



**10 FAT BURNING**  
DESSERT RECIPES

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# 10 FAT BURNING DESSERT RECIPES

Growing up, I always thought that eating healthy equated to eating boring and bland recipes. This is because our idea of natural health in the 80's and 90's was a macrobiotic style diet that was low-fat, low flavor foods such as tofu, steamed kale and lima beans.... oh the lima beans!!!

Most people are surprised by this, but I rebelled against this sort of “healthy lifestyle,” and would load up on sugary and processed foods whenever I had the chance. Unfortunately, this caught up with me and I developed irritable bowel syndrome in my early 20's that caused me incredible pain and embarrassment. It forced me to look hard and deep at my lifestyle and helped make me the person I am today!

## Today's Science For Healthy Recipes

As science has progressed, we have realized that many foods we once thought were fattening are actually incredibly healthy! Take for example coconut, it was vilified for years due to its saturated fat content. Coconut oil is basically 90% saturated fat! Doctors and nutritionists warned people for years that coconut oil would clog our arteries and cause heart attacks and strokes!

Today science has shown that coconut oil may actually be the **BEST THING to consume** in order to reduce your risk of heart attack and stroke! In Sri Lanka, the natives eat 144 coconut per year and their rates of heart disease are 1 in 500. This is because saturated fat is not bad for us at all, in fact, it is extraordinarily good for us!

In America, we were told to avoid saturated fat and eat lots of low-fat grains and carbs. What was the result? Heart disease effects 1 out of 2 and diabetes, cancer, autoimmunity and neurodegenerative diseases like Alzheimer's and Parkinson's are through the roof!

## Eat More Fats and Cut Out Sugar & Carbs

Coconut has been shown to help stabilize blood sugar levels, improve our immune system, enhance brain function and reduce scarring in our arteries. Not only that, but coconut products taste amazing!

You know what else is awesome.... butter (from grass-fed cows) has been shown to be one of the **BEST THINGS** for us to consume as well due to its micronutrient levels and the healthy fatty acids it contains!

Here is what we want – more good fats and micronutrients and less carbohydrates and sugar. These recipes fall into the category of the micronutrient dense ketogenic style nutritional program to help you cleanse and detoxify your body effectively. They are completely gluten & grain-free and we use stevia (all natural and no effect on your blood sugar) as our main sweetener!

Most of these are simple to make and you and your family will absolutely **LOVE the taste!** Even better – by consuming these recipes you will be improving your health as your blood sugar stabilizes and you reduce inflammation in your body! Ready to get started? Let's do it!

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# RESOURCE LIST

These ingredients are used in many of the recipes on this plan. You can find recommended brands in the blue link that is provided in each product narrative. Additionally, [Thrive Market](#) is a buying club where you can get many of these things at a discounted rate.

**Canned & Carton Coconut Milk** – You want to get this in a BPA-free can without Guar Gum. The best brand that I have found is [Natural Value here](#). I recommend getting this by the case as you will most likely use a lot of this during the plan. For Carton – [So Delicious Unsweetened](#) is the best because they have no sweetener and no carrageenan.

**Himalayan Sea Salt:** I recommend pink salts (Redmond’s Real Salt and Himalayan Sea Salt) as they have the most trace minerals and in their pure state. Here is the [brand that I use](#).

**Grass-Fed Butter and Ghee:** Ghee is clarified butter. Grass-fed butter is full of healing nutrients but it also contains trace amounts of casein, whey and lactose. Most people tolerate grass-fed butter and [Kerry Gold](#) is a good brand you can pick up at your local health food store (make sure it says “milk from grass-fed cows” on the label. If you don’t tolerate dairy well, we strongly recommend ghee. Ghee is completely free of casein, whey and lactose. Try the Purity Farms brand [here](#)

**Coconut Butter:** This is similar to coconut oil but contains good coconut fibers. Here is my [favorite brand here](#)

**High Quality Protein Powder:** We recommend either a collagen protein, grass-fed whey protein or an organic pea, brown rice or hemp protein powder. Our absolute favorite protein is [bone broth protein](#) which you can find [here](#). Be sure the powder is from a reputable brand. We also have the [Gut Healing Protein](#) in the Gut Healing Protein pudding recipe. You can find all of our recommended proteins on [DrJockers.com here](#)

**Coconut Flour:** This is the fiber of the coconut and it can be used for baking! It is rich in good coconut fats and high-quality fiber and is low carbohydrate and gluten-free. This is preferred over almond flour due to the quality of the fat and the lower quantity of anti-nutrients as compared to almond flour or other nut flours. Here is a [great brand recommendation](#).

