

SUGAR FREE LONDONER

Top 10

RECIPES



Sugar Free Londoner Reader Favourites:
Breakfasts, Lunches & Dinners, Cookies, Desserts

BREAKFAST

ALMOND CREAM CHEESE PANCAKES



Light and fluffy low carb pancakes that are gluten free and so easy to make: Almond Cream Cheese Pancakes are a healthy sugar free and low carb breakfast choice.

Prep Time 3 minutes

Cook Time 2 minutes

Total Time 5 minutes

Servings 4 portions (2 pancakes each)

Calories 234 kcal

Net Carbs 2.4g per portion

Ingredients

- 1/2 cup plus 1 tbsp [almond flour](#) (60g)
- 1/2 cup full fat cream cheese (125g)
- 4 eggs
- 1/2 tsp cinnamon
- 1 tsp [granulated sweetener](#) (optional)
- butter for frying

Instructions

1. Mix all ingredients in a blender.
2. Fry pancakes in melted butter in a non-stick pan over a medium heat. Turn over once the centre begins to bubble. The pancakes should be smallish, ca 10-12 cm in diameter. About the right size to fit them in the toaster the next day should you be so lucky to have any leftovers.

LOW CARB ENGLISH MUFFINS



A simple, quick and delicious breakfast! It takes just 90 seconds to make these easy low carb English muffins in your microwave. They are Keto, gluten free and grain free.

Prep Time 3 minutes

Cook Time 1 minute

Total Time 4 minutes

Servings 1 serving

Calories 229 kcal

Net Carbs 2.4g per muffin

Ingredients

- 1 tbsp [coconut flour](#)
- 1 tbsp [almond flour](#) (extra fine)
- 1 tbsp butter unsalted
- 1 egg
- 1/2 tbsp unsweetened almond milk or other nut milk
- 1/4 tsp baking powder

Instructions

1. Melt the butter in the microwave - this takes ca 30 seconds.
2. In a bowl, whisk your egg.
3. Add your melted butter and nut milk, then the almond flour, coconut flour and baking powder. Mix until smooth. If you wish, add a pinch of salt.
4. Fill into a WELL-BUTTERED [ramekin](#) or mug (ca 7-9 diameter))
5. Microwave on high for 90 seconds.
6. If necessary, run a knife around the edges of your dish and turn muffins over onto a plate. Cut in half and toast.

Recipe Notes

If you make 2 muffins at the same time, increase the microwave time to 2 minutes.

GRAB & GO LOW CARB MUFFINS



Do you want a quick low carb, gluten and sugar free breakfast that is perfect for busy weekday mornings? Say hello to these Grab & Go Low Carb Muffins.

Prep Time 5 minutes

Cook Time 20 minutes

Total Time 25 minutes

Servings [12](#)

Calories 261 kcal

Net Carbs 5g

Ingredients

- 1 cup 2 tbsp plain yoghurt, full fat (300g)
- 3 1/2 cup / 350g [almond flour](#) (regular ground almonds work fine here)
- 6 medium eggs
- 4 tbsp butter melted
- 2 tsp baking powder
- 2 tsp vanilla extract
- 100 g blueberries and/or raspberries (ca 1/2 cup)
- 2 tbsp [granulated sweetener](#) or more, if you like a sweeter muffin

Instructions

1. Preheat the oven to 180 Celsius/356 Fahrenheit.
2. Line a muffin tin with paper cups or even better, use a [silicone mould](#) (you don't need paper cups then - just grease it well).
3. Mix your yoghurt, eggs, vanilla and butter well.
4. Then add all dry ingredients.
5. At the end, carefully fold in the berries, reserving some to place on top.
6. Bake for ca 20 minutes or until the tops are browned and a knife inserted in the centre comes out clean.

SUGAR FREE BLUEBERRY JAM



Here's a staple for your fridge: sugar free blueberry jam! Spread on low carb bread or use it as a fruity sauce with yoghurt, pancakes or waffles.

