

CODE RED

Approved Desserts



CRISTY "CODE RED" NICKEL

WELCOME!

Congratulations on grabbing your copy of the Code Red-Approved Desserts cookbook. Inside, you'll find 50 sugar-free, delicious desserts to make weight loss more enjoyable, but without derailing your progress.

You'll see chocolate dishes, cheesecake dishes, fudge, cookies, bars, pies, muffins, and MUCH more. They're great options for your family, for potlucks, and for the holidays, as well as for yourself. Enjoy!

- Cristy Code Red



INDEX

Cheesecake Lovin'

Mug Cheesecake	6
Berry Cheesecake Fluff	7
Almond Cheesecake Bites	8
Crustless Easy Cheesecake Treats	9
Instapot Cheesecake	10
Flaxseed Cheesecake-Filled Brownies	12
Rich Cheesecake (Dairy or Non-Dairy)	14
Keto Berry Pecan Cheesecake Bars	16
No-Bake Sugar-Free Strawberry Cheesecake	18
Strawberry Cheesecake Bars	20
Pumpkin Cheesecake	22

Cookies, Trifle & Custard

Almond Butter Cookies	25
Nut Butter Cookies	26
Flourless Soft & Chewy Cookies	27
Chocolate Cookies With Almond Butter Icing	28
Berry Cream Trifle	30

Cinnamon Allulose Egg Custard	31
Cottage Cheese Chocolate Pudding	32

Bakes, Bars & Bites

Cinnamon Vanilla Bake	34
Blackberry Pie Bars	35
Keto Lemon Bars	37
Cinnamon Allulose Cocoa Bites	38
Chocolate Macadamia Nut Minis	39

Cool Treats

Yogurt Electrolyte Sundae	41
Strawberry Ice Cream	42
Pumpkin Parfait	43
Almond Butter Cream Cheese Popsicles	44
Sugar-Free Raspberry Sorbet	45
Berry Coconut Cream Cups	46

Bread, Pudding & Mousse

Code Red Pumpkin Bread	48
Chocolate Avocado Pudding	49
Code Red Chocolate Mousse	50
Chocolate Vanilla Mousse	51
Strawberry Mousse	52

Pies & Fudge

Crustless Raspberry Pie	54
Crustless Pumpkin Pie	55
Fresh Blueberry Pie	56
Hot Pink Pie	58
Valentine's Strawberry Cream Pie	60
Nut Butter Pie	62
Berries & Cream White Fudge	64
Low-Carb Chocolate Fudge	65

Muffins, Cupcakes & More

Blueberry Muffins	67
Cinnamon Spiced Flaxseed Muffins	69
Chocolate Monster Decorated Cupcakes	71
Creamy Blueberry Breakfast Delight	73
Mixed Berry Cobbler	74
Cream Cheese & Berries	76
Key Lime Fluff	77
Flaxseed Chocolate Brownie	78
Flourless Chocolate Torte	80
Chocolate Pecan Turtles	82
Crème Brûlée	84

Where to get my favorite ingredients...	85
--	-----------



**CHEESECAKE
LOVIN'**

MUG CHEESECAKE

INGREDIENTS

- » ¼ cup full-fat cream cheese, softened
- » 1 Tbsp Greek yogurt
- » ½ tsp vanilla extract
- » ¼ tsp lemon juice
- » 2 Tbsp RxSugar allulose
- » 1 large egg

DIRECTIONS

1. In a blender, add all ingredients and blend until smooth.
2. Grease a microwave-safe ramekin and pour batter into it.
3. Microwave for about 60 seconds, till the sides are firm and the center is a little jiggly, with a glossy top. (Repeat for 10-second increments till you achieve the desired texture.)
4. Refrigerate for about 1 hour.
5. Serve with berries, if desired.

 Submitted by Patti Ciarleglio, Waterbury, CT

BERRY CHEESECAKE FLUFF

INGREDIENTS

- » 8 oz full-fat cream cheese, softened
- » Code Red-approved sweetener (Lakanto Monk Fruit, stevia, or RxSugar allulose) in the amount equivalent to ¼ cup sugar sweetness
- » ¾ cup heavy whipping cream
- » 8 oz strawberries, sliced
- » 6 oz blueberries
- » 6 oz blackberries
- » 6 oz raspberries

DIRECTIONS

1. Beat cream cheese with mixer until smooth.
2. Add sweetener and heavy whipping cream.
3. Beat until thick and creamy. If too thick, a little extra cream can be added.
4. Fold in fresh berries.
5. Refrigerate or serve immediately.
6. Makes about 6 cups.

 Submitted by Nancy Husfloen, Nampa, ID

ALMOND CHEESECAKE BITES

INGREDIENTS

- » ¼ cup creamy unsweetened almond butter, room temperature
- » ½ cup full-fat cream cheese, room temperature
- » 2 drops liquid stevia
- » ½ cup Lakanto Golden Monk Fruit sweetener

DIRECTIONS

1. In a bowl, mix the almond butter, cream cheese and sweetener until thoroughly combined.
2. Chill the mixture in the fridge for 30 minutes.
3. Form the mixture into 12 small balls.
4. Roll each ball in golden monk fruit and return them to the fridge until ready to serve.

CRUSTLESS EASY CHEESECAKE TREATS

INGREDIENTS

- » 1 lb full-fat cream cheese (softened)
- » 1 egg, large
- » 1 Tbsp full-fat sour cream
- » 4 Tbsp RxSugar allulose sweetener or approved sugar-free baking sweetener of choice, adjust for your individual preference
- » ½ Tbsp pure vanilla extract
- » Optional: unsweetened cocoa, if you want chocolate flavor.
- » 2 buttered/greased microwave safe 4-inch ramekins

DIRECTIONS

1. Blend softened cream cheese, sour cream, sweetener together with hand mixer in medium mixing bowl.
2. Once smoothly blended, add egg slowly and mix well, stopping to scrape down the sides of bowl.
3. Add vanilla and mix again. If making chocolate cheesecake, add cocoa to taste and desired richness.
4. Pour mixture into greased ramekins, splitting evenly. Microwave individually for 90 seconds. Allow to cool and place in refrigerator for 4 hours to completely set. Enjoy!

 Submitted by Odella Fuqua, Emerado, ND

INSTAPOT CHEESECAKE

INGREDIENTS

(Cheesecake)

- » 2 cups ground almonds or nuts of your choice
- » 5 Tbsp butter, melted
- » 2 - 8-oz packages of full-fat cream cheese (16 oz total)
- » 1 cup full-fat sour cream
- » 2 cups RxSugar allulose
- » 2 eggs
- » 1 Tbsp vanilla extract
- » 2 pinches Redmond Real Salt

INGREDIENTS

(Topping)

- » 1/2 cup full-fat sour cream
- » 2 Tbsp RxSugar allulose

DIRECTIONS

(Cheesecake)

1. Make the crust by mixing the butter with the ground nuts.
2. Take a springform pan (6"x3") and take the bottom out and wrap in parchment paper.
3. Place back in pan and add nut mixture to pan.
4. Place in freezer.

5. Place cream cheese in a bowl, along with sour cream and RxSugar allulose.
6. Beat two eggs with two pinches of salt and vanilla extract. Whisk together for about thirty seconds.
7. Pour into the springform pan.
8. Place in Instapot that has 1 cup water.
9. Pressure cook for 28 minutes.
10. Take a paper towel and lightly blot any moisture.

DIRECTIONS

(Topping)

1. Mix together and pour on top of cheesecake. Spread.
2. Place in the refrigerator for at least four hours or longer.
3. Remove bottom of parchment paper and cut and serve.
4. Top with fresh Code Red-approved fruit, if desired.

 Submitted by Marilyn Fraser, Pipe Creek, TX

FLAXSEED CHEESECAKE-FILLED BROWNIES

INGREDIENTS

(For the filling)

- » 8 oz full-fat cream cheese (softened)
- » ½ cup Lakanto Monk Fruit or RxSugar Allulose
- » 1 large egg

(For the brownie)

- » 3 oz unsweetened baking chocolate
- » ⅓ cup butter
- » 3 large eggs
- » ½ cup Lakanto Monk Fruit or RxSugar Allulose
- » ¼ cup cocoa powder
- » ½ cup ground golden flaxseed

DIRECTIONS

1. Heat oven to 350°F and line a brownie pan with parchment.
2. Make the cheesecake filling first by beating softened cream cheese, egg, and sweetener until smooth. Set aside.
3. Melt the chocolate and butter at 30 second intervals in a microwave, stirring frequently until smooth. Let cool slightly.

