed cheese and pre-made curd masses** are categorically unsuitable. *Why?* They will ruin both the texture, the flavor, and the macros of your dessert from the very first step.

## 1.6. Fleur de Sel: Givre Cristallin de Vos Desserts – The Crystalline Hoarfrost of Your Desserts

### What makes it special?

It is not just salt. It is salt of the highest quality.

– **Origin:** It is hand-harvested from the surface of salt marshes in Brittany (France) on sunny and windy days. These are the very first, most fragile, and purest crystals.

– **Texture:** It does not melt instantly. Its **crispy, moist, and fluffy flakes** create an explosive “crunch-crunch” texture in the dessert and melt slowly, revealing the flavor.

– **Taste:** Unlike common salt, which is merely salty, *Fleur de Sel* has a complex, **clean taste without bitterness**, with slight mineral notes that **do not suppress, but enhance** chocolate, caramel, or nuts.

### Why is it the main character?

It acts as a **culinary conductor**: just a pinch is enough for the chocolate in a truffle to sound deeper, the caramel to become more complex, and the cream – more exquisite. It doesn’t salt, it **sets the flavor accents**, creating that very “wow effect.”

### What to use if it’s not on hand?

There is no perfect substitute, but there are worthy alternatives that will save the situation:

– **Fine Sea Salt (NOT extra-fine!)**

– *Why it works:* It also has a complex mineral profile. The key is to choose salt of a **fine but not dusty grind** to retain a hint of crunch.

– *How to use:* Take a pinch and rub it between your fingers right over the dessert. Start with **half the amount** specified in the recipe for *Fleur de Sel*.

– **Pink Himalayan Salt (Fine Grind)**

– *Why it works:* It has a pleasant, soft taste and a beautiful color that can serve as additional decor.

– *How to use:* Similar to sea salt. Grind it in a mill or mortar to the state of small, perceptible crystals.

– **Kosher Salt**

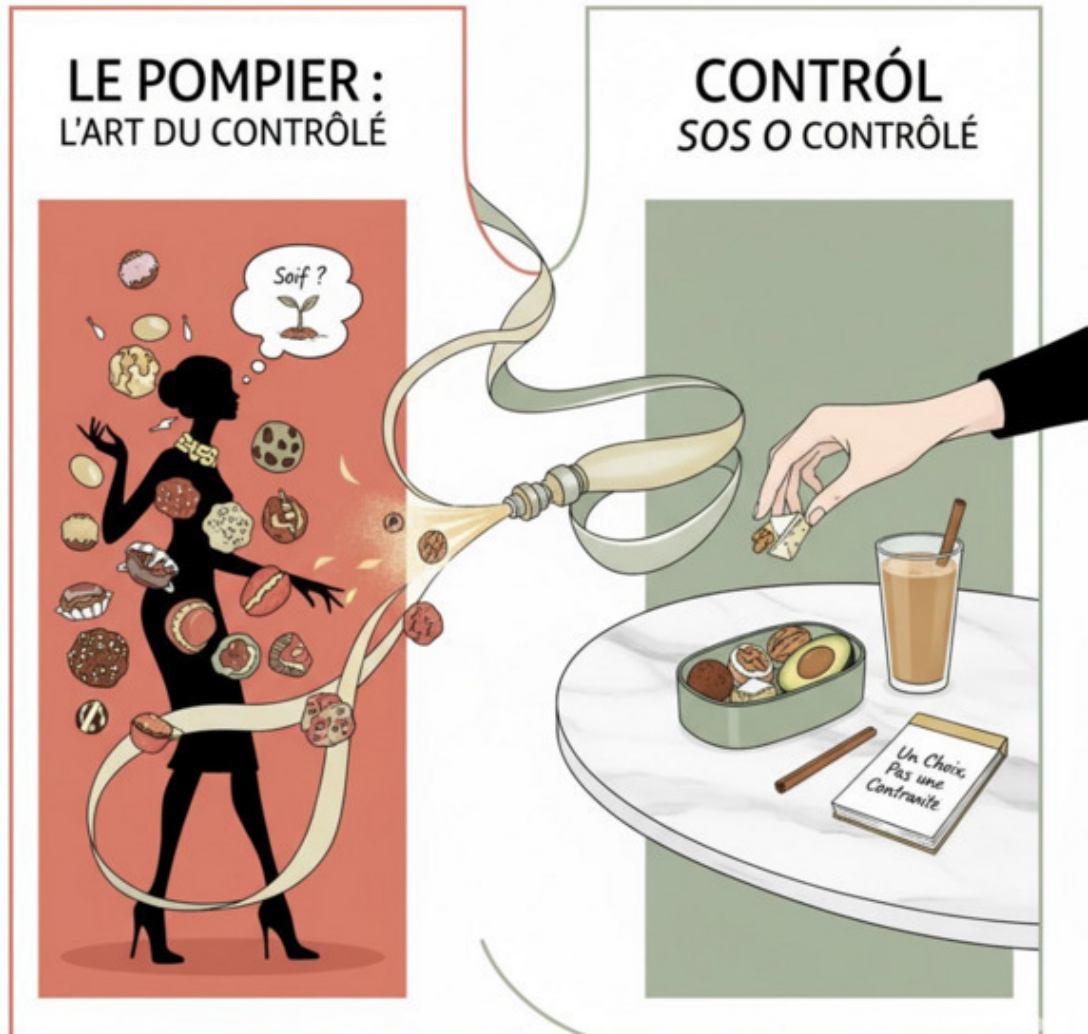
– *Why it works:* It has a light, fluffy texture and a clean, additive-free taste. Its flakes are smaller than *Fleur de Sel*, but they will still provide a pleasant crunchy sensation.

– **What NOT to do: Do not use regular iodized “Extra” table salt!** Its fine and sharp crystals will create a coarse salty burn on the tongue, not a graceful accent, and will mercilessly spoil the entire delicate flavor balance.

Thus, even without the main character, you can create magic by understanding its role. But once you taste *Fleur de Sel*, you will realize that it is **not just salt, but the finishing touch** that transforms a dessert into *haute couture*.

This is the true philosophy of **keto-chic**: when the conscious choice of ingredients unlocks boundless flight of fancy. Your home kitchen is no longer a kitchen – it becomes a **personal boutique of exquisite delicacies**, where even morning coffee with coconut cream is a ritual. And every detail, from the crunchy “cheese” crumbles on a salad to the perfect gradient in a latte macchiato made with almond milk, serves the highest art – to live deliciously, consciously, and gracefully.

## Chapitre 2. Le Pompier: L'Art du Contrôle et Morsels SOS – The Fireman: The Art of Control and SOS-Morsels



## 2.1. L'Instant Détective: Décoder le Signal de Craving en 30 Secondes – Decoding the Craving Signal in 30 Seconds

*Ohlala! Life sometimes throws a craving at you like a mischievous French spy. Don't blame yourself – this is just your body sending a signal.*

Before reaching for food, ask yourself:

– **Thirst, not hunger?** The most common cause of a craving is dehydration. Drink a glass of water with a pinch of salt (electrolytes help!) and wait 5 minutes.

– **Emotions?** Stress, boredom, fatigue? Don't suppress – switch gears. Grab an SOS-Morsel and savor it slowly, focusing on taste, not volume.

– **Fat deficiency?** Your body is signaling for quality fats. This is your cue to activate **Le Pompier** -your “fire extinguishers” like a walnut with cheese or a spoon of coconut oil, prepared for emergencies.

## 2.2. Le Protocole Pompier: Extinction de Craving en Trois Étapes – Three-Step Craving Extinguishing

SOS-Snacks are your rapid response team. Not recipes, but artful assemblies of what's in your keto fridge – ready in under a minute.

### A. Instant Sweet Craving Extinguishing

#### – Chocolate Mousse

– **Le Pompier Mix:** 1 spoon coconut oil + pinch of cocoa + drop of stevia or erythritol.