**Raw Cacao Powder:** This is raw chocolate. Raw chocolate is very rich in anti-oxidants and benefits circulation and brain function. This tastes slightly bitter on its own but tastes great when used in the various recipes in this program. Be sure to get raw cacao for the best health benefits. Here is a [great brand recommendation](#).

**Stevia:** This is a natural sweetener that is 100 times stronger than sugar and has no ill effect on blood sugar. This is the preferred sweetener we use in this program. We recommend the Sweet Leaf brand of liquid stevia droplets for highest quality. You can [find this here](#)

We find that people like the flavor of the liquid dropper better than the white powder. If you are noticing an unwanted aftertaste, try adding a bit more salt in your dish. The salt acts to blunt the aftertaste of the stevia.

**Specialty Flavors:** Sweet Leaf has multiple specialty flavors and we use them in some of the recipes in this booklet.

Chocolate Flavored Stevia	<a href="#">Link here</a>
Vanilla Flavored Stevia	<a href="#">Link here</a>
Cinnamon Flavored Stevia	<a href="#">Link here</a>
Lemon Flavored Stevia	<a href="#">Link here</a>
Hazelnut Flavored Stevia	<a href="#">Link here</a>
Grape Flavored Stevia	<a href="#">Link here</a>
Root Beer Flavored Stevia	<a href="#">Link here</a>
Berry Flavored Stevia	<a href="#">Link here</a>
English Toffee Flavored Stevia	<a href="#">Link here</a>
Coconut Flavored Stevia	<a href="#">Link here</a>
Chocolate Raspberry Stevia	<a href="#">Link here</a>
Apricot Nectar Flavored Stevia	<a href="#">Link here</a>



**Monk Fruit:** Monk fruit is a melon-like fruit found indigenously (and almost exclusively) in southeast Asia. It is all natural and has no impact on our blood sugar. You can read about the health benefits of monk fruit [here](#)

The most popular and easiest to use form of monk fruit is called [Lakanto](#) and is a combination of the sugar alcohol erythritol and monk fruit. The combination of these 2 sweeteners forms a great flavor. For some people, erythritol contributes to stomach bloating and gut irritation. For these people, you can find a really good [pure monk fruit](#) here but it is slightly bitter.

**Sprouted Seeds:** Sprouted seeds are used in many of these recipes. Sprouting seeds removes anti-nutrients and makes the nutrition in the seeds more bioavailable. You can find [sprouted pumpkin seeds here](#) and [sunflower seeds here](#) and [chia seeds here](#)

**Coconut Flakes:** Coconut flakes are used in several of these recipes and are also a great snack. Here are the [large flakes](#) and here are the [finely shredded flakes](#).

**Chocolate Chips:** The sugar-free chocolate chips that we recommend are the Lily's dark chocolate that you can [find here](#).

**MCT Oil:** This is a byproduct of coconut and palm oils that turns into ketones quickly. It has no flavor and can be used in cooking, smoothies or as a salad dressing. I use the [XCT brand](#) daily as it helps me stay in ketosis.

**Baking Powder and Baking Soda:** We recommend Bob's Red Mill as a superior brand for these baking necessities. Here is [baking powder](#) and [baking soda](#).

**Thrive Market:** This is an online [shopping community](#) where you can get discounted pricing on many of the non-perishable items such as olive & coconut oil, ACV, herbs, organic soaps & shampoos and so much more. They have great customer service and free shipping.



# THRIVE



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# Glazed Cookie Bites

Per Bite  
(10 Servings)

**Total Calories**  
178

**Fat (g)**  
16

**Protein (g)**  
5

**Carbs (g)**  
5

**Fiber (g)**  
3

**Net Carbs**  
2

## Ingredients

- 1/2 cup shredded coconut
- 1 tablespoon coconut oil
- 1 tbsp vanilla
- 1 tbsp lemon juice
- 1/4 heaping cup almond butter
- 30 drops stevia

### For the Glaze

- 1/2 cup coconut butter
- 2 tbsp coconut oil
- 1 tbsp lemon juice
- 1 teaspoon vanilla
  
- 15 drops stevia

## Instructions

### To Make Bottom Layer

1. Place coconut flakes, vanilla, lemon juice, stevia, coconut oil and almond butter into food processor or hand mix in a bowl.
2. Either form dough into balls or press into pan in the shape you want
3. Place in Fridge to harden while making frosting

### To Make Top Layer

1. Place ingredients into food processor and blend till combined.
2. Spread onto of bottom layer.
3. Let set in fridge for a few hours – enjoy!