4. Beat remaining eggs and sweetener on medium speed with a mixer until frothy.
5. Sift in the cocoa powder and ground flaxseed and beat until a thin batter forms.
6. Pour in melted chocolate and beat on low for 10 seconds. The batter will thicken to a mousse-like consistency.
7. Pour $\frac{3}{4}$ of the batter in the prepared pan, top with dollops of the cream cheese, then finish with the remaining brownie batter.
8. Using a spatula, swirl the top brownie layer over the cheesecake to make a pattern.
9. Bake for 25-30 minutes or until the center is mostly set. It may jiggle but it will firm after being removed from the oven.
10. Cool before slicing!

 Submitted by Pam Apfelbeck, Orofino, ID

RICH CHEESECAKE (DAIRY OR NON-DAIRY)

INGREDIENTS

(Pie Crust)

- » 2 cups raw almonds
- » 5 Tbsp coconut oil + more if needed
- » ¼ cup sugar-free approved confectioners sugar (allulose or monk fruit)
- » Pinch Redmond Real Salt

(Cheesecake Filling)

- » 3 cups raw cashews
- » ⅔ cup fresh lemon juice
- » 1⅓ cups heavy whipping cream or full-fat canned coconut milk
- » ⅔ cup approved sugar-free confectioners sugar (or more to taste)
- » ¼ tsp Redmond Real Salt
- » 1 tsp pure vanilla extract

DIRECTIONS

1. Place the raw cashews in a bowl and fill with water (2 inches above the line of cashews) so that they're completely covered. Soak overnight (at least 8 hours).
2. Add the ingredients for the cheesecake crust to a food processor and process until completely combined and the nuts are chopped into tiny pieces. You may need to add 1-3 additional tablespoons of coconut oil depending on the consistency of the crust - you want it to press together easily like a dough but not be overly oily.

3. Line a 8-inch or 9-inch springform pie pan with parchment paper and transfer the crust mixture to it. Use your hands to press the crust mixture into the bottom of the pan, creating an even layer.
4. Drain and rinse the cashews, then transfer them to a high-powered blender (they can be moist - they don't need to be completely dry). Add the rest of the ingredients for the filling to the blender and blend until completely smooth.
5. Pour the cheesecake filling over the crust and smooth into an even layer. Transfer the cheesecake to your freezer and freeze at least 2 hours, until completely set.
6. When you're ready to serve the cheesecake, allow it to thaw a few minutes (up to 20 minutes if the cheesecake has been frozen for a long time), then slice using a sharp knife and serve.

KETO BERRY PECAN CHEESECAKE BARS

INGREDIENTS

(Crust)

- » 1 cup pecans
- » 1 tsp Lakanto Monk Fruit or RxSugar allulose sweetener
- » 1 tsp cinnamon
- » ¼ tsp ground nutmeg
- » 2 Tbsp melted butter

(Filling)

- » 1 egg
- » 12 oz full-fat cream cheese
- » ½ cup Lakanto Monk Fruit or RxSugar allulose sweetener
- » ¼ cup full-fat sour cream
- » ½ tsp vanilla extract
- » ¼ cup unsweetened almond milk
- » 1 Tbsp melted butter

(Topping)

- » 1 cup frozen mixed berries
- » 1 Tbsp Lakanto Monk Fruit or RxSugar allulose sweetener

DIRECTIONS

1. Preheat oven to 350°F.
2. Add pecans to a food processor and chop very finely. Add sweetener, cinnamon, and nutmeg. Process for a few more seconds. Pour mixture into a bowl and add melted butter. Stir together and press crust mixture into the bottom of a square baking pan.
3. Beat egg until fluffy in a large bowl with an electric mixer. Mix in cream cheese 1 oz at a time. Beat mixture until cream cheese is smooth. Add sweetener, sour cream, vanilla extract, and almond milk. Beat together until filling is smooth. Stir in melted butter.
4. Pour filling over crust in the pan.
5. Bake in the preheated oven for about 35 minutes.
6. Meanwhile, heat a small pot over medium heat. Add mixed berries and sweetener and bring to a simmer, about 5 minutes. Stir berries and crush some with a spoon so that a liquid starts to form. Cook for about 10 minutes more.
7. Allow cheesecake bars to cool in pan about 1 hour.
8. Pour berry sauce on top of bars.

NO BAKE SUGAR-FREE STRAWBERRY CHEESECAKE

INGREDIENTS

- » ¾ cup ground golden flaxseed meal
- » 2 tsp Lakanto Monk Fruit or RxSugar allulose sweetener
- » 3 Tbsp butter, melted
- » ¼ tsp ground cinnamon
- » ¼ tsp ground nutmeg
- » 1 - 8 oz package full-fat cream cheese, softened
- » 1½ cups almond or cashew butter
- » 1 oz package cheesecake flavor sugar-free instant pudding mix
- » 2 pints fresh strawberries, sliced

DIRECTIONS

1. Combine flaxseed meal, melted butter, sweetener, cinnamon, and nutmeg in a bowl.
2. Press the mixture into an 8-inch pie dish; refrigerate while making the filling.
3. Beat cream cheese in mixing bowl with electric mixer on medium speed until softened.
4. Reduce speed to slow; gradually beat in nut milk (the mixture will be watery).

5. Use a rubber spatula to scrape cream cheese from the sides of the bowl, if necessary.
6. Beat in pudding mix until the filling is thick and smooth.
7. Spoon $\frac{1}{2}$ of cream cheese filling onto the bottom of the prepared crust. Spread $\frac{1}{2}$ of strawberries over the filling; repeat with remaining filling and strawberries.
8. Chill pie in refrigerator until filling is set, at least 1 hour.

STRAWBERRY CHEESECAKE BARS

INGREDIENTS

(Crust)

- » ½ cup ground golden flaxseed meal
- » 3 Tbsp stevia-sweetened maple syrup or 3 Tbsp melted butter
- » 3 Tbsp coconut oil

(Strawberry Filling)

- » 16 oz cream cheese
- » 10 oz frozen strawberries
- » ½ cup stevia-sweetened maple syrup
- » 1 tsp vanilla extract

(For Topping)

- » Fresh strawberry slices mixed with a sweetener (RxSugar allulose, Lakanto Monk Fruit)

DIRECTIONS

1. For crust: Add flaxseed meal, syrup (or melted butter), and coconut oil to a food processor and pulse until dense sandy mixture forms.
2. Place mixture into bottom of parchment paper-lined 8-inch square pan and gently spread out with spoon or spatula until an even layer forms.
3. Push crust down with bottom of a glass or heel of your hand. Once spread out, set in fridge to firm up.

4. For filling: Combine cream cheese, frozen strawberries, maple syrup, and vanilla extract in food processor or high-speed blender and process/blend until a smooth mixture forms (about 1 minute).
5. Pour cheesecake filling into prepared pan and freeze for a minimum of 6 hours.
6. Remove cheesecake from freezer and take it out of the pan while still frozen.
7. Top and serve: Allow to sit at room temperature for 30 minutes to an hour before serving. Time will vary depending on how long you've had it in the freezer. If frozen overnight, place in the fridge for 3 hours before serving.
8. Top and serve with fresh strawberries. (Optional: add sweetened whipped heavy cream.)

PUMPKIN CHEESECAKE

INGREDIENTS

(For the Crust)

- » 3 cups raw almonds, walnuts, or pecans
- » ½ cup coconut oil
- » ⅓ cup approved sugar-free confectioners sweetener (allulose or monk fruit)
- » ½ tsp cinnamon
- » ¼ tsp Redmond Real Salt

(Pumpkin Cheesecake Filling)

- » 2 cups raw cashews soaked overnight
- » 1 cup full-fat canned coconut milk
- » ½ cup coconut oil
- » 1 cup pureed pumpkin
- » ⅔ cup sugar-free approved confectioners sweetener
- » 2 Tbsp lemon juice
- » 2 tsp pure vanilla extract
- » 1-inch nub fresh ginger, peeled
- » 2 tsp pumpkin pie spice
- » 1 tsp ground cinnamon
- » ½ tsp Redmond Real Salt

DIRECTIONS

1. Prep ahead: Add the cashews to a large bowl and fill it with water such that the cashews are completely submerged. Soak overnight (ideally 12 hours). When you're ready to make the pie, drain the cashews into a colander.
2. To make the crust: Add the almonds (or other nuts), sugar-free sweetener, cinnamon and sea salt to a food processor and process until everything is well-chopped and combined. Leaving the food processor on, slowly pour the melted coconut oil through the opening in the top and continue processing until a thick dough-like substance forms.
3. Line a 8-inch or 9-inch springform pie pan with parchment paper and transfer the crust mixture to the pie pan. Smooth it into an even layer and freeze while you prepare the rest of the recipe.
4. Make the filling: Transfer the cashews to a high-powered blender, along with the rest of the ingredients for the pumpkin cheesecake filling.
5. Blend until completely creamy. If needed, stop the blender periodically to scrape the sides to help it blend. It does take some time to get the creamy consistency for the filling, so just be patient, keep stopping, stirring, and re-starting.
6. Pour the pumpkin cheesecake filling into the pie pan over the crust and spread it into an even layer.
7. Freeze the pumpkin cheesecake until it has completely set up, about 4 hours.
8. When you're ready to serve, remove the cheesecake from the freezer and release the springform pan. Transfer the cheesecake to a serving platter or cake stand and slice it into individual slices. Serve with whipped cream if desired!