Prep Time 1 minute

Cook Time 20 minutes

Total Time 21 minutes

Servings [14](#)

Calories 11.3 kcal

Ingredients

- 2 cups / 300g blueberries, frozen or fresh
- 2 tbsp water
- juice of 1/2 lemon
- 2 pinches [xanthan gum](#)
- optional: 1 tsp vanilla extract

Instructions

1. Put the blueberries, water and lemon juice (and vanilla, if using) in a non-stick pan, cover and bring to a boil.
2. Remove the lid and cook on a medium heat for ca. 15 minutes, stirring regularly. The mixture will reduce by 1/3 and thicken.
3. You can blend the mixture if you wish to have a smooth consistency. I like it the way it is, with a few bits and pieces in it.
4. Sprinkle a couple of pinches xanthan evenly into the pot, stirring well afterwards. Xanthan gum is a brilliant thickening agent and is also used in gluten free baking, so it does come in handy. You only need a small amount – It is quite remarkable
5. Pour the mixture into a clean jar and store in the fridge. This recipe fills a small (200ml) jar

Recipe Notes

As this mixture makes 200g jam, I calculated 1 portion=14g=1tbsp.

MAINS

FLAXSEED KETO WRAPS



Flaxseed Keto Wraps are a nutritious and delicious low carb alternative to bread. Perfect for lunch boxes!

Prep Time 5 minutes

Cook Time 3 minutes

Total Time 8 minutes

Servings [4](#)

Calories 198 kcal

Net Carbs 1.5g per wrap

Ingredients

- 2 large eggs
- 6 tbsp [flax seeds](#) milled
- 1/4 cup / 30g pre-shredded mozzarella
- 2 tbsp melted butter
- 3 tbsp water
- 1/2 tsp baking powder
- pinch of salt

Instructions

1. Mix all ingredients in a food processor or with a stick blender
2. Fry in a non-stick frying pan over medium heat in some butter or olive oil. Simply scoop a spoonful into the pan and wait for the dough to heat up. Swirl it around with a spatula to flatten into a thin crepe.

Ideas for Fillings

- chicken salad with mayo, celery and walnuts
- smoked salmon, avocado, cucumber, salad

- ham and cheddar cheese, green leaves and mustard dressing
- feta, cucumber, tomatoes, olives
- bacon, scrambled egg, avocado
- sauteed mushrooms, cheese, spinach leaves

Recipe Notes

This mixture makes 4 medium sized wraps. The nutrition is calculated per wrap, without filling. Depending how hungry you are and your choice of filling, you could have either one or two wraps per person



FISH PIE WITH CAULIFLOWER MASH



Comfort food at its best – a deliciously creamy fish pie with cauliflower mash topping that will make you come back for seconds!

Prep Time 20 minutes

Cook Time 40 minutes

Total Time 1 hour

Servings [6](#)

Calories 491 kcal

Net Carbs 6g

Ingredients

For the filling

- 1 onion chopped
- 2 garlic cloves chopped
- 1 cup (250ml) dry white wine
- 1 cup (250ml) double/heavy cream
- 3 medium zucchini/courgettes grated
- grated lemon zest from 1 unwaxed lemon
- handful of fresh parsley and chives chopped
- 800 g hake and/or cod fillets

For the cauliflower mash

- 1 very large or 2 smaller cauliflower heads
- 3 tbsp melted butter
- 1/2 cup (125ml) soured cream or cream cheese
- 1 cup (125g) grated cheddar
- 1 tbsp chopped chives
- grated nutmeg
- salt to taste