**Notes:** You can use a few drops of lemon essential oil instead of lemon juice  
 Can use other sweetener such as honey or maple syrup instead of stevia  
 Can use tahini or other nut butter instead of almond butter



## Blueberry Coconut Parfait

Per Parfait  
(4 Servings)

**Total Calories**  
430

**Fat (g)**  
42

**Protein (g)**  
4

**Carbs (g)**  
18

**Fiber (g)**  
11

**Net Carbs**  
8

### Ingredients

1 cup of coconut cream concentrate  
or coconut butter  
1/2 cup of fresh or frozen blueberries  
1/2 cup of clean water  
6 drops of vanilla stevia (or to your taste)  
Pinch of pink salt  
Raspberries or extra blueberries for topping

### Instructions

Put blueberries, water, salt and stevia into the blender first, then add the coconut cream or coconut butter and blend. You will need to hand mix with a spoon while the blender is going. This is very challenging on the blender because the coconut cream/butter is so thick.

A high quality vita-mix is best for the blending process. Once everything is mixed together, put berries on top and enjoy!

You can also put in the freezer for a while and then pull it out and place it in the refrigerator for an hour to thaw out. This is the most popular way to have this as it is cool and tasty





# Chocolate Raspberry Cream

Per Serving (2 Servings)	Total Calories	Fat (g)	Protein (g)	Carbs (g)	Fiber (g)	Net Carbs
	297	23	12	10	2	8

## Ingredients

¼ cup frozen organic raspberries  
 1 can organic coconut cream  
 (made with full-fat coconut milk  
 check instructions below)  
 3 Tbsps. raw cacao powder  
 1 scoop high quality protein  
 powder  
 Liquid stevia to taste  
 1 Tbsp. turmeric  
 Pinch pink salt and pinch of  
 black pepper

**Servings:** 2 (1/2 cup is very satiating due to all the healthy fat)

## Instructions

**Step #1:** Turn the coconut milk can upside down and put in the refrigerator for 12 hours or so. This separates the cream from the water in the milk. When you open the can (from the bottom – which is now the top, if that makes sense) you will notice the water on the top.

**Step #2:** Pour the water in a glass cup and keep as it is good for smoothies and shakes. Scoop out the cream, as that is what you will use for this recipe.

**Step #3:** Put all the ingredients into blender and blend until smooth and creamy.



# Chocolate Avocado Truffles

Per Truffle (12 Servings)	Total Calories	Fat (g)	Protein (g)	Carbs (g)	Fiber (g)	Net Carbs
	98	9	2	9	3	6

## Ingredients

- 1 avocado
- ¾ cup unsweetened dark chocolate
- ½ tsp vanilla extract
- Pinch of cinnamon
- 1-2 tsp of cacao powder to coat
- Pinch of pink salt
- 10-15 drops of stevia (chocolate flavor is best for these)

**Servings:** Makes 10-12 truffles

## Instructions

**Step #1:** Melt dark chocolate slowly

**Step #2:** In a different bowl, mash avocado. When the chocolate is melted, combine it with the mashed avocado and stir them together. Then add in the vanilla, cinnamon and stevia.

**Step #3:** When this is combined and free of clumps, place in the refrigerator for about 30 minutes. When cooled and hardened, scoop it into 10-12 balls and roll them until they are smooth.

**Step #4:** Roll each ball in cocoa powder and serve.

**Step #5:** Place any leftover truffles in an air tight container in the refrigerator.



## Frozen Keto Almond Butter Cups

Per Cup (12 Servings)	Total Calories	Fat (g)	Protein (g)	Carbs (g)	Fiber (g)	Net Carbs
	59	6	1	4	2	2

### Ingredients

4 tbsps of coconut almond butter  
 1 tbsp of coconut oil  
 ½ cup of sugar-free chocolate chips  
 Pinch of pink salt  
 5-10 drops of chocolate stevia or to taste

**Servings:** 12 ice cup sized cups

### Instructions

- Step #1:** Get an ice cube tray and grease it with coconut oil
- Step #2:** Mix the chocolate and coconut oil and melt it on low heat
- Step #3:** Pour half of the coconut-chocolate melted mix into the ice cube tray – so you layer the bottom of each section of the ice tray. This will form the bottom layer of the cups.
- Step #4:** Mix together the almond butter and stevia
- Step #5:** Put the almond butter on the coconut-chocolate mix in each of the sections of the ice tray. This will form the middle section of the cups.
- Step #6:** Cover all the cups with the remaining chocolate, which will make up the top of the cups.
- Step #7:** Place the ice tray in the freezer for 10-20 minutes and then they should be ready to enjoy!
- Step #8:** Keep in the freezer to keep them good until you have them. Take out about 30 minutes before enjoying to let thaw out so they are easier to remove from the ice tray.