– **How to Enjoy:** Eat with a small spoon. The creamy texture satisfies like a dessert.

#### – Cheese with Nut

– **Le Pompier Mix:** 3 walnuts + thin slice of Brie or Camembert.

– **How to Enjoy:** Crunch meets creaminess – instant satisfaction.

#### – Hot “Paris” Coffee

– **Le Pompier Mix:** Coffee + spoon of Ghee butter + pinch of Ceylon cinnamon. Whip!

– **How to Enjoy:** Aromatic café experience with an immediate energy boost.

### B. Craving for Salty and Savory

#### – Avocado

– **Le Pompier Mix:** Half an avocado with olive oil, salt, and pepper.

– **How to Enjoy:** Eat with a spoon directly from the peel – ritualistic and soothing.

#### – Mini-Antipasti

– **Le Pompier Mix:** 3 olives +2 slices of salami + piece of feta on a toothpick.

– **How to Enjoy:** Elegant 30-second appetizer, like a refined cocktail party.

#### – Cheese Cocktail

– **Le Pompier Mix:** Cream cheese with Dijon mustard on a lettuce leaf or celery stick.

– **How to Enjoy:** Crunch and satiety without carbs.

## 2.3. Choix, Non Coercition – Choice, Not Coercion

SOS-Snacks require almost no preparation, letting you gracefully survive any craving.

– **Polite Refusal:** When offered forbidden foods, never say “I’m on a diet.” Instead, say:

– *“That looks exquisite, but I have already enjoyed my keto-morsel today.”*

– **Sophistication in Moderation:** Loyalty to your choice commands respect.

– **Ritual of Elegance:** Thoughtful, modern, beneficial snacks energize your body and support a slender figure. Use these ingredients to create keto masterpieces that become the secret tool of your **exquisite elegance**.

## Chapitre 3. Truffles Le Chic Kéto: Séduction Intense – Le Chic Kéto Truffles: Intense Seduction



Intense Chocolate Truffles



Lavender-Bergamot White Chocolate Truffles



Red Velvet Truffles



Almond-Cherry Dark Chocolate Truffles

### 3.1. Truffles Chocolat Intense – Intense Chocolate Truffles

Our first keto truffle is a classic that sets the standard for taste and elegance. A velvety, deep chocolate flavor. The perfect keto-morsel that will make you forget about milk chocolate bars.

#### Quick Facts

**Yield:** 12 truffles

**Serving size:** 1 truffle (≈10 g)

**Nutrition per serving:** 70 calories • 7 g fat • 1 g protein • 0.5 g net carbs

**Total time:** 15 min active +30—40 min chilling

**Storage:** Refrigerator: up to 1 week • Freezer: up to 1 month

#### Ingredients

- ¼ cup (50 g) solid coconut oil
- ¼ cup (50 g) unsweetened almond butter
- 3 tbsp (15 g) unsweetened cocoa powder
- 2—3 tbsp (12—18 g) powdered erythritol (to taste)
- 1 tsp vanilla extract
- Pinch of fine sea salt
- Extra cocoa powder for coating

#### Step-by-Step Preparation (The Artful Method)

**1. Melting with Charm.** Combine the coconut oil, almond butter, and powdered erythritol in a double boiler (or microwave gently). Warm until the mixture becomes glossy and completely smooth. Add the vanilla extract and a delicate pinch of sea salt.

**2. Adding Color.** Remove from the heat and whisk in the cocoa powder. Watch as the mixture transforms into a deep, elegant chocolate shade.

**3. The Mystery of Cooling.** Transfer the mixture to a small bowl and refrigerate for 30—40 minutes, just until firm enough to scoop and shape.

**4. Graceful Presentation.** Using a small spoon or scoop, form perfectly petite truffle balls. Roll them in extra cocoa powder for that classic French finish.

#### Le Chic Kéto Signature Tip

Before serving, garnish the top of each truffle with a miniature fresh mint leaf.

#### For added flair, try these variations:

**Coconut Smooth.** Substitute the cocoa powder for the topping with finely shredded coconut (+0.5g net carbs, +1g fat per truffle). This is perfect for those who love the aroma and flavor of coconut.

**Pistachio Crunch.** Roll the truffles in crushed pistachios (+0.3g net carbs, +2g fat, +1g protein per truffle).

**Intense Chocolate.** Add 10g of 85% dark chocolate during the mixing stage (+0.3g net carbs, +1.5g fat per truffle).

## 3.2. Truffles Baiser à la Menthe – Mint Kiss Truffles

A fresh, invigorating keto-morsel that delivers an instant feeling of freshness and energy. Perfect after lunch.

### Quick Facts

**Yield:** 12 truffles

**Serving size:** 1 truffle (≈10 g)

**Nutrition per serving:** 53 calories • 5,5 g fat • 0,3 g protein • 0.3 g net carbs

**Total time:** 20 min active +15—20 min chilling

**Storage:** Refrigerator: up to 5 days • Freezer: up to 3 weeks

### Ingredients

- 3½ tbsp (50 g) butter, softened
- 2 tbsp (30 g) full-fat cream cheese
- 3—4 tbsp (18—24 g) powdered erythritol (to taste)
- ½ tsp peppermint extract
- ½ tsp vanilla extract
- ⅓ cup (20 g) finely shredded unsweetened coconut
- 1 drop green food coloring (optional)

### Step-by-Step Preparation

**1. Making the frosting.** Beat the softened butter until fluffy and creamy. Add the erythritol and vanilla extract, continuing to beat until fluffy.

**2. Aromatic freshness.** Gently fold in the cream cheese and mint extract. Add two drops of food coloring for a subtle, minty-green tint (optional).

**3. Time for elegance.** Chill the mixture in the freezer for 15—20 minutes until it's firm enough.

**4. Presentation.** Form balls like tiny pearls. Roll them in shredded coconut.

### Le Chic Kéto Signature Tip

For variety, try these **variations**:

**Coconut tenderness.** Add 10 g shredded coconut to the batter (+0.7 g net carbs, +3 g fat per truffle). This approach will enrich each bite with an additional 0.7 grams of net carbs and increase the fat content by a whopping 3 grams.

**Creamy Richness.** Make your truffles even more delicious and rich by adding 5 grams of butter (+4 grams of fat per truffle). Add 5 grams of butter directly to the mixture.

**Lactose-Free Version.** Substitute the cheese with 30 grams of coconut oil (+0.5 grams of net carbs, -0.6 grams of protein per truffle). This culinary experiment will result in a slight increase in carbs and a decrease in protein per bite.

### 3.3. Truffles Caramel Fleur de Sel – Salted Caramel Truffles

A luxurious salty-sweet keto-morsel that delivers the refined taste of a Parisian dessert and soothes sugar cravings from the very first second.

#### Quick Facts

**Yield:** 12 truffles

**Serving size:** 1 truffle (≈10 g)

**Nutrition per serving:** 65 calories • 6.9 g fat • 0.4 g protein • 0.2 g net carbs

**Total time:** 25 min active +1 hour chilling

**Storage:** Refrigerator: up to 10 days • Freezer: up to 5 weeks

#### Ingredients

- ¼ cup +1 tbsp (70 g) ghee or butter
- 2 tbsp (30 g) full-fat cream cheese, softened
- 3 tbsp (18—24 g) powdered erythritol or allulose
- ¼ tsp xanthan gum
- ½ tsp vanilla extract
- 2 tbsp (12 g) almond flour or coconut flour for rolling
- Fleur de sel for finishing

#### Step-by-step preparation:

**1. Making the keto caramel.** Heat the ghee and gradually add the erythritol and xanthan gum (this gives the caramel its stickiness). Simmer for 5 minutes, until the mixture takes on a light caramel color.

**2. Adding Flavor and Chilling.** Add the cream cheese and vanilla extract and mix until smooth. Let the mixture cool to room temperature, then refrigerate for 1 hour.