**COOKIES, TRIFLE
& CUSTARD**

ALMOND BUTTER COOKIES

INGREDIENTS

- » 1 cup almond butter (ideally one that only lists ground almonds in the ingredients)
- » 1 cup RxSugar allulose
- » 1 egg
- » 1 tsp vanilla extract
- » 1 tsp cinnamon (optional)

DIRECTIONS

1. Preheat oven to 325°F.
2. Combine all ingredients in a large bowl and mix well.
3. Roll dough into 1-inch balls with your hands.
4. Place cookies on an ungreased baking sheet and flatten them down with a fork.
5. Bake for 12-15 minutes until golden brown.
6. Cool completely on wire racks before storing.

 Submitted by Tamara Afflerbach, Antioch, CA

NUT BUTTER COOKIES

INGREDIENTS

- » 1 egg
- » 1 cup unsweetened almond butter or cashew butter
- » $\frac{2}{3}$ cup Lakanto brown monk fruit sweetener
- » 1 tsp pure vanilla extract
- » $\frac{3}{4}$ tsp baking soda
- » $\frac{1}{2}$ tsp Redmond Real Salt

INSTRUCTIONS

1. Preheat oven to 350°F and line a baking sheet with parchment paper (or spray with cooking oil).
2. Whisk egg in a mixing bowl, then stir in nut butter until very thick, creamy, and well-combined. Add remaining ingredients to the bowl and mix until combined.
3. Note: you can also mix the cookie dough in a stand mixer or use an electric hand mixer.
4. Roll dough into balls and place on baking sheet. Use fork to press crisscross indentations into the balls of dough.
5. Bake for 8 to 10 minutes on center rack of preheated oven - 8 for chewier cookies, 10 for crispier cookies.
6. Allow cookies to cool for 10 minutes before serving.

FLOURLESS SOFT & CHEWY COOKIES

INGREDIENTS

- » 1 cup almond or cashew butter
- » ¾ cup RxSugar allulose or Lakanto Monk Fruit
- » 1 egg
- » 1 tsp baking soda
- » ½ tsp Redmond Real Salt
- » Optional add-ins: sugar-free chocolate chips, chopped nuts

DIRECTIONS

1. Preheat oven to 350°F and line a baking sheet with parchment paper.
2. Combine all ingredients in a mixing bowl, and mix well.
3. Drop the dough onto the prepared baking sheet a tablespoon at a time, spacing them out at least 2 inches apart (use 2 baking sheets, if needed). Flatten them slightly, as these cookies spread while baking.
4. Bake for 10 minutes. If you want crispier cookies, bake for 12 minutes.
5. Rest for 10-15 minutes before enjoying. They'll firm up as they cool.
6. Once cooled completely, store in an airtight container at room temperature for up to a week.

CHOCOLATE COOKIES WITH ALMOND BUTTER ICING

INGREDIENTS

(Chocolate cookie)

- » 8 oz full-fat cream cheese, softened
- » ½ cup RxSugar allulose or Lakanto Monk Fruit
- » 2 eggs, beaten
- » 2 tsp baking powder
- » ¾ cup cocoa powder
- » 2 Tbsp finely ground golden flaxseed meal

(Icing)

- » ¼ cup almond butter
- » ¾ cup Lakanto powdered sugar
- » 1 Tbsp almond milk
- » 1 stick butter, softened

DIRECTIONS

1. Preheat oven to 350°F.
2. Add all the ingredients for the cookie base into a mixing bowl. Cream the ingredients together to form a dough.

3. Line a cookie sheet with parchment paper and then spoon out the dough.
4. Bake for 12 minutes. As soon as they come out of the oven, press your thumb lightly in the center of each one to make an indentation for the icing.
5. Set aside and cool completely before adding icing.
6. Mix together icing ingredients until smooth and plop icing in the indentation.

BERRY CREAM TRIFLE

INGREDIENTS

- » Strawberries-cleaned and hulled
- » Blueberries-cleaned w/stem removed
- » Full-fat plain Greek yogurt
- » Heavy whipping cream
- » Sugar-free cheesecake pudding mix

DIRECTIONS

1. Mix sugar-free cheesecake pudding mix and Greek yogurt.
2. Mix heavy whipping cream in separate bowl.
3. Mix the SF pudding and Greek yogurt with the heavy whipping cream.
4. Layer your berries in a trifle bowl.
5. Then add the SF pudding, Greek yogurt, heavy whipping cream.
6. Then another layer of berries and then the wet mixture until all layered.
7. Enjoy!

 Submitted by Lisa Sibley, Galesburg, IL

CINNAMON ALLULOSE EGG CUSTARD

INGREDIENTS

- » 4 eggs
- » 1¾ cup heavy cream or unsweetened almond milk
- » 2 Tbsp RxSugar allulose
- » 1 tsp cinnamon
- » 1 tsp vanilla extract
- » Pinch Redmond Real Salt

DIRECTIONS

1. Preheat oven to 325°F.
2. Whisk all ingredients until smooth.
3. Pour into ramekins or baking dish.
4. Bake in water bath for 35-45 minutes until set.
5. Chill in fridge until firm.

 Submitted by Judith Birdsell, Mesa, AZ

COTTAGE CHEESE CHOCOLATE PUDDING

INGREDIENTS

- » 3 cups full-fat cottage cheese (24 oz container)
- » ⅓ cup Lakanto Monk Fruit
- » 2 tsp vanilla
- » 2 Tbsp cocoa powder

DIRECTIONS

1. Combine the ingredients in a large bowl.
2. I use an immersion blender and blend until smooth, smooth, smooth.
3. Pour the ingredients into individual serving dishes with lids and put in the refrigerator.

 Submitted by Michele Broussard, Auburn, CA



**BAKES, BARS
& BITES**

CINNAMON VANILLA BAKE

INGREDIENTS

- » 8 eggs
- » 8 oz full-fat cream cheese
- » 4 Tbsp melted butter
- » 1 tsp vanilla extract
- » 2 tsp cinnamon

DIRECTIONS

1. Mix all together until smooth.
2. Pour into greased baking loaf dish (9.5"x5").
3. Bake at 350°F for 30 minutes.

 Submitted by Judith Birdsell, Mesa, AZ

BLACKBERRY PIE BARS

INGREDIENTS

(Crust)

- » 3 cups finely ground golden flaxseed meal
- » 1 Tbsp psyllium husk powder
- » 1/3 cup melted coconut oil or butter
- » 1/3 cup stevia-sweetened maple syrup
- » 1 tsp vanilla extract

(Filling)

- » 1 3/4 cups blackberries
- » 3 Tbsp Lakanto Monk Fruit or RxSugar allulose sweetener
- » 1 tsp vanilla extract

DIRECTIONS

1. For the crust, mix the flaxseed meal, psyllium husk powder, melted coconut oil (or butter), sugar-free maple syrup, and vanilla together until everything is evenly combined. Start with a spoon and finish with your hands.
2. Get an oven-proof dish or baking dish (8" x6" or 8" x8") and line with parchment paper.
3. Take 2/3 of this mixture and push it down your parchment-lined dish—it need not be even.
4. Make filling: Blend the blackberries, sweetener, and vanilla—easiest using a hand blender and a few pulses. Any blender will work. It will also work if you mash it.

5. Pour the blackberry mixture onto the base and spread evenly.
6. Crumble remaining $\frac{1}{3}$ of dry mixture on top of blackberry filling and gently press down.
7. Put into a preheated oven for about 25 minutes at 350°F.
8. Remove from oven.
9. Let cool before slicing! If you slice it immediately, it will break apart.
10. When cool, use a sharp, heavy knife and slice into pieces.

It keeps in fridge for about three days, so if there are leftovers, freeze them.