# Coconut Short Bread Cookies

Per Cookie (6 Servings)	Total Calories	Fat (g)	Protein (g)	Carbs (g)	Fiber (g)	Net Carbs
	97	9	1	4	3	1

## Ingredients

- 6 tbsp of coconut flour
- 4 large tbsp. of grass-fed butter (melted)
- 15 drops of vanilla stevia
- ¼ tsp of vanilla extract

**Servings:** Makes about 5-6 cookies

## Instructions

- Step #1:** Turn the oven on and preheat to 350 degrees
- Step #2:** Mix all the ingredients together until it has the consistency of a thick paste
- Step #3:** Shape the batter into balls and place on a lined baking sheet.
- Step #4:** Press the cookies down gently on the tops with a fork or a knife.
- Step #5:** Bake the cookies for 8-10 minutes until they are lightly browned on the bottom
- Step #6:** Let the cookies cool completely on the pan, otherwise they will crumble.



# Turmeric Coconut Cream Cups

Per Cup (12 Servings)	Total Calories	Fat (g)	Protein (g)	Carbs (g)	Fiber (g)	Net Carbs
	303	25	1	6	3	3

## Ingredients

- 1.5 cups unsweetened shredded coconut
- ½ cup Coconut Butter
- ½ cup Coconut Oil
- 1 tsp lemon juice
- 1/2 tsp turmeric
- 1/2 cup grass-fed butter or ghee
- Pinch of black pepper
- 20-25 drops Stevia extract optional

## Instructions

- Step 1:** Melt butter or ghee on low and mix in the turmeric and black pepper- stir until well combined.
- Step 2:** Place shredded coconut, coconut butter, coconut oil, lemon juice and stevia into a food processor and blend until well mixed.
- Step 3:** Use spoon to scoop out about 2 tbsps worth of coconut mixture and place into silicone or regular muffin liners.
- Step 4:** Once all your muffins liners are filled, melt butter or ghee and mix in spices.
- Step 5:** Use a spoon again to scoop out about 1 tablespoon of turmeric liquid and pour onto your coconut cups until the coconut is completely covered. Repeat on all your coconut cups.
- Step 6:** Place in freezer for about 20 minutes or until the cream cup is frozen.
- Step 7:** Keep in fridge.

**Notes:** Can also use 2 tablespoons of raw, local honey or grade B maple syrup or 1 tbsp of xylitol if you don't want to use stevia. Honey and maple syrup do contain sugar.



# Keto Chocolate Chip Cookies

Per Cookie (12 Servings)	Total Calories	Fat (g)	Protein (g)	Carbs (g)	Fiber (g)	Net Carbs
	161	14	5	7	3	4

## Ingredients

- 1 cup organic almond butter
- 2 squirts liquid vanilla stevia
- 3 squirts liquid stevia
- 1/4 cup golden monk fruit
- 1 tsp vanilla extract
- 1/2 tsp baking soda
- 1/4 cup stevia chocolate chips
- 1/2 tsp pink salt
- 1/4 cup chopped organic walnuts
- 1 pasture-raised egg

**Servings:** 21 cookies

## Instructions

- Step #1:** Preheat oven to 350 degrees.
- Step #2:** Line cookie sheet with parchment paper.
- Step #3:** Using an electric hand-held mixer, mix all ingredients together except for the walnuts and the chocolate chips
- Step #4:** Add in the walnuts and chocolate chips and mix together with a spoon.
- Step #5:** Place 1 heaping tablespoon of cookie dough batter onto parchment paper and repeat until you run out, spacing the cookies about 1/2 inch apart. (Flatten the cookies into a round shape—not a ball shape.)
- Step #6:** Bake in oven for 10 minutes. Insert a fork or a toothpick inside a cookie *gently*. If no batter comes off, pull the cookies out. Otherwise, you can try cooking it another minute or so.
- Step #7:** Take cookie sheet out of the oven. Let the cookies cool off for about 20 minutes (still sitting on the cookie sheet).
- Step #8:** After about 20 minutes, place the cookies onto a cooling rack, using a spatula. The cookies will harden and become less crumbly as they cool off.