**3. Forming and Coating.** Form the chilled mixture into balls. Roll them in ground almonds or coconut flour.

**4. Final Chic.** Sprinkle the top of each truffle with just a few crystals of fleur de sel sea salt.

#### Le Chic Kéto Signature Tip

Add a drop of rum or cognac extract to the caramel mixture before cooling. You will achieve an exquisite *je ne sais quoi* (an elusive subtle quality).

#### Suggested variations:

**More caramel.** Add 1 tbsp erythritol (0g net carbs, +0.5g fat per truffle). The truffles will become sweeter and richer in flavor.

**Salty accent.** Sprinkle with 1 fleur de sel salt (0g carbs). Result: a slightly salty flavor contrast.

**Soft texture.** Remove xanthan gum (-0.5g net carbs per truffle). This will give the truffle a softer, more melty texture.

### 3.4. Truffes Blanches Lavande et Bergamote – Lavender-Bergamot White Chocolate Truffles

This keto-morsel, infused with Parisian chic, will transport you to the blooming fields of Provence. It offers tranquility and awakens your inner energy.

#### Quick Facts

**Yield:** 12 truffles

**Serving size:** 1 truffle (≈10 g)

**Nutrition per serving:** 57 calories • 5.9 g fat • 0.3 g protein • 0.7 g net carbs

**Total time:** 20 min active +1 hour chilling

**Storage:** Refrigerator: up to 10 days • Freezer: up to 5 weeks

#### Ingredients

- 2.5 oz (70 g) sugar-free white chocolate, chopped
- 2 tbsp (30 g) coconut oil or ghee
- 2 tbsp (12—18 g) powdered erythritol
- ¼ tsp bergamot extract
- ½ tsp culinary dried lavender
- **Coating:** 2 tbsp powdered erythritol + pinch crushed lavender

#### Step-by-Step Preparation:

**1. Melting Tenderness.** Melt the keto white chocolate in a double boiler until perfectly smooth, then remove from heat to preserve its aroma.

**2. Aromatic Burst.** Add the oil and sweetener to the melted chocolate. Pour in the bergamot extract and dried lavender flowers. Stir carefully so the mixture absorbs the aromas, and let it steep for 5 minutes.

**3. Compacting Grace.** Transfer the mixture to a small mold and place it in the freezer for 30—45 minutes, until the mass is firm enough for shaping.

**4. Graceful Coating.** Form elegant balls. Roll them in the mixture of powdered erythritol and a few crushed lavender flowers.

#### Le Chic Kéto Signature Tip

For a delicate lavender hue, add a drop of natural purple food coloring to the truffles. This makes them look absolutely stunning!

**Also, try these variations:**

**Provençal Depth.** Add 1/4 tsp of lavender flowers (+0.1 g net carbs per truffle). The truffles will acquire a subtle aroma of alpine meadows.

**Citrus Accent.** Add 1/4 tsp of bergamot extract (0 g macros). The notes of citrus aroma will make your dessert more exquisite.

**Pure Chocolate.** Omit the lavender and bergamot (-0.5 g net carbs per truffle). Experience the true taste of quality chocolate without distracting additives.

## 3.5. Truffles Velours Rouge – Red Velvet Truffles

This keto-morsel offers the tenderness and velvety taste of the most expensive French pastry, satisfying your sweet tooth without a gram of guilt.

### Quick Facts

**Yield:** 12 truffles

**Serving size:** 1 truffle (≈12 g)

**Nutrition per serving:** 46 calories • 4.7 g fat • 0.5 g protein • 0.4 g net carbs

**Total time:** 20 min active +1 hour chilling

**Storage:** Refrigerator: up to 1 week • Freezer: up to 1 month

### Ingredients

- ¼ cup (60 g) full-fat cream cheese, softened
- 2 tbsp (30 g) butter, softened
- 3—4 tbsp (18—24 g) powdered erythritol
- 1 tbsp (5 g) unsweetened cocoa powder
- ½ tsp vanilla extract
- 1—2 drops red gel food coloring
- **Coating:** unsweetened shredded coconut or crushed keto cookies

### Step-by-Step Preparation:

**1. Velvet Base.** To achieve a perfect creamy texture, whip the cream cheese with the soft butter until fluffy and uniform.

**2. Color Magic.** Add the sweetener, cocoa powder, and vanilla extract, along with the red food coloring until the mixture acquires a deep, rich red velvet shade.

**3. Cooling Elegance.** Place the mixture in the refrigerator for 40—60 minutes to bring it to a consistency firm enough for shaping.

**4. Exquisite Finish.** Form neat balls and roll them in shredded coconut or keto cookie crumbs.

### Le Chic Kéto Signature Tip

For added sophistication, sprinkle the truffles with fine crumbs of frozen keto-raspberries.

**This will also provide a contrast in color and tartness:**

**Scarlet Velvet.** Add one additional drop of food coloring (does not affect macros). The truffles will intensify, giving them a vibrant red hue.

**Chocolate Depth.** Add 1/2 tbsp cocoa powder (+0.4g net carbs, +0.3g fat per truffle). This will intensify the chocolate flavor, giving the dessert a distinctly bitter note and a deeper texture.

**Natural Elegance.** Omit the food coloring (does not affect macros). The truffles will have a natural creamy brown color.

### 3.6. Truffles Paradis Coco – Coconut Paradise Truffles

This keto-morsel will transport you to white sandy beaches, treating you to a soft, tropical flavor that fills you with energy and joy.

#### Quick Facts

**Yield:** 12 truffles

**Serving size:** 1 truffle (≈13 g)

**Nutrition per serving:** 88 calories • 9.4 g fat • 0.4 g protein • 0.4 g net carbs

**Total time:** 15 min active +40 min chilling

**Storage:** Refrigerator: up to 10 days • Freezer: up to 1 month

#### Ingredients

- ⅓ cup +1 tbsp (90 g) solid coconut oil
- 1 cup (80 g) finely shredded unsweetened coconut, divided
- 2 tbsp (24 g) powdered erythritol
- ½ tsp vanilla extract
- Optional: 1 drop almond extract

#### Step-by-Step Preparation:

**1. Melting and Mixing.** Melt the coconut oil over low heat. Remove from the stove and add the sweetener and shredded coconut. Mix everything and add the vanilla extract and almond flavoring.

**2. Cooling.** Pour the mixture into a small mold and place it in the refrigerator for 40 minutes, until the mass reaches a consistency suitable for shaping.

**3. Graceful Shape.** Form neat balls and roll them in the shredded coconut again.

**4. Storage.** Store the finished *Les Truffles Énergiques* in your “Reservoir of Happiness.”

#### Le Chic Kéto Signature Tip

For enhanced nutritional value, insert one whole toasted almond into the center of each truffle.

#### Also try these variations:

**Coconut Tenderness.** Add 10 g of shredded coconut to the mixture (+0.7 g net carbs, +3 g fat per truffle). Result: increased coconut richness and a pleasant crunch.

**Almond Depth.** Add 5 g of almond butter (+0.2 g net carbs, +1.2 g fat per truffle). This gives the truffles a nutty flavor and a more tender texture.

**Tropical Explosion.** Add 1 drop of pineapple extract (does not affect macros). A refreshing tropical note will appear, adding originality to your treat.

### 3.7. Truffles Tiramisu Chic – Tiramisu Truffles

This keto-morsel delivers the full depth of a classic tiramisu dessert without harming your waistline. Experience a morning lift with a note of coffee and cocoa.