KETO LEMON BARS

INGREDIENTS

(Crust)

- » 2 cups finely ground golden flaxseed meal
- » 3 Tbsp RxSugar allulose or Lakanto Monk Fruit
- » 1 large egg

(Filling)

- » 2/3 cup lemon juice
- » 6 large eggs
- » 2/3 cup RxSugar allulose or Lakanto Monk Fruit
- » 1 tsp lemon zest

DIRECTIONS

1. Preheat oven to 350°F. Line an 8x8-inch pan with parchment paper and set aside. In a mixing bowl, combine your flaxseed meal, allulose and egg, and mix well. Transfer the mixture into the lined pan and press into place.
2. Bake the crust for 15 minutes, or until golden. While it is baking, prepare your lemon filling.
3. In a separate mixing bowl, whisk together the eggs until no whites remain. Add the lemon juice, allulose, and lemon zest and whisk until combined.
4. Remove the shortbread crust from the oven. Moving quickly, add the lemon filling and smooth it out evenly. Bake for 20-22 minutes, or until the center is firm but still jiggles slightly.
5. Remove from the oven and let cool in the pan completely, before refrigerating for at least two hours, to firm up more.

CINNAMON ALLULOSE COCOA BITES

INSTRUCTIONS

- » ½ cup coconut oil or butter
- » ¼ cup unsweetened cocoa powder
- » 2 Tbsp RxSugar allulose
- » 1 tsp cinnamon
- » 1 tsp vanilla extract
- » Pinch Redmond Real Salt
- » Optional: ¼ cup chopped pecans or shredded coconut

DIRECTIONS

1. Melt coconut oil/butter.
2. Stir in cocoa, allulose, cinnamon, vanilla and salt (and optional ingredients if using).
3. Pour into silicone molds or mini cups
4. Freeze 15-20 minutes until firm.

 Submitted by Judith Birdsell, Mesa, AZ

CHOCOLATE MACADAMIA NUT MINIS

INGREDIENTS

- » 1 1/3 oz sugar-free dark chocolate, stevia-sweetened chocolate chips
- » 1 Tbsp MCT oil or coconut oil
- » Redmond Real Salt
- » 1½ oz raw macadamia nut halves

DIRECTIONS

1. Select a truffle mold, mini muffin pan, or mini baking cups with wells that are 2x1".
2. Place 3 macadamia nut halves in each of 8 wells of the mold or mini baking pan.
3. In a small microwave-safe dish, microwave the chocolate chips for 50 seconds or until melted. Stir until smooth, then add the MCT oil and a pinch of salt. Mix until blended.
4. Spoon some of the chocolate mixture into each well or baking cup, completely covering the nuts. Sprinkle additional salt over the chocolate.
5. Transfer the mold or baking cups to the freezer for a minimum of 30 minutes, until the chocolate is solid.



COOL TREATS

YOGURT ELECTROLYTE SUNDAE

INGREDIENTS

- » ¼ cup full fat plain Greek yogurt (we use Fage brand)
- » 1 tsp Unmatched Electrashred OR ½ tsp Redmond Re-Lyte, or some of each
- » Optional: a few berries and/or a few stevia-sweetened chocolate chips
- » Optional: 1 or 2 tsp whipped heavy cream (made with vanilla and approved sweetener)

DIRECTIONS

1. Scoop yogurt onto a plate as a side or into a small bowl.
2. If including berries or chocolate chips, mix those in.
3. Sprinkle electrolyte powder(s) on top. Electrashred is sweet but you may wish to sweeten Re-Lyte with an approved sweetener. (RxSugar allulose, stevia, or Lakanto Monk Fruit.)
4. Add whipped cream on top (if desired).
5. This serves one. Duplicate as needed!

 Submitted by Pam Apfelbeck, Orofino, ID

STRAWBERRY ICE CREAM

INGREDIENTS

- » 1 - 13.7 oz can coconut milk - solid cream only - $\frac{3}{4}$ cup
- » 1 cup fresh strawberries - about 10 small
- » $\frac{1}{4}$ cup unsweetened almond butter + pinch of salt if unsalted
- » 1 - 1.2 oz bag freeze-dried strawberries
- » 2 Tbsp vanilla extract
- » $\frac{1}{16}$ tsp pure stevia powder - optional

DIRECTIONS

1. Blend freeze-dried strawberries in a small blender or food processor for 5-10 seconds to make a powder.
2. Using a can of coconut milk that has been refrigerated overnight, scoop out the solid coconut cream into the blender along with all the remaining ingredients and blend until smooth.
3. Place blender cup in the freezer to chill 1 hour prior to churning—no longer, or it will freeze solid.
4. Churn mixture in an ice cream maker for 5-10 min. Optional - throw in a handful of finely diced strawberries during the last 2 minutes, if you like!
5. Eat immediately as soft serve, or place in a shallow dish and freeze 1-2 hours until firm for true ice cream consistency. Enjoy!

PUMPKIN PARFAIT

INGREDIENTS

- » 1 cup pumpkin puree
- » 1 (1 oz) package instant sugar-free vanilla pudding mix
- » 1 tsp pumpkin pie spice
- » 1 cup heavy whipping cream or coconut cream
- » 1 cup almond or cashew milk

DIRECTIONS

1. In a mixing bowl, combine pumpkin puree, vanilla pudding mix, pumpkin pie spice, cream, and nut milk.
2. Blend together until smooth.
3. Place in parfait glasses and chill until set.

ALMOND BUTTER CREAM CHEESE POPSICLES

INGREDIENTS

- » 6 popsicle molds
- » 8 oz full-fat cream cheese, softened
- » ¾ cup natural unsweetened almond butter
- » ½ cup heavy cream
- » ½ cup almond milk
- » ½ cup Swerve confectioners sweetener (or natural zero-calorie sweetener that is Code Red-approved)
- » 1 tsp vanilla extract
- » Sprinkle of Redmond Real Salt
- » For chocolate shell - 4 oz. dark chocolate (plain or stevia-sweetened)

DIRECTIONS

1. In a mixing bowl, blender, or mixer, blend all ingredients for popsicles until smooth.
2. Fill molds ¾ way with mixture and freeze overnight, or for at least 4 hours.
3. Let stand at room temperature for ten minutes before removing from molds.
4. Before serving, drizzle with melted dark chocolate.

SUGAR-FREE RASPBERRY SORBET

INGREDIENTS

- » 2 cups frozen raspberries
- » ½ cup water
- » ⅓ cup powdered RxSugar allulose (grind in coffee grinder until a powder)
- » 2 tsp lemon juice

DIRECTIONS

1. In a small blender, add raspberries, sweetener, water and lemon juice. Blend for 30-60 seconds until completely smooth.
2. Taste and adjust for sweetness if needed.
3. Pour into a shallow dish with a lid.
4. Cover and freeze for 2-3 hours until set.
5. Best served fresh. Keeps if frozen but thaw in the fridge or on the counter to soften.
6. Feel free to make this with other approved berries!