Instructions

1. Preheat oven to 200 Celsius/390 Fahrenheit

2. Separate the cauliflower into florets and steam or boil until soft. Drain well!!!!
3. Add the softened butter, soured cream, cheddar, chives, some freshly grated nutmeg and salt and mash or whizz in a food processor until smooth
4. In a separate frying pan, fry the onions and garlic in olive oil until soft, around 3 minutes.
5. Add the white wine and reduce by half.
6. Add the courgettes, cream, lemon zest and herbs and simmer for 5 minutes.
7. Season with salt.
8. Put the fish fillets in a casserole dish and pour over the sauce.
9. Spread the cauliflower mash on top and run a fork over the top to make lines.
10. Bake for 40 minutes or until the top is browned
11. Sprinkle with some fresh parsley and serve

Recipe Notes

You can use a mix of white fish or even salmon and add prawns. All work well. Adding celery and fennel to the sauce taste good, too.

Don't miss out on the lemon zest. It really makes the recipe!

If you do not want to use wine, substitute with a good quality fish stock.



LOW CARB PIZZA



This easy low carb pizza recipe has a simple mozzarella dough crust with coconut flour and psyllium husk. Unlike in the original Fat Head recipe, there's no need to heat and melt the mozzarella!

Prep Time 5 minutes

Cook Time 13 minutes

Total Time 18 minutes

Servings [2](#)

Calories 471 kcal

Net Carbs 3.3g per 1 pizza plus topping. Net carbs per 1 crust 1.7g

Ingredients

For the Dough

- 2 cups / 220 g pre-shredded mozzarella
- 2 tbsp [coconut flour](#)
- 1/2 tbsp [psyllium husk](#)
- 1 egg
- pinch of salt

For the Topping

- 1/2 cup Marinara Sauce
- 10 slices pepperoni
- handful of basil leaves

Instructions

1. Preheat the oven to 200 Celsius / 392 Fahrenheit.
2. Put the mozzarella, coconut flour, psyllium husk, egg and salt in a blender/food processor. Blend until you have a smooth dough.
3. Grease your hands with olive oil and form 2 dough balls
4. Roll out the dough between 2 sheets of baking paper
5. Bake your pizza crust for 7 minutes until slightly browned.
6. Remove from the oven and spread with Marinara Sauce. (see notes)

7. Decorate with a bit of mozzarella (parmesan would work here too), pepperoni slices and some fresh basil. Return to the oven for another 6 minutes

Recipe Notes

I used psyllium husks, NOT psyllium husk powder. If you want to use fine psyllium husk powder, halve the amount as it's much more absorbent.

To make your own quick Marinara, simply blend 1 can of good quality plum tomatoes with 1 garlic clove (or [garlic puree](#)), salt, pepper and Italian herbs such as basil. You can cook it on the stove for 5 minutes to reduce the liquid or just use it as is.



DESSERT

LOW CARB PEANUT BUTTER COOKIES



Flourless low carb peanut butter cookies – easy, quick and only 4 ingredients needed. Perfect for low carb and keto diets. Gluten free and sugar free!

Prep Time 10 minutes

Cook Time 10 minutes

Total Time 20 minutes

Servings 20 cookies

Calories 78 kcal

Net carbs 0.4g per cookie

Ingredients

- 1 cup [crunchy peanut butter](#) made with 100 % peanuts (250g)
- 1/2 cup [granulated sweetener](#) (100g)
- 1 egg large
- pinch of sea salt
- optional: 1/2 tsp cinnamon

Instructions

1. Preheat oven to 180 Celsius / 350 Fahrenheit.
2. Put all ingredients in a bowl and mix with a fork.
3. Roll small balls of dough (ca 15g each) with your hands (or use a small cookie scoop) and flatten them on a baking sheet.
4. Wet a fork and press on cookies to create a criss cross pattern.
5. Bake 8 -10 minutes, until the edges are firm. (8 minutes = soft centre, 10 minutes = overall crunchy)
6. Let cool completely before eating. They are very soft when just out of the oven, but will become crunchy once cooled.
7. Store in an airtight container.