#### Quick Facts

**Yield:** 12 truffles

**Serving size:** 1 truffle (≈12 g)

**Nutrition per serving:** 44 calories • 4.4 g fat • 0.5 g protein • 0.4 g net carbs

**Total time:** 25 min active +45 min chilling

**Storage:** Refrigerator: up to 1 week • Freezer: up to 1 month

#### Ingredients

- ⅓ cup (70 g) mascarpone or cream cheese
- 2 tbsp (30 g) butter, softened
- 2 tbsp (24 g) powdered erythritol
- 1 tsp instant espresso powder
- ¼ tsp rum extract (optional)
- Unsweetened cocoa powder for coating

#### Step-by-Step Preparation:

- 1. Foundation of Elegance.** Whip the cream cheese with the soft butter and sweetener. Achieve a fluffy, uniform mixture.
- 2. Italian Charm.** Mix the instant coffee (or espresso powder) with the rum extract and add the resulting coffee mixture to the cheese base.
- 3. Cooling.** Chill the mixture in the refrigerator for 45 minutes.
- 4. Presentation.** Form small, neat truffles and roll them in cocoa powder.
- 5. Storage.** Store *Le Tiramisu Chic* in an airtight container.

#### Le Chic Kéto Signature Tip

Insert one tiny, sugar-free dried cherry into the center of each ball. You'll get an astonishingly perfect contrast of flavors!

**Don't be afraid to experiment!** Each change in variation not only alters the taste but also accurately reflects the macro balance:

**More Coffee.** Add an additional half teaspoon of instant coffee (0 g macros). This enhances the rich coffee aroma, giving the dessert a deep and piquant flavor.

**No Rum.** Exclude the rum extract (0 g macros). Your dessert will retain the main flavor profile but will lose the characteristic sweet and spicy note.

**Chocolate Accent.** Add 5 g of dark chocolate to the batter (+0.2 g net carbs, +0.8 g fat per serving). A distinct chocolate undertone will appear, along with a silky texture and a noble bitterness.

## 3.8. Truffles Chai Épicié – Spiced Chai Truffles

This keto-morsel will warm you with the aroma of cinnamon, cardamom, and ginger, and provide a feeling of comfort.

### Quick Facts

**Yield:** 12 truffles

**Serving size:** 1 truffle (≈12 g)

**Nutrition per serving:** 50 calories • 5.4 g fat • 0.2 g protein • 0.2 g net carbs

**Total time:** 20 min active +20 min chilling

**Storage:** Refrigerator: up to 1 week • Freezer: up to 1 month

### Ingredients

- ¼ cup (60 g) butter, softened
- 2 tbsp (30 g) full-fat cream cheese
- 2 tbsp (24 g) powdered erythritol
- 1 tsp chai spice mix
- Pinch of sea salt
- **Coating:** 1 tbsp powdered erythritol + ¼ tsp cinnamon

### Step-by-Step Preparation:

**1. Spicy Base.** Whip the soft butter and cream cheese until a creamy texture is achieved. Add the erythritol.

**2. Aroma of the East.** Add the ground cinnamon, cardamom, ginger, and a pinch of salt. Mix thoroughly so the spices are evenly distributed.

**3. Cooling Grace.** Chill the mixture in the freezer for 20 minutes so the mass becomes pliable for forming truffles.

**4. Presentation.** Form perfectly round truffles. Roll them in the mixture of powdered erythritol and a small amount of cinnamon.

### Le Chic Kéto Signature Tip

Serve these truffles with a cup of strong black coffee. The harmony of bitter notes will reveal the full depth of the flavor and give you double the pleasure of the keto-chic effect!

### Experiment, try variations:

**More Spices.** Add a quarter teaspoon of the spice mix (+0.1 g net carbs per truffle). The aroma will become richer and reveal the fullness and spice of the bouquet.

**Milder Option.** Remove a quarter teaspoon of ginger (0 g macros). The sharp accent will soften, and the taste will become more delicate and balanced.

**Chocolate Accent.** Add 5 g of dark chocolate (+0.2 g net carbs, +0.8 g fat per truffle). A rich chocolate undertone will appear, along with subtle notes of cocoa and a seductively smooth texture.

### 3.9. Truffes Amande Amaretto – Almond Amaretto Truffles

An exquisite, nutty keto-morsel without unnecessary carbs, tasting of sweet liqueur. It offers a refined aftertaste and soothes evening cravings.

#### Quick Facts

**Yield:** 12 truffles

**Serving size:** 1 truffle (≈14 g)

**Nutrition per serving:** 72 calories • 6.8 g fat • 1.6 g protein • 0.8 g net carbs

**Total time:** 20 min active +30 min chilling

**Storage:** Refrigerator: up to 10 days • Freezer: up to 5 weeks

#### Ingredients

- ⅓ cup (70 g) unsweetened almond butter
- 2 tbsp (30 g) coconut oil, softened
- 3 tbsp (18—24 g) powdered erythritol
- 1 tsp almond extract
- 1 tbsp (8 g) finely ground almonds
- Coating: 2 tbsp (~12 g) toasted chopped almonds

#### Step-by-Step Preparation:

- 1. Nutty Base.** Mix the almond butter, coconut oil, and erythritol until a smooth, uniform texture is achieved.
- 2. Italian Note.** Add the almond extract, recreating the aroma of Amaretto, and a little ground almond.
- 3. Cooling.** Place the mixture in the refrigerator for 30 minutes to let it harden.
- 4. Garnish.** Form balls and roll them in coarsely ground, toasted almonds.

#### Le Chic Kéto Signature Tip

Leave one whole blanched almond on top of each truffle. This touch will highlight the elegance of the keto-truffle and virtuously complete the composition.

**Create your unique flavor – each change in the recipe opens up new nuances:**

**More Almond.** Add 5 g of almond butter (+0.2 g net carbs, +0.8 g fat). Your truffle will gain a rich nutty flavor and a more tender, creamy texture.

**Crunchy Option.** Add 5 g of roasted almond pieces to the mixture (+0.1 g net carbs, +0.6 g fat). Result: a delightful crunch in every texture.

**Soft Version.** Replace part of the flour with 1 tbsp of ground almond (-0.2 g net carbs, -0.8 g fat). The truffle texture will become airier and lighter.

## 3.10. Truffles Tendresse Citron – Lemon Bliss Truffles

A sunny, citrus keto-morsel that inspires lightness and boosts energy. It's ideal for a brisk start to the day.

### Quick Facts

**Yield:** 12 truffles

**Serving size:** 1 truffle (≈14 g)

**Nutrition per serving:** 57 calories • 5.9 g fat • 0.3 g protein • 0.7 g net carbs

**Total time:** 20 min active +30—40 min chilling

**Storage:** Refrigerator: up to 6 days • Freezer: up to 3—4 weeks

### Ingredients

- 2.5 oz (70 g) sugar-free white chocolate
- 2 tbsp (30 g) coconut oil
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- 2 tbsp (24 g) powdered erythritol
- **Coating:** 1 tbsp powdered erythritol + ½ tsp freeze-dried lemon powder

### Step-by-Step Preparation:

- 1. Citrus Base.** Melt the keto white chocolate with the coconut oil. Achieve perfect smoothness and remove from heat.
- 2. Aromatic Passion.** Add the freshly squeezed lemon juice, zest, and sweetener, as well as a drop of yellow food coloring (optional) for a sunny hue.
- 3. Firming Grace.** Chill the mixture in the refrigerator until it reaches a firm consistency.
- 4. Garnish.** Form balls. Roll them in the mixture of erythritol powder and freeze-dried lemon zest.

### Le Chic Kéto Signature Tip

Serve these truffles with a thin, crispy slice of dried lemon – this touch will highlight your appreciation for elegant details.

#### Transform the recipe into your own with variations:

- **More Citrus.** Add 1/2 tsp of lemon zest. Result: +0.2 g net carbs per truffle. Ensures a bright aroma and a fresh, awakening taste.
- **No Acidity.** Exclude the lemon juice (—1.5 g net carbs, —2 kcal). Result: a soft and neutral profile, without the citrus sharpness.
- **Orange Accent.** Replace the lemon with orange zest (+0.5 g net carbs per truffle). This will add warm, sweet notes with a light floral tenderness to the truffles.