BERRY COCONUT CREAM CUPS

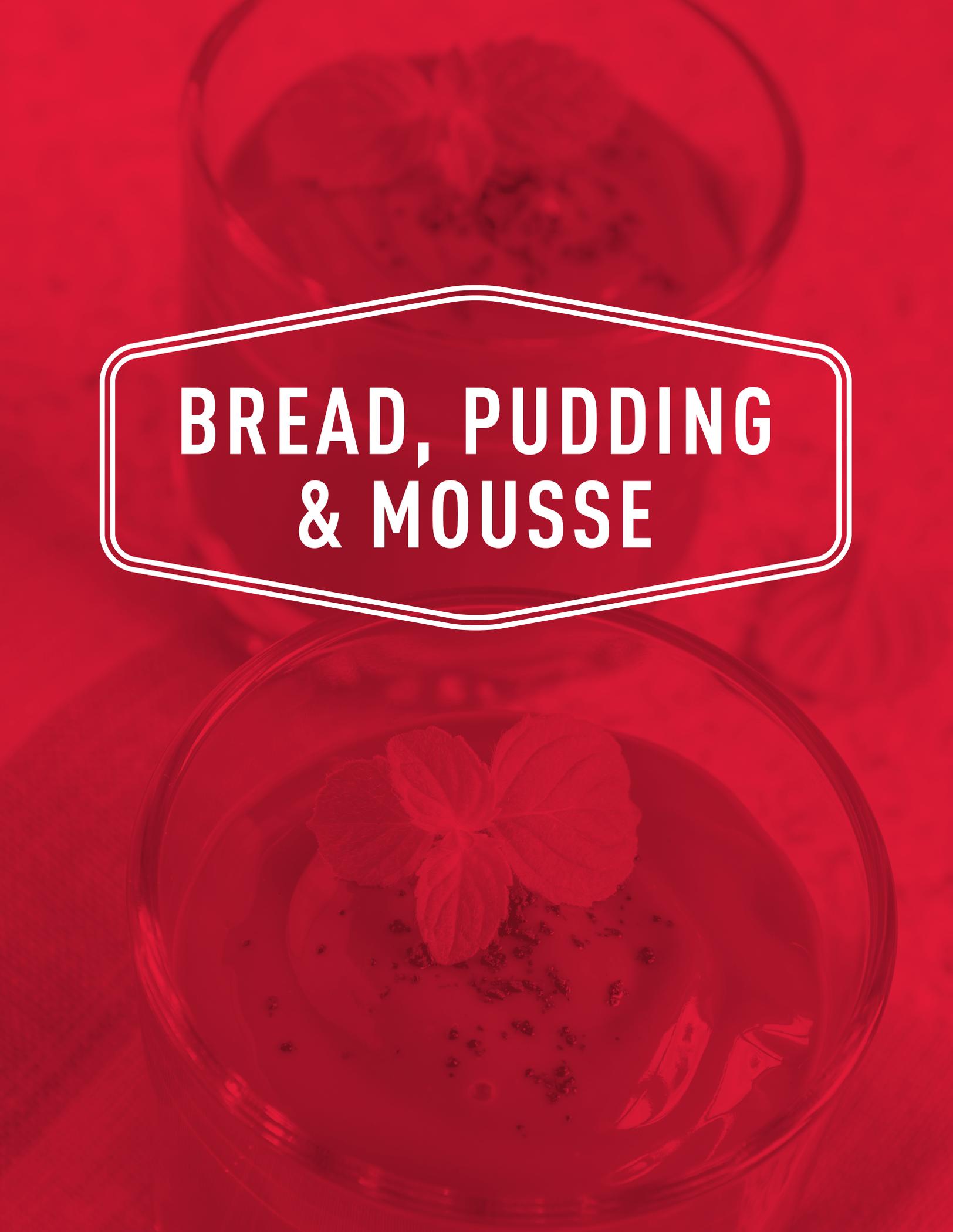
INGREDIENTS

- » Mixed berries (blueberries, raspberries, strawberries)
- » Full-fat canned coconut milk or heavy whipping cream (chilled)
- » Stevia Vanilla Sweet Drops
- » Chopped nuts (like almonds or walnuts)

DIRECTIONS

1. Whip the coconut milk or cream until fluffy.
2. Add a splash of vanilla stevia sweetener.
3. Layer in a small bowl or jar: cream, berries, nuts.
4. Chill and enjoy!

 Submitted by Tina Karnes, Miami, OK



**BREAD, PUDDING
& MOUSSE**

CODE RED

PUMPKIN BREAD

INGREDIENTS

- » ¼ cup ground flax seed
- » 1 egg
- » 3 Tbsp pumpkin puree
- » 2 tsp brown sugar Lakanto monk fruit
- » ½ tsp baking powder
- » 1 Tbsp Fresh-Pressed Olive Oil or butter
- » 1 tsp pumpkin pie spice
- » 2 walnut halves, chopped (optional)

DIRECTIONS

1. Mix all ingredients in a microwave safe bowl.
2. Microwave for 2 minutes.
3. Top with a dollop of whipped cream.
4. Makes one serving

 Submitted by Carolyn Pedego, Forestburg, SD

CHOCOLATE AVOCADO PUDDING

INGREDIENTS

- » 2 large avocados - pits and skin removed
- » ¼ cup cocoa powder
- » ¼ cup stevia-sweetened maple syrup
- » 1 tsp vanilla extract
- » ¼ tsp Redmond Real Salt
- » ½ cup unsweetened almond milk (or cashew, flax, or coconut milk)

DIRECTIONS

1. In a food processor, combine avocados, cocoa powder, syrup, vanilla extract and salt.
2. Pour almond milk over the top.
3. Process until the avocados are blended smooth and all ingredients are incorporated. This may take 3-5 minutes. Scrape down the sides of the food processor as needed.
4. Serve right way, or refrigerate for 30 minutes before serving for best results.
5. Top with coconut whipped cream or whipped heavy cream and, if desired, shaved chocolate.
6. Refrigerate any leftovers in an airtight container for up to 2 days.

CODE RED

CHOCOLATE MOUSSE

INGREDIENTS

- » 1 cup heavy cream
- » 2 Tbsp cocoa powder
- » 1 Tbsp monk fruit or approved sweetener of choice (it's even good to omit the sweetener or cut the amount in half if you enjoy a more bitter chocolate taste)
- » 4½ oz full-fat cream cheese, softened

DIRECTIONS

1. In a large bowl, use an electric mixer and whip heavy cream until thickened to soft peaks.
2. Add in the cocoa powder and monk fruit into the heavy cream mixture.
3. Whisk with wire whisk until smooth.
4. Add the cream cheese and whisk until fully incorporated.
5. Put the chocolate cream cheese mixture into two small bowls and refrigerate to thicken.
6. Delicious as is or add blueberries, sliced strawberries or chopped nuts to the top! Enjoy!

 Submitted by Tamara Afflerbach, Antioch, CA

CHOCOLATE VANILLA MOUSSE

INGREDIENTS

- » 2 cups cashews
- » $\frac{2}{3}$ cup water
- » $\frac{3}{4}$ cup full-fat coconut milk (from a can, not light coconut milk)
- » 2 Tbsp cocoa powder
- » 2 Tbsp RxSugar allulose or Lakanto Monk Fruit sweetener

DIRECTIONS

1. Blend all ingredients except cocoa powder in a high-speed blender.
2. Divide the mixture into two and add cocoa powder into one.
3. Place them in a jar, cover and chill for 30 minutes to 1 hour so let it firm up.
4. Serve as is or with some coconut cream or heavy whipping cream with a berry on top.

STRAWBERRY MOUSSE

INGREDIENTS

- » 27 oz full-fat canned coconut milk (from two 13 oz cans), solid cream only
- » 1.2 oz freeze-dried strawberries (1 bag)
- » 1 Tbsp stevia-sweetened maple syrup (or approved sweetener of choice)
- » 1 tsp vanilla extract

INSTRUCTIONS

1. (Use coconut that has been refrigerated overnight.) Carefully scoop out the solid cream into a mixing bowl (use leftover water as liquid for Code Red waffles or other recipes).
2. In a small blender or food processor, pulverize the freeze dried strawberries into a powder.
3. Add powder, sugar-free maple syrup, and vanilla to the mixing bowl with the cream. Whip with a hand mixer until combined, about one minute.
4. Chill for 30-60 minutes, if you like. Enjoy!
5. To store: Keep refrigerated and tightly wrapped for 7-10 days.



PIES & FUDGE

CRUSTLESS RASPBERRY PIE

INGREDIENTS

- » 2 cups fresh raspberries
- » 1½ cups full-fat sour cream
- » 2 eggs
- » ⅓ cup RxSugar allulose or Lakanto Monk Fruit to taste
- » ½ teaspoon vanilla powder (if you do not have, use ½ tsp vanilla extract)

DIRECTIONS

1. Preheat oven to 350°F.
2. Spread raspberries evenly on bottom of a 9-inch pie pan. Set aside for a while.
3. Prepare filling: combine the sour cream, eggs, sweetener, and vanilla powder in a mixing bowl.
4. Whisk until smooth batter forms.
5. Pour batter into pie pan evenly over berries.
6. Bake in preheated oven for about 45 minutes, or until filling is set.
7. Remove from oven, let cool completely (preferably overnight so that berries don't release any liquid).
8. Decorate with whipped heavy cream and fresh berries before serving.

CRUSTLESS PUMPKIN PIE

INGREDIENTS

- » ½ cup Lakanto Brown Monk Fruit
- » 1 tsp ground cinnamon, plus more for sprinkling
- » ¼ tsp ground ginger
- » ¼ tsp ground nutmeg
- » ½ tsp Redmond Real Salt
- » 14 oz can full-fat coconut milk OR 14 oz heavy whipping cream
- » 2 cups pumpkin puree
- » 2 large eggs
- » Coconut cream or heavy whipped cream for topping (optional)

DIRECTIONS

1. Preheat oven to 350°F and grease a 9-inch pie plate. In a large mixing bowl, whisk together the sweetener, ground cinnamon, ground ginger, ground nutmeg, and salt to combine.
2. Add the pumpkin puree, coconut milk or whipping cream, and eggs, and whisk until smooth.
3. Pour the mixture into the greased pie plate and bake for 60 minutes until the custard is set.
4. Let the crustless pumpkin pie cool completely at room temperature for at least 2 hours, before refrigerating for at least 6 hours or overnight.
5. Garnish with chilled coconut cream or whipped cream and a sprinkle of ground cinnamon and serve!

