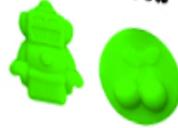


Kitchenatics sweet delights Recipe ebook

A collection of desserts to along
with your silicon chocolate mold



KITCHENATICS

SWEET

DELIGHT

RECIPE EBOOK

DELICIOUS CHOCOLATE CANDY

Prep/cooking time: 30 minutes

Serving yield: 16 candies

INGREDIENTS

Chocolate

1. 2 oz. of organic cocoa butter.
2. 1.5oz. of organic cacao powder.
3. 2 oz. of vegan IMO syrup.
4. 1/8 tablespoon of powdered stevia extract to taste.
5. 1 pinch salt which is optional.

Filling

1. 1 oz. of coconut butter.
2. 1/2 tablespoon of softened butter.
3. 1/2 tablespoon of powdered erythritol.
4. 2 teaspoons of filling of choice like dry berries or whey.

INSTRUCTIONS

1. Place a saucepan over medium heat and pour about 1 cup of water. Once the water boils, decrease the heat to a simmer then suspend a small to medium size heat-resistant bowl over the water. Make sure that the bowl doesn't touch the simmering water.
2. Add the cocoa butter into the bowl and let it melt. Once the butter melts, combine the other ingredients for the chocolate. Mix properly until everything melts and fully combines. Make sure that water doesn't enter the bowl.
3. Next, add stevia to taste and a pinch of salt (optional) to taste. Mix well to combine then pour the chocolate mixture into the **Kitchenatics Silicone Baking, Candy and Chocolate Molds**. Make sure you fill the molds halfway. Reserve some of the chocolate to keep it warm and runny.
4. Place the **Kitchenatics Silicone Baking, Candy and Chocolate Molds** into the fridge and let cool for about thirty minutes to set. In the meantime, make the filling by placing the coconut butter into a microwave-safe bowl. Microwave for about a minute on medium setting until it melts completely.
5. Next, sprinkle the powdered erythritol and mix well. Add the softened butter and mix again to combine. Add your preferred flavor like whey powder or ground blueberries then mix the filling properly to combine. Place the prepared filling into the fridge for a few minutes to harden.
6. Take the **Kitchenatics Silicone Baking, Candy and Chocolate Molds** out of the fridge. Use your hand to make smaller bites out of the filling then place one bite on each chocolate candy. Pour the reserved chocolate over the chocolate silicone molds to fill it up.
7. Transfer to the fridge and let sit for an additional thirty minutes then take the candy out of the silicon molds. Serve.

NUTRITIONAL CONTENTS

Calories: 89, Carbohydrates: 9g, Fat: 6g, Cholesterol: 5mg, and Sodium: 7mg.

PEANUT BUTTER CUPS

Prep/cooking time: 20-30 minutes

Serving yield: 16

INGREDIENTS

1. 1 1/2 cups peanut butter (we used creamy)
2. 1 cup powdered sugar
3. 1/2 teaspoon sea salt
4. 2 bags of chocolate chips (we used semi-sweet)
5. 1-2 tablespoons coconut oil (optional)

INSTRUCTIONS

1. Using a food processor or a high-speed blender, add the peanut butter, powdered sugar, and salt to taste. Blend together then set aside. Place the chocolate chips and the coconut oil in a double boiler then melt.
2. Place a single layer of chocolate at the bottom of the **Kitchenatics Silicone Baking, Candy and Chocolate Molds** then place in the fridge to set and harden for a few minutes. Once the chocolate hardens, take it out of the fridge then add another layer of chocolate. Use a spoon to pull the chocolate to the sides of the silicone mold cavity.
3. Next, add in a spoonful of the peanut butter mixture into the molds then pour the rest of the chocolate on top. Place the mold in the fridge one more time and let chill for a few minutes until it hardens. Once it hardens, take the peanut butter cups out of the **Kitchenatics Silicone Baking, Candy and Chocolate Molds** then serve.

NUTRITIONAL CONTENTS

Calories: 54, Carbohydrates: 0g, Protein: 0g, Fat: 5g, Cholesterol: 2mg, and fiber 0g.