### 3.11. Truffles Rêve de Pistache – Pistachio Dream Truffles

An exquisite, nutty keto-morsel with a striking, soft flavor that will provide long-lasting satiety.

#### Quick Facts

**Yield:** 12 truffles

**Serving size:** 1 truffle (≈13 g)

**Nutrition per serving:** 68 calories • 6.4 g fat • 1.5 g protein • 0.8 g net carbs

**Total time:** 20 min active +45 min chilling

**Storage:** Refrigerator: up to 9 days • Freezer: up to 1 month

#### Ingredients

- ⅓ cup (70 g) unsweetened pistachio butter
- 2 tbsp (30 g) solid coconut oil
- 2 tbsp (24 g) powdered erythritol (to taste)
- ½ tsp almond extract
- **Optional:** 1 drop natural green food coloring
- **Coating:** ¼ cup (30 g) finely chopped pistachios

#### Step-by-Step Preparation:

**1. Creating Luxury.** Mix the pistachio paste, coconut oil, and sweetener. Whip until a creamy and glossy texture is achieved. Add the almond extract to enhance the nutty flavor.

**2. Mood Color.** Add a drop of natural green food coloring (optional) to achieve a rich, “pistachio” color.

**3. Cooling.** Leave the mass in the refrigerator for 45 minutes until it becomes perfectly firm for shaping.

**4. Signature Garnish.** Form balls. Roll them in finely chopped pistachios. Achieve a perfect, vibrant coating on the surface of the balls.

#### Le Chic Kéto Signature Tip

Season the resulting mixture with a pinch of sea salt – this will give it an elegant salty-sweet balance, emphasizing the richness of the flavor notes.

**Experiment with truffle variations, adapting the recipe to your personal preferences:**

**Pistachio Aroma.** Use 5 grams of pistachio paste (+0.2 g net carbs, +0.9 g fat) to add a note of soft nut and a silky texture to your desserts.

**Crunchy Texture.** For lovers of texture play, try adding 5 grams of finely chopped pistachios (+0.1 g net carbs, +0.6 g fat). This element will bring a pleasant freshness and lightness to every treat.

**Natural Look.** To maintain a natural appearance, exclude the food coloring. This will give you a soft, natural tone and a clean taste of the product.

## 3.12. Truffles Pomme-Cannelle Chic – Apple-Cinnamon Truffles

A cozy keto-morsel, reminiscent of a warm autumn dessert, but keeping the waistline slim. It's perfect for afternoon indulgence.

### Quick Facts

**Yield:** 12 truffles

**Serving size:** 1 truffle (≈12 g)

**Nutrition per serving:** 40 calories • 4.1 g fat • 0.3 g protein • 0.5 g net carbs

**Total time:** 20 min active +30 min chilling

**Storage:** Refrigerator: up to 5 days • Freezer: up to 3 weeks

### Ingredients

- ¼ cup (60 g) full-fat cream cheese, softened
- 2 tbsp (30 g) butter, softened
- 2 tbsp (24 g) powdered erythritol
- 1 tbsp (5 g) freeze-dried apple pieces, crushed
- 1 (~2 g) tsp ceylon cinnamon
- Coating: 1 tbsp (~6 g) ½ tsp cinnamon +1 tbsp powdered erythritol.

### Step-by-Step Preparation:

- 1. Base of Comfort.** Whip the cream cheese and soft butter until airy. Add the erythritol.
- 2. Autumnal Aroma.** Add the freeze-dried apple pieces (or very finely chopped pieces of fresh green apple) and ground Ceylon cinnamon. Stir until the flavors are evenly distributed.
- 3. Firming.** Chill the mass in the refrigerator for 30 minutes.
- 4. Garnish.** Form the truffles. Roll them in the mixture of cinnamon and erythritol powder.

### Le Chic Kéto Signature Tip

These exquisite truffles pair perfectly with a cup of fragrant herbal tea, served on a refined porcelain saucer – such a presentation will bring a sense of special atmosphere and subtle charm.

**Enhance the gastronomic experience by customizing the flavors, controlling each ingredient and its impact on macros:**

**Tender Apple Note.** Adding half a spoon of dried apple pieces (+1.5 g net carbs) will give you a refreshing fruity tartness and an airy dessert structure.

**Warmth of Ceylon Cinnamon.** A pinch of ground cinnamon (half a teaspoon, +0.2 g net carbs) will enrich your truffles with the warmth of Eastern spices and a cozy aroma.

**Delicate Trace of Canadian Forest.** One drop of natural maple extract (with no change to macro indicators) will fill the dessert with a soft, subtle flavor of maple caramel without disrupting the nutrient balance.

### 3.13. Truffles Piña Colada Gourmande – Piña Colada Truffles

A tropical keto-morsel that transports you to a sunny resort. It gives you a feeling of celebration and fills you with cheerful energy, neutralizing cravings!

#### Quick Facts

**Yield:** 12 truffles

**Serving size:** 1 truffle (≈13 g)

**Nutrition per serving:** 84 calories • 8.8 g fat • 0.5 g protein • 0.4 g net carbs

**Total time:** 20 min active +45 min chilling

**Storage:** Refrigerator: up to 8 days • Freezer: up to 1 month

#### Ingredients

- 1/3 cup (70 g) solid coconut oil
- 1/2 cup (30 g) finely shredded unsweetened coconut
- 1 tbsp (~6 g) almond flour
- 2 tbsp (24 g) powdered erythritol
- 1 tsp (~4 g) pineapple extract
- **Coating:** 2 tbsp (~10 g) extra shredded coconut

#### Step-by-Step Preparation:

**1. Tropical Base.** Melt the coconut oil. Remove from heat and add the shredded coconut, almond flour, and sweetener.

**2. Pineapple Charm.** Stir in the pineapple extract and a few drops of vanilla extract. Mix until a uniform mass is achieved.

**3. Cooling.** Place the mixture in the refrigerator for 45 minutes to give it a perfectly firm consistency for shaping.

**4. Garnish.** Form balls. Roll them in a mixture of shredded coconut and erythritol powder.

#### Le Chic Kéto Signature Tip

Skewer each truffle on a beautiful, thin cocktail stick. Serve in a small glass with ice. Create a real mini-cocktail!

#### Truffle variations with macro changes:

**More Pineapple.** Add +1/2 tsp of pineapple extract. No changes to macros (0 g carbs, protein, fat). Result: experience a vibrant tropical aroma that enlivens every note of your dessert.

**Crunchy Option.** Use an additional +5 g of fresh shredded coconut in the mixture (+0.3 g net carbs, +0.8 g fat). Result: a charming textural play that enhances the pleasure of tasting.

**Rum Aroma.** Supplement the recipe with +1/4 tsp of high-quality rum extract. Macros remain unchanged (0 g carbs, protein, fat). You will get: a seductively rich bouquet of exotic alcohol, instantly transporting you to the shores of the Caribbean.

### 3.14. Truffles Chic au Brandy – Brandy Dark Chocolate Truffles

A refined keto-morsel inspired by classic European desserts. It is ideal for concluding an elegant dinner.

#### Quick Facts

**Yield:** 12 truffles

**Serving size:** 1 truffle (≈10 g)

**Nutrition per serving:** 59 calories • 5.4 g fat • 0.9 g protein • 1.2 g net carbs

**Total time:** 20 min active +45 min chilling

**Storage:** Refrigerator: up to 8 days • Freezer: up to 1 month

#### Ingredients

- 2.5 oz (70 g) 85—90% keto dark chocolate
- 2 tbsp (30 g) butter, softened
- 1 tbsp (12 g) powdered erythritol
- ½ tsp brandy or cognac extract
- ½ tsp (~2 g) vanilla extract
- **Coating:** 1 tbsp (~5 g) unsweetened cocoa powder

#### Step-by-Step Preparation:

**1. Chocolate Refinement.** Melt the keto-chocolate and butter in a double boiler until a glossy, smooth mixture is achieved. Remove from heat.