# Keto Collagen Chocolate Squares

Per Square (12 Servings)	Total Calories	Fat (g)	Protein (g)	Carbs (g)	Fiber (g)	Net Carbs
	124	12	2	1	0	1

## Ingredients

½ cup of coconut oil  
 5 tbsps of cacao powder  
 ½ tsp vanilla extract  
 2 tbsps of nut butter

### Optional Ingredients:

1 tbsp of MCT oil  
 10-15 drops of chocolate stevia  
 2 tbsps of chocolate bone broth protein  
 Pinch of pink salt

\*\*If you use the chocolate bone broth protein, it is already flavored with stevia and tastes amazing, so you don't need to add in any additional stevia!

**Servings:** Makes about 12 (2" x 2" squares)

## Instructions

**Step #1:** Melt the coconut oil over low heat and add in the cacao powder, sweetener, vanilla extract, nut butter and protein powder. Be sure to whisk well to remove any lumps from the cacao and make sure that it mixes in well!

**Step #2:** Pour into a loaf pan lined with parchment paper.

**Step #3:** Refrigerate until it is firm (coconut oil naturally hardens when refrigerated)

**Step #4:** Cut into squares or any bar size you like

**Step #5:** Enjoy!!!



## Coconut Collagen Cookies

Per Cookie (12 Servings)	Total Calories	Fat (g)	Protein (g)	Carbs (g)	Fiber (g)	Net Carbs
	217	20	5	7	3	4

### Ingredients

1 cup of sprouted pumpkin seeds or sunflower seeds  
 2 cups of coconut flakes  
 1 tsp of vanilla extract  
 1 cup of cacao powder  
 3 tbsps coconut oil  
 4 tbsps monk fruit or 30 drops of stevia  
 2 tbsps of bone broth protein

**Servings:** 12 medium sized cookies

### Instructions

**Step #1:** Put your seeds (pumpkin or sunflower) and coconut flakes into your blender or food processor and pulse until it takes on a flour like texture.

**Step #2:** Put in your bone broth protein or collagen protein, vanilla extract, raw cacao and monk fruit and combine it all together.

**Step #3:** If the recipe is too thick you can add in more coconut oil and if it is too runny, you can add in more bone broth protein or collagen. I would recommend just a little at a time until you get your desired consistency.

**Step #4:** Take a scoop with a mini ice cream scooper and scoop about 2-3 tbsps by hand and place on parchment paper.

**Step #5:** Shape the cookies into whatever shape or size you like by pressing down on them. The batter may be a bit runny, but don't worry about making them into perfect shapes. Our goal is nutrition, not looks.

**Step #7:** Place the cookies in the refrigerator until they are firm. Keep the cookies in the fridge to keep them fresh before eating them.

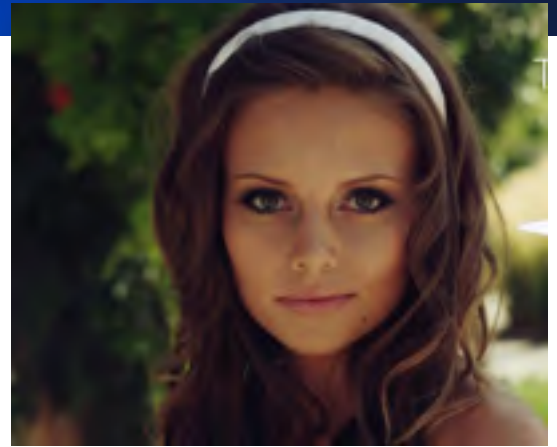


## About Megan Kelly

Megan is a Licensed Esthetician specializing in holistic nutrition, woman's hormones, and spiritual health. Her mission is empowering people to live a life of bliss through nourishing their mind, body, and spirit.

Megan blogs at [renewingallthings.com](http://renewingallthings.com) where she explores the incredible healing power of real food, a balanced lifestyle, and how to get our bodies working exactly how our Creator intended them to. It is Megan's goal to see people restored and experience true health and joy like never before.

In her spare time, Megan loves hiking, wake boarding, cooking, and spending time in the beautiful mountains of Colorado.



## About Dr. David Jockers DNM, DC, MS

**Dr. David Jockers** is a doctor of natural medicine, a functional nutritionist and corrective care chiropractor. He currently owns and operates Exodus Health Center Kennesaw, Georgia and runs one of the hottest natural health websites in [DrJockers.com](http://DrJockers.com) with over 1 million monthly visitors and has been seen on popular media such as the Dr Oz show.

Dr Jockers is a world-renowned expert in the area of ketosis And the ketogenic diet. He is the developer of the best selling "Navigating the Ketogenic Diet" E-course and the host of the Popular Keto Edge Summit.

Dr Jockers is also a sought-after speaker around the country on such topics as ketosis, weight loss, brain health, healing leaky gut, thyroid function, natural detoxification and



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