

RECIPE
BOOK



Paradise Awaits

Bliss Butter Mints



INGREDIENTS

1 packet KETO//OS® NAT™ Colada Bliss

½ cup grass-fed butter, at room temp

½ cup coconut oil, at room temp

1 tbsp sugar substitute

INSTRUCTIONS

1. Mix together all ingredients and then spread in an even layer onto a baking sheet lined with parchment paper. The mixture should be thick enough to spread evenly.

2. Place in the fridge until firm, about 2 hours, then cut into little squares and transfer to a storage container. Store in the fridge.

Bliss Colada



INGREDIENTS

1 packet KETO//OS® NAT™ Colada Bliss

¼ cup coconut cream

1 cup crushed ice

10oz pineapple water

INSTRUCTIONS

1. Place all ingredients in a blender and pulse until smooth.
2. Transfer to a glass and enjoy!



Colada Bliss Jigglers



INGREDIENTS

1 packet KETO//OS® NAT™ Colada Bliss

2 packets gelatin, unflavored

1 cup boiling water

6oz cold water

INSTRUCTIONS

1. Mix together boiling water and gelatin, let cool.
2. Stir in cold water and KETO//OS® NAT™ Colada Bliss.
3. Pour into dish and refrigerate until solid.
4. Top with your favorite low carb fruit.



Ice Cream Bliss



INGREDIENTS

- 13.5 oz canned full-fat coconut milk
- $\frac{2}{3}$ cups xylitol
- $\frac{1}{4}$ tsp xanthan gum
- 2 cups heavy whipping cream
- 1 packet KETO//OS® NAT™ Colada Bliss
- 1 tsp vanilla extract
- $\frac{1}{2}$ cup toasted coconut, unsweetened

INSTRUCTIONS

1. Add coconut milk and xylitol to a saucepan over medium heat.
2. Simmer for 15 minutes, until xylitol is dissolved, and then sprinkle in xanthan gum.
3. Whisk until fully combined, remove from heat, and set aside to cool.
4. In a large bowl, whip heavy cream until soft peaks form.
5. Mix in vanilla extract and KETO//OS® NAT™ Colada Bliss.
6. Combine heavy cream mixture with coconut milk mixture.
The mixture should be thick, but still slightly pourable.
7. Transfer ice cream to a sealable container, top with toasted coconut, and place in the freezer until frozen.
For optimum scooping, let the ice cream sit at room temperature for 10 minutes

Colada Cakes

INGREDIENTS

CUPCAKE

4 tbsp unsalted butter, softened

½ cup sugar substitute

4 eggs

1 tbsp vanilla extract

1 cup almond flour

¼ cup coconut flour

1 tsp baking soda

A pinch of pink Himalayan salt

1 cup sour cream

FILLING

1 packet KETO//OS® NAT™
Colada Bliss

1 cup heavy whipping cream

3 egg yolks

½ tsp vanilla extract

3 tbsp sugar substitute

ICING

1 ½ cups heavy whipping cream

¼ cup powdered sugar substitute

1 tsp KETO//OS® NAT™ Colada Bliss

1 tsp unflavored gelatin

2 tbsp water

CUPCAKE INSTRUCTIONS

1. In a mixing bowl, cream together butter and sugar substitute.
2. Add in eggs, vanilla extract, and sour cream, and stir until fully incorporated.
3. Stir in almond flour, coconut flour, baking soda, and salt.
4. Evenly distribute into a lined cupcake pan and bake at 350° F for 20-25 minutes.
5. Remove from oven and set aside to cool.

FILLING INSTRUCTIONS

1. Over low heat, warm heavy cream and vanilla extract in a small pot for 5 minutes. Turn off the heat and set aside to cool.
2. In a mixing bowl, whisk together egg yolks and sugar substitute until the mixture is pale.
3. After cream mixture has cooled, pour ¼ of warm cream mixture into the egg yolk mixture and whisk to combine. Continue to slowly add in warm cream mixture until fully combined.
4. Transfer cream + egg mixture back into the saucepan and place over low heat. Continually stir the mixture until it begins to thicken.
5. Transfer thickened pudding to a bowl, stir in KETO//OS® NAT™ Colada Bliss, and top with plastic wrap. Set aside to cool.

FROSTING INSTRUCTIONS

1. Combine water and gelatin in microwave safe bowl and allow to sit for a few minutes.
2. Transfer the gelatin mixture to the microwave and heat in 15-second intervals until the gelatin is fully dissolved. Stir the mixture, then set aside to cool.
3. In a large mixing bowl using an electric mixer, combine the heavy whipping cream, powdered sugar, and vanilla extract.
4. When soft peaks begin to form, turn mixer to low speed, and slowly pour in the cooled gelatin mixture until well combined.
5. Increase the mixer to medium speed and continue mixing until stiff peaks form.
6. Pipe the whipped cream onto cupcakes and enjoy!

ASSEMBLY INSTRUCTIONS

1. Using a knife, carefully cut out 1 tbsp worth of cupcake from the middle of each cupcake.
2. Fill cupcake hole with Colada Bliss filling
3. Pipe on Whipped cream frosting and enjoy!



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Coconut Bliss Bowl



INGREDIENTS

13.5 oz canned coconut cream, chilled

1 packet KETO//OS® NAT™ Colada Bliss

Your preferred toppings

INSTRUCTIONS

1. Place canned coconut cream and KETO//OS® NAT™ Colada bliss in a blender and pulse until smooth.
2. Transfer to bowl and sprinkle with favorite toppings.
ie. Chopped pecans, sugar-free dark chocolate chips, toasted coconut; the options are endless!