FRESH BLUEBERRY PIE

INGREDIENTS

(Pie Crust)

- » 2 cups finely ground golden flaxseed meal
- » ¼ cup granulated RxSugar allulose or Lakanto Monk Fruit
- » 3 Tbsp butter
- » ½ tsp Redmond Real Salt
- » ½ tsp real vanilla extract
- » 1 egg
- » ¼ tsp cinnamon
- » ½ tsp xanthan gum

(Berry Filling)

- » 3 cups fresh blueberries (divided: 2 cups + 1 cup)
- » 1 cup granulated RxSugar allulose or Lakanto Monk Fruit
- » 2 tsp water
- » 1 tsp xanthan gum
- » ½ cup cold water

DIRECTIONS

(Pie Crust)

1. Preheat oven to 350°F.
2. In a medium-sized bowl combine flaxseed meal, salt, sweetener, xanthan gum, and cinnamon. Mix well.

3. Add egg and melted butter. Stir until everything is mixed up.
4. Once it's all mixed, form dough into a ball, wrap with plastic wrap, and put in the fridge to chill for an hour.
5. Place dough in pie dish and push to spread with a spatula, glass. You can use the heel of your hand (or back of a spoon) to gradually fill the pie shell and work it up the sides.
6. If this becomes cumbersome, put it back in a ball and roll it out between 2 pieces of wax paper. Take off one side, put pie dish upside down, and flip it over. If some falls, repair and shape.
7. Bake for about 10-12 minutes. Let cool before using.

(Pie Filling)

1. Once the pie crust is cooked and has cooled down, place 1 cup of fresh blueberries onto the crust and let sit.
2. In a small saucepan, add 2 cups of blueberries, 2 tsp of water, and sweetener. Turn onto medium-high heat and stir together. Keep stirring, so it doesn't stick and burn.
3. In a glass, add 2 tsp xanthan gum and ½ cup of cold water, stir together.
4. Add the liquid mixture into the saucepan and stir continuously until it's thickened up.
5. Pour the blueberry filling over the fresh blueberries and spread out evenly.
6. Place plastic wrap or foil over the pie and place in the fridge to chill for about 2 hours.

HOT PINK PIE

INGREDIENTS

(Crust)

- » ⅓ cup finely ground golden flaxseed meal
- » ¼ cup + 1 Tbsp water
- » 1 Tbsp stevia sweetened maple syrup
- » 2 Tbsp coconut oil or 3 Tbsp butter
- » Dash Redmond Real Salt

(Hot Pink Pie Filling)

- » 1 cup + 2 Tbsp raw cashews
- » ¾ cup roasted beets
- » 3½ Tbsp stevia-sweetened maple syrup - to taste
- » ½ cup coconut oil - melted
- » 2 tsp vanilla extract
- » 1 tsp almond extract
- » Dash Redmond Real Salt

DIRECTIONS

1. To make crust: Combine all ingredients in small bowl and mix well. Press into bottom of 7" springform pan lined with parchment.
2. To make filling: Soak cashews in bowl of water overnight (or in boiling water for 1 hour). Drain, rinse and shake dry.
3. Blend cashews in a food processor for 3-5 minutes. Scrape down the sides.

4. Add remaining ingredients and blend well. Taste and adjust for sweetness.
5. Pour cream over crust and smooth with a spatula. Place paper towel over top of springform pan (not touching the pie) to absorb excess moisture. Wrap tightly with foil.
6. Freeze for 3-4 hours until completely firm.
7. When set, run sharp knife around the perimeter of springform pan to release it.
8. Slice and enjoy!
9. Note: This recipe is for a small pie. Use a 6-7" cheesecake (springform) pan or tart pan. Double the recipe to fill a standard 9" pan.

VALENTINE'S STRAWBERRY CREAM PIE

INGREDIENTS

(Flaxseed Crust)

- » 2 cups finely-ground golden flaxseed meal
- » ¼ cup Code Red Olive Oil or coconut oil
- » 2 Tbsp stevia or allulose-sweetened maple syrup from RxSugar
- » 2 Tbsp ground flax + 2 Tbsp water
- » ¼ teaspoon Redmond Real Salt

(Strawberry Cream Filling)

- » ¾ cup coconut butter, warmed
- » 2 cups diced strawberries + more for topping
- » 2 Tbsp stevia or allulose-sweetened maple syrup from RxSugar
- » 2 tsp vanilla extract
- » Dash of Redmond Real Salt

DIRECTIONS

1. To make the crust, preheat oven to 375°F. Line a pie plate with parchment.
2. In a small bowl, whisk together 2 Tbsp flax, 2 Tbsp water and maple syrup. Set aside 2 minutes to thicken. Then whisk in oil.
3. In a large mixing bowl whisk together golden flaxseed meal and salt. Pour wet mixture over flaxseed meal and mix well.

4. Spread dough over the dish and flatten with a measuring cup. Use a fork to poke holes all over the bottom to let air escape.
5. Bake for about 10-15 min, but watch the edges are not too dark. Let cool before filling.
6. To make the strawberry cream filling, blend coconut in a food processor for about 15 minutes until liquefied, scraping down the sides as needed.
7. Add remaining ingredients and blend smooth. Taste and adjust for sweetness, if needed (especially if your berries are tart).
8. Pour filling over crust. Garnish with more strawberries and chill in the fridge for 2 hours to set.

NUT BUTTER PIE

INGREDIENTS

(Pie Crust)

- » 2 cups raw almonds
- » 6 Tbsp coconut oil + more if needed
- » 5 Tbsp sugar-free confectioners sugar
- » 3 Tbsp raw cacao powder

(Pie Filling)

- » 1½ cups raw cashews, soaked
- » 1½ cups unsweetened cashew or almond butter
- » 1⅓ cups full-fat canned coconut milk, plus more if needed
- » 1 cup sugar-free confectioners sugar or more to taste (or finely ground allulose or monk fruit)
- » ½ tsp Redmond Real Salt
- » 1 tsp pure vanilla extract

(Chocolate Ganache)

- » ½ cup full-fat canned coconut milk
- » 1 cup sugar-free dark chocolate chips
- » 1 Tbsp coconut oil
- » Pinch Redmond Real Salt

DIRECTIONS

1. Soak cashews: Transfer the cashews to a large bowl and fill with boiling water so that the cashews are completely covered in hot water. Soak for at least two hours (note: you can also soak the cashews overnight).
2. Once the cashews have finished soaking (they should appear larger and puffy and feel soft to the touch), drain them into a colander.
3. Make the crust: Add the almonds, coconut oil, sugar, and cacao powder to a food processor and process until a thick dough forms. It should be the consistency of very thick nut butter or cookie dough.
4. Transfer the crust mixture to a parchment-lined 8-inch springform pan and press it into an even layer. Freeze the crust while you work on the rest of the recipe.
5. Prepare filling: Transfer coconut milk and nut butter to a high-powered blender. Blend until completely smooth.
6. Transfer the rest of the ingredients for the filling to the blender (soaked and drained cashews, sugar-free sweetener, vanilla extract, and salt) and blend until completely smooth.
7. Take out the pie plate with crust from the freezer, and spread the filling mixture into an even layer.
8. Freeze the pie for one hour to firm it up before adding the topping.
9. To make the chocolate ganache, add chocolate chips, coconut milk, and coconut oil to a microwave safe bowl and microwave for 20-second intervals, stirring well in between, until melted, about 60 seconds total.
10. Pour the ganache mixture over the nut pie and spread into an even layer.
11. If desired, decorate the pie with sliced nuts, then freeze the pie for an hour or more, for slices to be firm rather than soft. Use a sharp knife to cut the pie into slices.

BERRIES & CREAM

WHITE FUDGE

INGREDIENTS

- » ½ cup coconut butter
- » ¼ cup approved non-dairy milk (almond, coconut, flax, macadamia)
- » 15-20 drops liquid monk fruit or 1 Tbsp powdered Lakanto Monk Fruit, to taste
- » 1 tsp vanilla extract
- » 3 strawberries - sliced in thirds

DIRECTIONS

1. Line a loaf pan or small baking dish with parchment paper.
2. Melt jar of coconut butter by placing the jar in a bowl of hot water. **IMPORTANT:** Stir to incorporate oil that separates.
3. Pour coconut butter into a small glass measuring cup. Stir in monkfruit, milk and vanilla. Sweeten to taste (mixture will thicken).
4. Transfer mixture to loaf pan and spread smooth with a spatula (only fill ¾ of the pan).
5. Cover fudge with strawberry slices. Press in gently.
6. Chill for about 30 minutes until firm. Slice into pieces.
7. Keep refrigerated for up to 1 week. (Freezing not recommended since berries will get mushy when thawed.)