**2. Intoxicating Note.** Add the vanilla and brandy extracts, as well as the erythritol. Mix everything thoroughly.

**3. Cooling.** Place the resulting mixture in the refrigerator for 45 minutes to give it a perfectly firm consistency for shaping.

**4. Signature Garnish.** Form balls and roll them in cocoa powder. Place each truffle in a miniature paper capsule.

#### Le Chic Kéto Signature Tip

To give your morsel a perfect shape and emphasize the elegance of the serving, we recommend using a special truffle press. This will highlight the sophistication of your morsel's presentation and garnish.

#### Truffle recipe variations considering macro changes:

**More Brandy Aroma.** Add an additional 1/4 tsp of brandy extract. The macro change is minimal (0 g carbs, protein, fat). This will give the dessert a refined aroma and depth of flavor.

**Alcohol-Free Option.** Instead of brandy extract, add high-quality vanilla extract. The macro composition remains the same (0 g carbs, protein, fat). Your dessert will be more fragrant and appealing even to children.

**Dark Chocolate.** Use an additional 10 g of quality dark chocolate (90% cocoa). A slight increase in carbs (+0.4 g net carbs) and healthy fats (+1.2 g). This change will make the flavor richer and nobler.

### 3.15. Truffles Passion d'Orange – Passion Orange Truffles

A bright, citrus-chocolate keto-morsel with an invigorating flavor, instantly filling you with energy and lifting your mood.

#### Quick Facts

**Yield:** 12 truffles

**Serving size:** 1 truffle (≈11 g)

**Nutrition per serving:** 63 calories • 5.9 g fat • 0.9 g protein • 1.2 g net carbs

**Total time:** 20 min active +40 min chilling

**Storage:** Refrigerator: up to 1 week • Freezer: up to 28 days

#### Ingredients

- 2.5 oz (70 g) 85—90% keto dark chocolate
- 2 tbsp (30 g) coconut oil
- 1 tbsp (12 g) powdered erythritol
- 1 tsp fresh orange zest
- ½ tsp (~2 g) orange extract
- Pinch of Ceylon cinnamon
- **Coating:** 1 tbsp (~6 g) cocoa powder + freeze-dried orange zest

#### Step-by-Step Preparation:

- 1. Chocolate Background.** Melt the keto-chocolate and coconut oil until glossy. Remove from heat.
- 2. Citrus Burst.** Add the orange zest, sweetener, and orange extract. Add a pinch of Ceylon cinnamon. Stir until uniform.
- 3. Cooling.** Place the resulting mixture in the refrigerator for 40 minutes to give it a perfectly firm consistency for shaping.
- 4. Garnish.** Form balls. Roll them in a mixture of cocoa powder and freeze-dried orange zest.

#### Le Chic Kéto Signature Tip

Place the truffles on a decorative plate and add a few star anise pieces. This will not only decorate but also add a subtle, spicy aroma.

#### Truffle variations with macro changes:

**More Citrus Notes.** +1/2 tsp of lemon or orange zest. Slightly increases carbs (+0.2 g net carbs per truffle). Benefit: the freshness and brightness of the flavor will make your dessert especially appealing to citrus lovers.

**More Chocolate.** +5 grams of additional dark chocolate. Will result in an increase in carbs (+0.2 g net carbs) and fats (+0.7 g) per truffle. Result: increased concentration of antioxidants and improved mood thanks to the enhanced chocolate flavor.

**No Cinnamon.** Remove the cinnamon from the recipe. This will not affect the macros (0 g carbs, protein, fat). Suitable for those who do not like the specific taste of cinnamon or have an allergy to it.

## 3.16. Truffles Mousse aux Baies – Berry Mousse Truffles

A tender, airy keto-morsel with a light tartness. It creates the sensation of a light summer dessert and satisfies fruit cravings.

### Quick Facts

**Yield:** 12 truffles

**Serving size:** 1 truffle ( $\approx$ 12 g)

**Nutrition per serving:** 42 calories • 4.1 g fat • 0.4 g protein • 0.7 g net carbs

**Total time:** 20 min active +30 min chilling

**Storage:** Refrigerator: up to 5 days • Freezer: up to 3 weeks

### Ingredients

- ¼ cup (60 g) full-fat cream cheese
- 2 tbsp (30 g) butter, softened
- 2 tbsp (24 g) powdered erythritol
- 1 tbsp ( $\sim$ 5 g) freeze-dried raspberry or strawberry powder
- ½ tsp vanilla extract
- **Coating:** 1 tbsp ( $\sim$ 6 g) extra berry powder

### Step-by-Step Preparation:

- 1. Airy Base.** Whip the cream cheese with the soft butter and sweetener, striving for ideal airiness.
- 2. Berry Tartness.** Add the freeze-dried raspberry (or strawberry) powder. Add the vanilla extract.
- 3. Cooling.** Place the resulting mixture in the refrigerator for 30 minutes to give it a perfectly firm consistency for shaping.
- 4. Garnish.** Form balls. To give them a matte velvety look, roll them in freeze-dried berry powder.

### Le Chic Kéto Signature Tip

Serve these truffles in tiny, elegant paper cups, emphasizing their tenderness and fragility.

### Truffle variations with macro changes:

**More Berries.** +1/2 tbsp of natural berry powder. The carb gain will be +1.2 g net carbs per candy. The bright fruity flavor will enhance the dish, making it a perfect complement to tea time.

**Berry Mix.** Using equal parts raspberry and strawberry. No changes in macro composition (0 g change). The harmonious combination of flavors allows you to enjoy a balanced aroma that will delight any sweet tooth.

**Clean Version.** Absence of berry powder for coating. Carb level reduction of -0.8 g net carbs per truffle. An excellent choice for those seeking to minimize carb intake while maintaining the exquisite taste of the product.

## 3.17. Truffles Rhum Noir et Café – Dark Rum and Coffee Truffles

A luxurious keto-morsel with notes of noble spirits. It provides a feeling of satiety for a long time.

### Quick Facts

**Yield:** 12 truffles

**Serving size:** 1 truffle ( $\approx$ 13 g)

**Nutrition per serving:** 60 calories • 5.6 g fat • 0.8 g protein • 1.0 g net carbs

**Total time:** 20 min active +50 min chilling

**Storage:** Refrigerator: up to 8 days • Freezer: up to 1 month

### Ingredients

- 2.5 oz (70 g) 90%+ keto dark chocolate
- 2 tbsp (30 g) butter
- 2 tbsp (24 g) powdered erythritol
- 1 tbsp ( $\sim$ 15 ml) strong brewed coffee, cooled
- 1 tsp ( $\sim$ 4 g) rum extract
- **Coating:** 1 tbsp ( $\sim$ 6 g) cocoa powder + pinch instant espresso granules

### Step-by-Step Preparation:

**1. Melting Luxury.** Melt the keto-chocolate and butter until a glossy, fluid consistency is achieved. Remove from heat.

**2. Elixir of Vigor.** Add the coffee, rum extract, sweetener, and a pinch of sea salt.

**3. Cooling.** Place the mixture in the refrigerator for 50 minutes to give it a perfectly firm consistency for shaping.

**4. Garnish.** Form balls. Roll them in a mixture of cocoa powder and a few coffee granules.

### Le Chic Kéto Signature Tip

Wrap each truffle in golden foil or place it in an elegant *bonbonnière*. Emphasize their value and create intrigue.

#### Variations with macro changes:

**More Coffee:** +1/2 tbsp of coffee (0 g macros). Add an additional one and a half tablespoons of freshly ground coffee for a rich taste and aroma. The enhanced aroma and deep coffee flavor create a sense of luxury and warming pleasure.