KETO DARK CHOCOLATE WITH PECANS

Prep/cooking time: 15 minutes

Serving yield: 21

INGREDIENTS

1. 1/4 cup of organic extra virgin coconut oil.
2. 1/4 cup of unsalted butter.
3. 1/4 cup of Extra Dark cocoa.
4. 3 tablespoons of Erythritol.
5. 1/16 teaspoon of white stevia powder.
6. 1/4 cup of finely chopped pecans.
7. Vanilla Sea Salt

INSTRUCTIONS

1. Place a heavy pan over medium heat, add the coconut oil and butter, and then melt. Using a large mixing bowl, add the cocoa, erythritol, and stevia then whisk together until the mixture becomes smooth.
2. Add the nuts into a 12 silicone mold. Sprinkle some salt over each nut in the mold then gently pour in the cocoa mixture. Place the silicone mold into the freezer and let set for about twenty minutes until it becomes firm. Take the chocolate candy out of the **Kitchenatics Silicone Baking, Candy and Chocolate Molds** and serve.

NUTRITIONAL CONTENTS

Calories: 52, Carbohydrates: 0g, Protein: 0g, Fat: 5g, Cholesterol: 5mg, and fiber 0g.

CHOCOLATES WITH MACADAMIA DELIS

Prep/cooking time: 20 minutes

Serving yield: 12

INGREDIENTS

1. 10 tablespoons of Coconut Oil.
2. 5 tablespoons of Unsweetened Cocoa Powder.
3. 2 g of Granulated Stevia.
4. 3 tablespoons of coarsely chopped Macadamia.
5. Coarse Sea Salt to taste.

INSTRUCTIONS

1. Place a heavy skillet pan over medium heat. Add the coconut oil and melt. Once the oil melts, add the cocoa powder and granulated Stevia. Mix properly to combine then take out of the heat. Pour the mixture into the wells of the **Kitchenatics Silicone Baking, Candy and Chocolate Molds** in such a way that it is $\frac{3}{4}$ full.
2. Place the **Kitchenatics Silicone Baking, Candy and Chocolate Molds** into the refrigerator and let sit for a few minutes until it thickens and gains a gel-like consistency. Add some sprinkles of macadamia nuts into each silicone mold, press down to make sure the nuts are evenly distributed throughout the mixture then place the mold into the refrigerator to harden.
3. Once it hardens, take the mold out of the refrigerator, remove the chocolate from the mold and place them on a cupcake liner. Let the chocolate candy sit at room temperature until it gets a glistening surface.
4. Sprinkle coarse sea salt on top then serve

NUTRITIONAL CONTENTS

Calories 120, Total Fat 13g 20%, and Total Carbohydrates 1g 0%.

CHOCOLATE PEANUT BUTTER FAT BOMBS

Prep/cooking time: 15 minutes

Serving yield: 45-50 fat bombs

INGREDIENTS

1. ½ cup of organic virgin coconut oil.
2. ½ cup of natural peanut butter or almond butter as desired.
3. 2-3 Tablespoons of unsweetened cocoa powder.
4. 2-4 tablespoons of Stevia.
5. Splash of vanilla extract which is optional.

INSTRUCTIONS

1. Place a large skillet over low heat. Add the coconut oil and peanut butter then melt. Combine the cocoa powder and stevia then stir. Take out of the heat then add some vanilla extract.
2. Next, add the mixture into a spouted cup for easy pouring. Pour into each well of a silicon candy mold. Place the mold into the refrigerator or freezer for a few minutes until it sets. Once it hardens, take out of the freezer, and remove the candy from the mold then serve.

NUTRITIONAL CONTENTS

Calories: 76, Carbohydrates: 0g, Protein: 0g, Fat: 6g, Cholesterol: 6mg, and fiber 0g.

SUGAR-FREE CHOCOLATE CANDY HEARTS

Prep/cooking time: 5 minutes

Serving yield: 10

INGREDIENTS

1. 1 cup of coconut oil.
2. 1/2 cup of cocoa powder.
3. 1 teaspoon of vanilla.
4. 5 drops of liquid Stevia.

INSTRUCTIONS

1. Using a large mixing bowl, combine all the ingredients on the list. Mix properly until the mixture blends together. Pour a small amount into a heart-shaped candy mold then place in the freezer to solidify. Once the chocolate solidifies, remove from the candy mold and place them in a zip-lock freezer bag for storage.