LOW-CARB CHOCOLATE FUDGE

INGREDIENTS

- » 12 oz cashew butter (or almond butter but it will be slightly grainy/not as creamy)
- » ½ cup (1 stick) unsalted butter, or ghee or coconut oil
- » ½ cup raw cacao powder
- » ½ cup sugar-free confectioners sweetener (RxSugar allulose or Lakanto Monk Fruit, finely ground)
- » 1 tsp pure vanilla extract
- » ½ tsp Redmond Real Salt

INSTRUCTIONS

1. Melt the butter, combine with cashew butter until creamy. Add cocoa powder, powdered sweetener, vanilla extract, and salt, and mix until creamy.
2. If the mixture is difficult to stir together, heat it in the microwave for 15 second increments until it is easier to combine.
3. Transfer the mixture to a parchment-lined 8" x 8" cake pan, or a 9" x 5" loaf pan for thicker fudge.
4. Refrigerate fudge for at least 2 hours, or until it has set up completely.
5. Slice and serve!



**MUFFINS,
CUPCAKES & MORE**

BLUEBERRY MUFFINS

INGREDIENTS

- » ½ cup creamy cashew butter (or almond butter)
- » ½ cup RxSugar allulose or Lakanto Monk Fruit sweetener
- » ¼ cup stevia-sweetened maple syrup
- » 2 eggs, at room temperature
- » ¼ cup nut milk, at room temperature
- » ¼ cup full-fat Greek yogurt
- » 1 tsp vanilla
- » ⅓ cup ground golden flaxseed meal
- » 1 Tbsp psyllium husk powder
- » 1 tsp baking powder
- » ½ tsp baking soda
- » ¼ tsp Redmond Real Salt
- » 1 heaping cup fresh or frozen blueberries

DIRECTIONS

1. Preheat oven to 350°F. Line muffin tin with muffin liners.
2. To a large mixing bowl, add cashew butter, eggs, maple syrup, nut milk, yogurt, sweetener, and vanilla. Whisk or beat with a hand mixer until well combined.
3. To the same mixing bowl, stir in flaxseed meal, psyllium husk powder, baking powder, baking soda, and salt until just combined. Avoid overmixing.

4. Gently fold blueberries into the muffin batter.
5. Add about 1/3 cup of batter into your prepared muffin tin and bake for 22 to 25 minutes until the outside has deepened in color and the tops are bouncy to the touch. Watch and don't overbake, as flaxseed meal bakes more quickly.
6. After baking, allow muffins to cool for 5 to 10 minutes in the tin, then transfer to wire rack. Enjoy!

CINNAMON SPICED FLAXSEED MUFFINS

INGREDIENTS

- » 2 cups ground flaxseed
- » 5 large eggs, room temperature
- » ½ cup water, room temperature
- » ⅓ cup melted coconut oil or MCT oil
- » ¼ cup RxSugar allulose or other approved sugar-free sweetener, to taste
- » 2 tsp vanilla extract
- » 2 Tbsp ground cinnamon
- » 1 Tbsp baking powder
- » ½ tsp Redmond Real Salt

DIRECTIONS

1. Preheat oven to 350°F and line a 12-cup muffin tin with paper liners.
2. In a large bowl, whisk together the ground flaxseed, sweetener, baking powder, cinnamon, and salt. Set aside.
3. In a high-powered blender, combine the eggs, water, oil, and vanilla extract. Blend on high for 30 seconds, until the mixture is foamy.
4. Pour the liquid mixture into the bowl with the dry flaxseed mixture. Stir with a spatula until just incorporated; do not overmix.

5. Let the batter rest for 3 minutes to allow the flaxseed to absorb the liquid and thicken.
6. Divide the batter evenly among the muffin cups, filling each about 90% of the way full. The muffins will rise during baking, so leave a little room at the top.
7. Bake for 13-15 minutes, or until a toothpick inserted into the center comes out clean.
8. Let the muffins cool completely on a wire rack before serving. They can be stored in the refrigerator for 3-4 days or in the freezer for up to 3 months.

CHOCOLATE MONSTER DECORATED CUPCAKES

INGREDIENTS

(Cupcakes)

- » ¾ cup finely ground golden flaxseed meal
- » 1 Tbsp psyllium husk powder
- » 1/3 cup cocoa powder
- » ¾ cup RxSugar allulose or Lakanto Monk Fruit
- » 1 Tbsp baking powder
- » 1½ tsp vanilla extract
- » ½ tsp Redmond Real Salt
- » 6 eggs, beaten
- » ½ cup melted coconut oil or butter
- » 1½ oz. sugar-free dark chocolate chips (sweetened with stevia or allulose)

(Topping)

- » 1 Tbsp Matcha green tea or regular green tea powder
- » 2 cups heavy whipping cream
- » 12 small fresh strawberries
- » 2 tsp slivered almonds

DIRECTIONS

1. For cupcakes, preheat your oven to 350°F.
2. Combine dry ingredients in a small bowl. Add eggs, melted coconut oil or butter, and chocolate. Mix until smooth.
3. Place liners in a cupcake pan and fill them halfway.
4. Bake for about 15 minutes or until it's springy to the touch when pressing gently in the middle.
5. Allow the cupcakes to completely cool on a rack before decorating.
6. For topping, whisk the matcha green tea powder into a small amount of heavy whipping cream, to begin with. Ensure any green tea powder lumps have gone before adding the remaining heavy whipping cream.
7. Beat with an electric whisk or beater until light and fluffy.
8. Scoop a large tablespoon of cream onto the cooled cupcakes.
9. Decorate with a strawberry, adding toasted almond pieces into the strawberries as teeth, eyes, or fangs.

CREAMY BLUEBERRY BREAKFAST DELIGHT

INGREDIENTS

- » 1 cup frozen “wild” blueberries from frozen foods section
- » 3-4 Tbsp almond butter (adjust to personal preference)
- » ½ cup whipped, sweetened heavy cream
- » ¼ tsp vanilla extract
- » 1 Tbsp stevia sweetened dark chocolate chips
- » Dash of RxSugar allulose, Lakanto Monk Fruit, or stevia

DIRECTIONS

1. Place frozen blueberries on your plate or in a bowl.
2. Scrape almond butter onto berries.
3. Whip cream by using immersion blender and appropriate amount of approved sweetener, plus vanilla extract.
4. Add preferred amount of whipped cream on top of almond butter.
5. Pour chocolate chips over the top and sprinkle with sweetener of choice.

 Submitted by Andrea Dell, Boise, ID

MIXED BERRY COBBLER

INGREDIENTS

(For the Biscuit)

- » 1 cup ground golden flax seed
- » 1 tsp psyllium husk powder
- » 1 Tbsp RxSugar allulose or Lakanto Monk Fruit sweetener + 1 tsp for dusting top of biscuits
- » 1½ teaspoons baking powder
- » ½ tsp Redmond Real Salt
- » 4 oz cream cheese
- » ½ cup unsweetened almond milk

(For the Berry Mixture)

- » 4 cups fresh or frozen mixed berries (e.g. frozen blueberries, raspberries, blackberries)
- » ½ cup RxSugar allulose or Lakanto Monk Fruit sweetener
- » 1 Tbsp xanthan gum
- » 1 cup water
- » Ground cinnamon for sprinkling on top
- » Whipped, sweetened heavy whipping cream

DIRECTIONS

1. Preheat oven to 400°F.
2. Line sheet pan with parchment paper and place (4) 10 to 12-ounce ramekins on top. No need to grease the ramekins!
3. Prepare the biscuits: Mix flaxseed meal, psyllium husk powder, sweetener, baking powder, and salt in large mixing bowl to combine.
4. Cut in cold cream cheese with a pastry cutter or two forks until cream cheese bits are pea-sized.
5. Stir in almond milk until loose dough is just combined.
6. In same bowl, make “indentations” in the dough to portion out 4 servings. Set aside and make the fruit mixture next.
7. Prepare the fruit: Add fresh or frozen fruit into medium saucepan along with sweetener, xanthan gum, and water. Before turning on heat, stir mixture to combine, making sure xanthan gum is dissolved. If not, use a whisk and stir while heating.
8. Bring fruit mixture to low boil. Once it begins to boil, stir constantly for 2 minutes. The sauce will thicken, then remove from heat.
9. Make cobblers: Add ½ cup of fruit mixture into each ramekin then evenly distribute the remaining mixture into the ramekins.
10. Sprinkle a pinch of cinnamon powder in each ramekin, then top with your pre-portioned dough.
11. Sprinkle a bit of allulose or monk fruit on top of the dough.
12. Place in a preheated oven and bake for 23 to 25 minutes. Serve with whipped heavy cream or a few teaspoons of plain heavy whipping cream poured over the top.