**No Rum:** Replace with vanilla extract (0 g macros). Replace rum with an equal amount of quality vanilla extract to maintain the aroma and flavor of the treat. An ideal solution for those who prefer to avoid alcohol while preserving a rich aroma and soft taste.

**Espresso:** +1/2 tsp of espresso powder (0 g macros). For an additional invigorating effect, add half a teaspoon of powdered espresso, which gives the treat a bright coffee note. An extra portion of energy and a boost of vigor with every piece of dessert.

## 3.18. Truffles Vanille Glacée – Vanilla Ice Cream Truffles

A tender keto-morsel, recreating the taste of creamy *Plombières* ice cream. It offers a pure, cool sweetness and satiates without heaviness.

### Quick Facts

**Yield:** 12 truffles

**Serving size:** 1 truffle (≈10 g)

**Nutrition per serving:** 69 calories • 7.5 g fat • 0.2 g protein • 0.2 g net carbs

**Total time:** 15 min active +20 min chilling

**Storage:** Refrigerator: up to 6 days • Freezer: up to 25 days

### Ingredients

- 5 tbsp (70 g) ghee or butter, softened
- 2 tbsp (30 g) full-fat cream cheese
- 2 tbsp (24 g) powdered erythritol
- 1 tsp (~4 g) vanilla extract
- Pinch vanilla bean powder 0.5 g (optional)
- **Coating:** 1 tbsp (~5 g) finely grated sugar-free white chocolate

### Step-by-Step Preparation:

- 1. Vanilla Aroma.** Add the sweetener, vanilla extract, and vanilla powder (to enhance the aroma).
- 2. Cooling.** Place the mixture in the freezer for 20 minutes to give it a consistency similar to melted ice cream.
- 3. Garnish.** Form balls. Roll them in white keto-chocolate, grated on a fine grater (creating a “snowy” crumb effect).

### Le Chic Kéto Signature Tip

Serve on a tiny spoon, decorated with a microscopic drop of sugar-free syrup, enhancing the resemblance to an exquisite dessert.

### Variations with macro changes:

**More Vanilla.** +1/4 tsp extract (0 g macros). Add a quarter teaspoon of high-quality vanilla extract to enhance the aroma and add depth to the flavor.

**No Powder.** Remove the vanilla powder (0 g macros). By removing the vanilla powder, you will maintain the clean taste of the treat without off-flavors.

**Ice Cream.** +5 g butter (+0.2 g net carbs, +1.2 g fat per truffle). Prepare the perfect addition to the dessert, which only slightly increases the calorie content of the dish.

### 3.19. Truffes Amande-Cerise Noir – Almond-Cherry Dark Chocolate Truffles

An exquisite, almond keto-morsel with a deep cherry note. It creates the sensation of a classic European dessert and ensures long-lasting satiety.

#### Quick Facts

**Yield:** 12 truffles

**Serving size:** 1 truffle (≈12 g)

**Nutrition per serving:** 59 calories • 5.5 g fat • 1.2 g protein • 1.0 g net carbs

**Total time:** 20 min active +40 min chilling

**Storage:** Refrigerator: up to 9 days • Freezer: up to 1 month

#### Ingredients

- ¼ cup +1 tbsp (60 g) unsweetened almond butter
- 2 tbsp (30 g) coconut oil
- 2 tbsp (24 g) powdered erythritol
- 1 tsp almond extract
- ½ tsp (~2 g) cherry extract
- 1 tsp (~2.5 g) cocoa powder
- Coating: 2 tbsp (~10 g) finely chopped almonds or freeze-dried cherry powder

#### Step-by-Step Preparation:

- 1. Base.** Mix the almond paste, coconut oil, and sweetener. Achieve a smooth, uniform texture.
- 2. Aroma.** Add the almond and cherry extracts, and a little cocoa powder for a slight chocolate tinge.
- 3. Cooling.** Place the mixture in the refrigerator for 40 minutes to give it a perfectly firm consistency for shaping.
- 4. Garnish.** Form balls. Roll them in finely chopped nuts or freeze-dried cherry powder.

#### Le Chic Kéto Signature Tip

Insert one keto-cherry (sugar-free, dried or frozen) into the center of each truffle. This will add intrigue and emphasize the flavor.

#### Variations with macro changes:

**More Cherry.** +1/4 tsp extract (0 g macros). Decorate your dessert with notes of freshness by adding a quarter teaspoon of cherry extract.

**Chocolate.** +1/2 tsp cocoa (+0.2 g net carbs, +0.1 g fat per truffle). Create a rich chocolate flavor by adding half a teaspoon of natural cocoa powder.

**Pure Almond.** Remove cocoa (-0.4 g net carbs per truffle). Want to enjoy the pure taste of almond? Simply remove the cocoa powder, thus reducing the carbohydrates by 0.4 g per truffle serving.

## 3.20. Truffles Gingembre Épicé – Spicy Ginger Truffles

An invigorating, spicy keto-morsel that awakens energy. It is ideal for activating metabolism and neutralizing sweet cravings.

### Quick Facts

**Yield:** 12 truffles

**Serving size:** 1 truffle (≈10 g)

**Nutrition per serving:** 62 calories • 6.5 g fat • 0.2 g protein • 0.3 g net carbs

**Total time:** 15 min active +30 min chilling

**Storage:** Refrigerator: up to 8 days • Freezer: up to 1 month

### Ingredients

- 5 tbsp (70 g) ghee or butter, softened
- 2 tbsp (24 g) powdered erythritol
- 1 tsp (~2 g) ground ginger
- ½ tsp (~1 g) Ceylon cinnamon
- Tiny pinch cayenne (optional)
- **Coating:** 2 tbsp (~10 g) coconut flour + pinch ground ginger

### Step-by-Step Preparation:

- 1. Warm Base.** Whip the Ghee butter and sweetener. Achieve a creamy texture.
- 2. Spark.** Add ground ginger, cinnamon, and cayenne pepper (just a tiny bit), as well as finely grated fresh ginger.
- 3. Cooling.** Place the mixture in the refrigerator for 30 minutes to give it a perfectly firm consistency for shaping.
- 4. Garnish.** Form balls. Roll them in coconut flour mixed with a small amount of ground ginger.

### Le Chic Kéto Signature Tip

Garnish each truffle with a tiny piece of candied (or keto-candied) ginger. This will add texture and intensify the effect.

### Variations with macro changes:

**Spicier.** +1/8 tsp of cayenne pepper (0 g macros). Add a pinch of cayenne pepper – just one-eighth of a teaspoon – to give the dish a piquant heat.

**Milder.** -1/4 tsp of ginger (-0.1 g net carbs per truffle). To soften the spicy flavor, exclude a quarter teaspoon of fresh ginger, reducing the carbohydrate content by 0.1 g per truffle.

**Citrus Ginger.** +1/4 tsp of lemon zest (+0.1 g net carbs per truffle). Brighten the flavor by adding a quarter teaspoon of fresh lemon zest. This modification adds a little more sweetness and citrus notes, increasing the carbohydrate content by only 0.1 g per serving.

## 3.21. Truffles Caramel Salé Pacane – Salted Pecan Caramel Truffles

A luxurious keto-morsel combining sweetness, salt, and a rich nutty flavor. It ensures a lasting feeling of satiety, striking a crushing blow against that sneaky craving!

### Quick Facts

**Yield:** 12 truffles

**Serving size:** 1 truffle (≈11 g)

**Nutrition per serving:** 83 calories • 8.7 g fat • 0.7 g protein • 0.5 g net carbs

**Total time:** 25 min active +1 hour chilling

**Storage:** Refrigerator: up to 10 days • Freezer: up to 1 month

### Ingredients

- 5 tbsp (70 g) ghee or butter
- 2 tbsp (24 g) powdered erythritol or allulose
- 1 tsp (~2 g) xanthan gum (for texture)
- 2 tbsp (30 g) unsweetened almond paste (100%)
- Pinch sea salt or fleur de sel
- Coating: 2 tbsp finely chopped pecans

### Step-by-Step Preparation:

**1. Caramel Base.** Melt the Ghee butter with erythritol over low heat until a golden caramel hue is achieved.

**2. Aroma.** Remove from heat, add xanthan gum for chewiness, vanilla extract, and almond paste. Add a pinch of sea salt.