LOW CARB CHOCOLATE TART



This really easy and decadently creamy low carb chocolate tart is assembled in minutes. It is gluten free, keto and sugar free.

Prep Time 5 minutes

Cook Time 20 minutes

cooling time 1 hour 30 minutes

Total Time 25 minutes

Servings 8

Calories 314 kcal

Net carbs 1.5g per slice

Ingredients

- 120 g / 1 1/4 cup [almond flour](#) or ground almonds
- 70 g / 3/4 cup unsweetened shredded coconut
- 1 medium egg
- 200 ml 3/4 cup coconut cream
- 50 ml / 1/4 cup [coconut oil](#) melted
- 10 drops [stevia](#) or more, depending on your sweet tooth
- 2 tbsp and 1 tsp [cacao powder](#) unsweetened
- 1 tsp vanilla essence and a pinch of salt
- small handful of chopped hazelnuts to garnish

Instructions

1. Preheat the oven to 180 Celsius.
2. Mix the shredded coconut, almond flour and the egg with a stick blender or in a food processor until it forms a doughy ball.
3. Press the dough into a loaf tin lined with baking paper. It should be ca 2 fingers high on the sides.
4. Bake the tart base for ca 20 minutes until lightly browned.
5. Now make the chocolate ganache. Melt the coconut oil, then stir in the coconut cream, cacao powder, vanilla essence, pinch of salt and the stevia or powdered erythritol. Adjust the sweetener if necessary.
6. Pour into the cooled base. Cool in the fridge until set (ca 1 1/2 hours).
7. Before serving, dry-roast some chopped hazelnuts in a pan on medium heat until golden. Sprinkle over the tart and enjoy.

MINI RASPBERRY CHEESECAKES



These creamy, fruity individual low carb raspberry cheesecakes are a perfectly guilt indulgence.

Prep Time 15 minutes

Cook Time 45 minutes

Total Time 1 hour

Servings [12](#)

Calories 256 kcal

Net carbs 4.1g per portion

Ingredients

- 100 g / 1 cup [almond flour](#) or ground almonds
- 50 g / 1/2 cup [coconut flour](#)
- 60 g / 1/4 cup softened butter
- 2 tsp vanilla extract
- 5 tbsp [granulated sweetener](#)
- 2 cups / 500g full fat cream cheese
- 2 large eggs
- 1 cup / 120g raspberries plus a few more to decorate
- 2 tbsp water
- pinch [xanthan gum](#)

Instructions

1. Heat the oven to 160 Celsius.
2. Mix the ground almonds and coconut flour with 1 tbsp sweetener, 1 tsp vanilla extract and the softened butter until you have a ball of dough. Set aside.
3. Mix the cream cheese with the eggs, the remaining 4 tbsp of sweetener and the other 1 tsp of vanilla essence.
4. Heat the raspberries (you can use frozen or fresh) with 2 tbsp water in a small pot and cook on a low heat for ca 5 minutes until you have a thick sauce. Take off the heat and stir in a pinch of xanthan gum. This is a thickener - so if you do not have xanthan gum, make sure you reduce

the liquid in the raspberries by as much as possible (without burning them!)

5. Now you assemble the mini cakes: Form small disks in your hands and press them firmly into the bottom of the muffin tin. If using a regular muffin tin, don't forget to grease the moulds well and perhaps even line the bottoms of the tin with circles of baking paper. I recommend using a [silicone muffin tin](#) - this way you are guaranteed to get your cheesecakes out in one piece.
6. Next, spoon the raspberry sauce on the dough base and then pour in the cheesecake mix.
7. Stir a little to get some of the sauce to the top, but be careful not to over-stir. It will still taste great, but not look as pretty. Dot any remnants of the raspberry sauce on the top.
8. Bake ca. 45 minutes until the top of the cakes is firm. The centre will still be jiggly.
9. Cool to room temperature, then put the muffin tin in the fridge and wait until the cakes are cold. Only then remove them from the mould.



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