NUTRITIONAL CONTENTS

Calories: 205, Carbohydrates: 3.1g, Protein: 0.8g, Fat: 22.2g, and Fiber: 1.3g

DELICIOUS CHOCOLATE FUDGE

Preparation time: 5 minutes

Serving yield: 16 squares

INGREDIENTS

2. 1/2 cup of unsweetened cocoa powder.
3. 1/2 cup of softened coconut oil.
4. 1/3 cup of unsweetened flaked coconut.
5. 1/4 cup unsweetened almond milk or coconut milk as desired.
6. 1/4 cup of low carb sweetener powdered.
7. 1 teaspoon of vanilla extract.

INSTRUCTIONS

1. Using a food processor or a high-speed blender, combine all the ingredients on the list then blend well until smooth. Place the mixture into the **Kitchenatics Silicone Baking, Candy and Chocolate Molds** then place in the refrigerator for a few minutes until it hardens. Once the fudge solidifies, take out of the silicone mold and enjoy.

NUTRITIONAL CONTENTS

Calories 77, Total Fat 8g 12%, Cholesterol 0mg 0%, Total Carbohydrates 2g 1%, Dietary Fiber 1g 4%, and Protein 0g.

MILK GUMMY CANDIES

Prep/cooking time: 10 minutes

Serving yield: 20 candies

INGREDIENTS

1. ¼ cup of water.
2. 3 tablespoons of vegan jelly.
3. 1 cup of cashew milk or any other vegan milk of choice.
4. 1 teaspoon of turmeric.
5. ½ teaspoon of ginger.
6. A Pinch of freshly ground black pepper.
7. A Pinch of cardamom powder
8. 2 tablespoons of maple syrup.

INSTRUCTIONS

1. Using a large mixing bowl, pour some water and sprinkle the vegan jelly on top then set aside. Next, place a saucepan over medium-low heat, add the milk and spices and cook for about four to five minutes with regular whisking. Turn off the heat, add the maple syrup then mix well to combine.
2. Gently pour the milk mixture into the bowl containing the water and vegan jelly. Whisk until the jelly completely dissolves. Pour the mixture into the **Kitchenatics Silicone Baking, Candy and Chocolate Molds** then place in the refrigerator for about three to four hours until it becomes firm. You can store the gummies in an airtight container and in the fridge for about a week.

NUTRITIONAL CONTENTS

Calories: 15, Carbohydrates: 0g, Protein: 2g, Fat: 5g, Cholesterol: 5mg, and fiber 0g.

KETO CUCUMBER LIME GUMMY SNACKS

Prep/cooking time: 10 minutes

Serving yield: 4

INGREDIENTS

1. 1 peeled and sliced cucumber.
2. 15-20 fresh mint leaves or 1 Tablespoon (3 g) of mint tea leaves as desired.
3. Juice from 1/2 lime.
4. 1.5 Tablespoons (10 g) of vegan jell.
5. Dash of stevia which is optional.

INSTRUCTIONS

1. Using a food processor or a high-speed blender, combine the cucumber, mint leaves, lime juice, and stevia then blend until the mixture becomes smooth. Strain the mixture then pour the liquid into a small pot.
2. Place the pot with the liquid over medium heat and let it simmer. Next, add in the vegan jelly and cook until it dissolves completely, stirring consistently. Pour the mixture into the **Kitchenatics Silicone Baking, Candy and Chocolate Molds** and place in the refrigerator for about two hours.
3. Take the gummy out of the molds then enjoy.

NUTRITIONAL CONTENTS

Calories: 10, Sugar: 0 g, Fat: 0 g, Carbohydrates: 0 g, Fiber: 0 g, and Protein: 2 g

COCONUT-BASED CHOCOLATE BARS

Preparation time: 15 minutes

Serving yield: 12 bars

INGREDIENTS

1. 2/3 cup of coconut oil.
2. ½ cup of cacao powder.
3. 1/3 cup of maple syrup
4. A pinch of salt.
5. Unsweetened shredded coconut.

INSTRUCTIONS

1. Using a mixing pan, pour the coconut oil and maple syrup then mix properly until the mixture combines. Add the cacao powder and a pinch of salt to taste. Next, add the shredded coconut and mix everything to combine. Pour the mixture into the **Kitchenatics Silicone Baking, Candy and Chocolate Molds** then place into the freezer for a few hours until it hardens. Once the bars harden, remove from the silicone mold and serve.

NUTRITIONAL CONTENTS

Calories 82, Total Fat 6g, Cholesterol 0mg, Total Carbohydrates 3g, Dietary Fiber 2g, and Protein 0g.