**3. Cooling.** Place the mixture in the refrigerator for 1 hour to give it a perfectly firm consistency for shaping.

**4. Garnish.** Form balls. Roll them in finely chopped pecans. Place a pecan half on top for sophistication.

### Le Chic Kéto Signature Tip

Make a small indentation in the center of each truffle and fill it with a thick keto-chocolate sauce (sugar-free). This will provide an *haute couture* effect!

### Variations with macro changes:

**More Salt.** +1 crystal of Fleur de Sel salt (0 g macros). Emphasize the flavor of your truffles by adding a unique crystal of French sea salt Fleur de Sel.

**More Nuts.** +5 g pecans in the batter (+0.1 g net carbs, +0.5 g fat per truffle). Improve the texture and enrich the taste by incorporating five grams of crushed pecans directly into the mixture. Each truffle will receive an extra dose of healthy fats with a minimal increase in carbohydrate content.

**No Gum.** Remove xanthan gum (softer texture, -0.5 g net carbs per truffle). Decided to make the texture of your dessert a little softer? Simply by eliminating the use of xanthan gum, you slightly reduce the carbohydrate content per truffle.

## 3.22. Truffles Noisette et Cacao – Hazelnut Cocoa Truffles

A tender keto-morsel reminiscent of the beloved chocolate-hazelnut spread, but created according to the rules of keto-chic. Ideal for a sweet snack.

### Quick Facts

**Yield:** 12 truffles

**Serving size:** 1 truffle (≈13 g)

**Nutrition per serving:** 74 calories • 7.2 g fat • 1.2 g protein • 0.6 g net carbs

**Total time:** 20 min active +40 min chilling

**Storage:** Refrigerator: up to 10 days • Freezer: up to 5 weeks

### Ingredients

- 1/3 cup (70 g) unsweetened hazelnut butter
- 2 tbsp (30 g) solid coconut oil
- 2 tbsp (24 g) powdered erythritol
- 1 tbsp (~5 g) unsweetened cocoa powder
- 1/2 tsp (~2 g) vanilla extract
- Coating: extra cocoa +12 whole toasted hazelnuts for topping

### Step-by-Step Preparation:

- 1. Chocolate Base.** Mix the hazelnut paste, coconut oil, sweetener, and cocoa powder until a uniform, creamy consistency is achieved.
- 2. Nutty Burst.** Add the vanilla extract and a few coarsely chopped hazelnuts.
- 3. Cooling.** Place the mixture in the refrigerator for 40 minutes to give it a perfectly firm consistency for shaping.
- 4. Garnish.** Form balls. Roll them in cocoa powder. Decorate each truffle with a whole hazelnut.

### Le Chic Kéto Signature Tip

Serve on a beautiful vintage napkin with a cup of black coffee.

### Variations with macro changes:

**More Chocolate.** +1/2 tbsp cocoa (+0.4 g net carbs, +0.2 g fat per truffle). Enhance the chocolate flavor by adding one and a half tablespoons of pure cocoa powder.

**More Nuts.** +5 g hazelnut paste (+0.2 g net carbs, +0.7 g fat per truffle). Make the texture heartier by adding a tablespoon of hazelnut paste.

**Traditional.** -1/2 tbsp cocoa (-0.4 g net carbs per truffle). Return to the classic recipe by removing half a tablespoon of cocoa powder, and the carbohydrates in each truffle will decrease by approximately 0.4 g.

### 3.23. Truffes Macchiato Amande – Almond Macchiato Truffles

An aromatic keto-morsel combining the tenderness of almond and the vigor of coffee. It instantly lifts the mood and satiates better than any latte.

#### Quick Facts

**Yield:** 12 truffles

**Serving size:** 1 truffle (≈13 g)

**Nutrition per serving:** 59 calories • 5.7 g fat • 1.2 g protein • 0.6 g net carbs

**Total time:** 20 min active +40 min chilling

**Storage:** Refrigerator: up to 1 week • Freezer: up to 1 month

#### Ingredients

- ¼ cup +1 tbsp (60 g) unsweetened almond butter
- 2 tbsp (30 g) coconut oil
- 2 tbsp (24 g) powdered erythritol
- 1 tbsp (~15 ml). strong brewed coffee, cooled (or ½ tsp coffee extract)
- ½ tsp (~2 g) vanilla extract
- Coating: 1 tbsp (~6 g) almond flour + pinch instant espresso powder

#### Step-by-Step Preparation:

- 1. Base.** Mix the almond paste, coconut oil, and sweetener until a smooth texture is achieved.
- 2. Coffee Burst.** Add the strongly brewed, cooled coffee (or coffee extract), and vanilla. Mix until a uniform coffee hue is achieved.
- 3. Cooling.** Place the mixture in the refrigerator for 40 minutes to give it a perfectly firm consistency for shaping.
- 4. Garnish.** Form balls. Roll them in a mixture of almond flour and coffee powder. Serve in contrasting white paper cups.

#### Le Chic Kéto Signature Tip

Create a miniature “foam” on top of each truffle using a little whipped keto-cream (coconut or dairy). Create the Macchiato effect!

#### Variations with macro changes:

**More Coffee.** +1/2 tbsp coffee (0 g macros). Add one and a half tablespoons of freshly ground coffee to enhance the aroma and depth of flavor.

**Bold Flavor.** +1/4 tsp coffee extract (0 g macros). Use a quarter teaspoon of concentrated coffee extract to emphasize the strength and expressive flavor of the truffles.

**Creamy Consistency.** +5 g butter (+0.2 g net carbs, +1.2 g fat per truffle). Add 5 g of butter to achieve a perfect creamy consistency.

## 3.24. Truffles Abricot Épicé – Spiced Apricot Truffles

A summer keto-morsel with a delicate fruity note. It creates the sensation of a light summer dessert and satisfies sweet cravings.

### Quick Facts

**Yield:** 12 truffles

**Serving size:** 1 truffle (≈12 g)

**Nutrition per serving:** 46 calories • 4.7 g fat • 0.4 g protein • 0.3 g net carbs

**Total time:** 20 min active +30 min chilling

**Storage:** Refrigerator: up to 5 days • Freezer: up to 3 weeks

### Ingredients

- ¼ cup +2 tbsp (70 g) full-fat cream cheese
- 2 tbsp (30 g) butter, softened
- 2 tbsp (24 g) powdered erythritol
- ½ tsp (~2 g) apricot extract
- Pinch each Ceylon cinnamon + ground ginger: (0.3 g)
- Coating: shredded unsweetened coconut + pinch cinnamon: 1 tbsp (~6 g).

### Step-by-Step Preparation:

- 1. Base.** Whip the cream cheese with the soft butter and sweetener. Achieve an airy consistency.
- 2. Apricot Charm.** Add the apricot extract (or keto-apricot puree), a little ground cinnamon, ginger, and carefully mix everything.
- 3. Cooling.** Place the mixture in the refrigerator for 30 minutes to give it a perfectly firm consistency for shaping.
- 4. Garnish.** Form balls. Roll them in shredded coconut mixed with a pinch of cinnamon.

### Le Chic Kéto Signature Tip

Garnish each truffle with a tiny, thinly sliced piece of freeze-dried apricot. This will emphasize the flavor and add texture.

### Variations with macro changes:

**More Fruit.** +1/4 tsp extract (0 g macros). Add a quarter teaspoon of fruit extract to bring a fresh fruit aroma without increasing the carbohydrate content.

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