CREAM CHEESE & BERRIES

INGREDIENTS

- » 1 block full-fat cream cheese
- » Approved berries of your choice
- » Code Red-approved sweetener (allulose, monk fruit, stevia)

DIRECTIONS

1. Place cream cheese on a serving plate.
2. Combine berries with sweetener (if desired).
3. Place berries on top of cream cheese and serve with pork rinds or sliced fresh vegetable.

 Submitted by Marilyn Fraser, Pipe Creek, TX

KEY LIME FLUFF

INGREDIENTS

- » 1 cup heavy whipping cream
- » ½ cup Lankato Allulose with Monkfruit Classic or preferred sweetener
- » 8 oz softened full-fat cream cheese
- » ½ cup key lime juice

DIRECTIONS

1. Whip cream with hand mixer until stiff peaks form.
2. In separate bowl, mix cream cheese and sweetener.
3. Add juice and mix.
4. Combine whipped cream and cream cheese mixture.
5. Chill in refrigerator for a light, fluffy, beach-like treat.

 Submitted by Odella Fuqua, Emerado, ND

FLAXSEED CHOCOLATE BROWNIE

INGREDIENTS

- » ½ cup butter, unsalted
- » ½ cup RxSugar allulose or Lakanto Monk Fruit
- » 1 cup ground flaxseed
- » 4 eggs
- » ½ cup heavy whipping cream
- » ½ cup unsweetened cocoa powder
- » ¼ cup high cocoa stevia or allulose-sweetened chocolate chips
- » ½ teaspoon Redmond Real Salt
- » 1 tsp vanilla extract
- » 1 tsp baking powder
- » ½ cup water

DIRECTIONS

1. Preheat the oven to 350°F.
2. Melt the butter and chocolate chips together either in a microwave or over a pan of simmering water.
3. Add the allulose or monk fruit and whisk well.
4. Whisk in the eggs and vanilla extract.

5. Add the remaining ingredients except for the water and whisk until combined well.
6. Add the water gradually if needed.
7. Spoon the mixture into a parchment paper lined square/brownie tin and bake for 35-40 minutes until firm.

FLOURLESS CHOCOLATE TORTE

INGREDIENTS

- » 5 large eggs, separated
- » 12 oz sugar-free dark or semi dark chocolate chips (stevia or allulose sweetened)
- » ¾ cup butter, cubed
- » ¼ tsp cream of tartar
- » ½ cup RxSugar allulose or Lakanto Monk Fruit
- » Sugar-free confectioners' sweetener (or grind allulose or monk fruit with coffee grinder until fine)

DIRECTIONS

1. Place egg whites in a large bowl; let stand at room temperature 30 minutes. Preheat oven to 350°F.
2. In top of a double boiler or a metal bowl over barely simmering water, melt chocolate and butter; stir until smooth. Remove from heat; cool slightly.
3. In another large bowl, beat egg yolks until thick and lemon-colored. Beat in chocolate mixture. With clean beaters, beat egg whites and cream of tartar on medium speed until foamy.
4. Gradually add allulose or monk fruit sweetener, one tablespoon at a time, beating on high after each addition until sweetener is dissolved. Continue beating until stiff glossy peaks form. Fold a fourth of the egg whites into chocolate mixture, then fold in remaining whites.

5. Transfer to a greased 9" springform pan. Bake until a toothpick inserted in center comes out with moist crumbs, 40-45 minutes (do not overbake). Cool completely on a wire rack.
6. Loosen sides from pan with a knife. Remove rim from pan. If desired, dust with confectioners sugar-free sweetener.

CHOCOLATE PECAN TURTLES

INGREDIENTS

(Nut Butter Mixture)

- » 1 cup unsweetened cashew or almond butter
- » 1 cup sugar-free confectioners sugar
- » 1 Tbsp coconut oil or melted butter or avocado oil

(Chocolate Mixture)

- » 1 cup sugar-free chocolate chips
- » 2 tsp coconut oil, melted butter, avocado oil

(For the Turtles)

- » 60 raw pecan halves
- » Course Redmond Real Salt or sea salt (optional)

DIRECTIONS

1. Add ingredients for the nut butter mixture to a stand mixer (or use a mixing bowl and mix by hand) and beat until a thick dough forms.
2. Arrange 5 raw pecan halves (shaped like turtles) on a cutting board or waxed paper.
3. Pick up 1 - 1½ tablespoons of nut butter mixture and shape it into an oval/shell shape and press it onto each pecan. Press well so the pecans are attached well to the nut butter so they stay.

4. Place each turtle onto a baking sheet, and repeat for remaining nut butter and pecans.
5. Add chocolate chips and coconut oil (or avocado oil or butter) to a microwave safe bowl and heat at 30 second increments, stirring very well between, until melted (about 1 to 1½ minutes total). You want the chocolate mixture to be thick and spoonable but not too runny.
6. Drizzle chocolate over nut butter, forming a chocolate shell. If desired, decorate shell with additional pecans or with salt.
7. Place whole baking sheet in the refrigerator or freezer and chill until set up, about 2 hours.

CRÈME BRÛLÉE

INGREDIENTS

- » 4 egg yolks
- » 1 tsp vanilla extract
- » 2 cups heavy whipping cream
- » 5 Tbsp sugar-free sweetener, divided (Lakanto Monk Fruit or RxSugar allulose)

DIRECTIONS

1. Preheat oven to 325°F.
2. Whisk egg yolks and vanilla extract in a bowl until combined.
3. Pour heavy whipping cream and 1 Tbsp sweetener into a saucepan; heat, whisking continuously, over medium heat until it starts to simmer. Remove from heat; gradually add egg yolk mixture, whisking continuously, until well combined.
4. Divide mixture evenly between 4 ramekins and place them in a glass baking dish; pour in enough hot water to come halfway up the sides of the dish.
5. Bake in the preheated oven on the middle rack until set, about 30 minutes.
6. Sprinkle 1 Tbsp sweetener over each crème brûlée. Then return to oven for 2 or so minutes to caramelize, if desired.
7. Refrigerate until set, about 10 minutes.

WHERE TO GET MY FAVORITE INGREDIENTS

REDMOND REAL SALT, SEASONINGS, & CHOCOLATE RE-LYTE:

www.coderedlifestyle.com/realsalt

Use code, CODERED15, for 15% off

RxSUGAR ALLULOSE SWEETENER:

www.coderedlifestyle.com/rx

Use code, CODERED, for 10% off

STEVIA & LAKANTO MONKFRUIT:

www.coderedlifestyle.com/amazon

Look under the “Foods” category

CODE RED OLIVE OIL:

www.coderedoliveoil.com

Get your first bottle for \$1

UNMATCHED ELECTRASHRED:

www.coderedlifestyle.com/unmatched

Use code, CODERED, for 10% off



Cristy “Code Red” Nickel has been in the health and fitness industry since 1994. After seeing her first female bodybuilder at age 13, she vowed to compete someday and finally got on stage in 2002, placing in the top 4. Since bodybuilding didn’t pay the bills, Cristy began fighting as a professional boxer to earn money for college and became one of the most dangerous females on the planet. She was featured on MTV’s MADE, magazine covers, and other media outlets, even earning the title of “**New York’s Best Trainer**” from Allure Magazine.

After struggling with her own weight as a “fat athlete,” Cristy created the Code Red Lifestyle to help overweight people get healthy with real food, water and sleep. Upon the release of her best selling book, “**The Code Red REVOLUTION,**” Code Red exploded into an 8-figure company in only 31/2 years, landing Cristy on huge stages and becoming one of the fastest growing entrepreneurs in the country.

In April 2024, Generation Iron released a worldwide documentary called “**Code Red: Diaries of MADNESS**” about her life and her comeback to competitive bodybuilding at 46 years old.

Cristy and her husband, David—a Marine with a fighter’s heart—aren’t built for ordinary. From the city streets of Boise to the wild silence of the mountains, they live wide open, fueled by iron, trail dust, and caffeine. With their two dogs as their crew, they tear across the country chasing freedom, defying comfort, and living a story bold enough to carry the Code Red name.