CHEF HANNAH'S KITCHEN

365 SUGAR-FREE DESSERTS

Cakes, flans, mousses, pies & Brazilian sweets



365 RECIPES • ONE RECIPE PER PAGE

An English-language dessert collection

Fluffy Chocolate Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 3 tbsp of melted butter
- 1 cup of milk
- 1 cup of all-purpose flour
- 1/2 cup of 100% cocoa powder
- 1 tbsp of baking powder
- 1 tsp of vanilla extract

METHOD

1. Measure all ingredients.
2. Beat eggs and sweetener until foamy.
3. Add butter, milk and vanilla.
4. Stir in the sifted flour and cocoa.
5. Mix into a smooth batter.
6. Gently fold in baking powder.
7. Pour into a greased pan; bake at 180°C for about 35 minutes.
8. Cool slightly, unmold and serve.

Carrot Cake with Chocolate Frosting



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 1/2 cup of oil
- 2 cups of all-purpose flour
- 1 tbsp of baking powder
- 1/2 cup of milk
- 2 tbsp of 100% cocoa powder
- 2 tbsp of granulated sweetener for the topping
- 1 tbsp of butter

METHOD

1. Measure all ingredients.
2. Blend carrots, eggs, oil and sweetener.
3. Pour into a bowl.
4. Add flour and mix until smooth.
5. Gently fold in baking powder.
6. Bake in a greased pan at 180°C for about 35 minutes.
7. Heat milk, cocoa, butter and sweetener to make the frosting.
8. Unmold, spread with frosting and serve.

Creamy Cornmeal Cake



INGREDIENTS

- 4 eggs
- 1/2 cup of granulated sweetener
- 2 tbsp of butter
- 3 cups of milk
- 1 cup of fine cornmeal
- 1/4 cup of all-purpose flour
- 1/2 cup of Parmesan cheese grated tbsp of baking powder RO —

METHOD

1. Measure all ingredients.
2. Blend eggs, sweetener, butter and milk.
3. Add cornmeal and flour.
4. Blend until smooth.
5. Quickly mix in grated cheese.
6. Gently fold in baking powder.
7. Bake in a greased pan at 180°C for about 40 minutes.
8. Let set, slice and serve.

Cornmeal and Fennel Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 1/2 cup of oil cup of milk
- 1 1/2 cup of fine cornmeal
- 1/2 cup of all-purpose flour
- 1 tsp of fennel seeds
- 1 tbsp of baking powder

METHOD

1. Measure all ingredients.
2. Beat eggs with sweetener until foamy.
3. Add oil and milk.
4. Gradually add cornmeal and flour.
5. Stir in fennel seeds to perfume the batter.
6. Gently fold in baking powder.
7. Bake in a greased pan at 180°C for about 35 minutes.
8. Cool slightly, unmold and serve.

Creamy Corn Cake



INGREDIENTS

- 1 can of corn drained
- 3 eggs
- 1/2 cup of granulated sweetener
- 1 cup of milk
- 1/2 cup of oil
- 1 cup of coarse corn flakes
- 1/2 cup of Parmesan cheese grated
- 1 tbsp of baking powder

METHOD

1. Measure all ingredients.
2. Blend corn, eggs, sweetener, milk and oil.
3. Add coarse corn flakes and blend briefly.
4. Transfer to a bowl.
5. Mix in grated cheese.
6. Gently fold in baking powder.
7. Bake in a greased pan at 180°C for about 40 minutes.
8. Cool slightly, cut and serve.

Blender Corn Cake



INGREDIENTS

- 1 can of corn drained
- 3 eggs
- 1/2 cup of granulated sweetener
- 1/2 cup of oil
- 1 cup of milk
- 1 cup of fine cornmeal
- 1 cup of all-purpose flour
- 1 tbsp of baking powder

METHOD

1. Measure all ingredients.
2. Blend corn, eggs, sweetener, oil and milk.
3. Add cornmeal and flour.
4. Blend until the batter is uniform.
5. Transfer to a bowl.
6. Gently fold in baking powder.
7. Bake in a greased pan at 180°C for about 35 minutes.
8. Cool slightly, unmold and serve.

Moist Coconut Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 2 tbsp of melted butter
- 1 bottle of coconut milk
- 200 ml
- 1/2 cup of milk
- 2 cups of all-purpose flour
- 1 cup of unsweetened shredded coconut
- 1 tbsp of baking powder
- 1/2 cup of coconut milk for the syrup
- 2 tbsp of unsweetened shredded coconut for garnish

METHOD

1. Measure all ingredients.
2. Beat eggs and sweetener until foamy.
3. Add butter, milk and coconut milk.
4. Stir in flour and shredded coconut.
5. Gently fold in baking powder.
6. Bake in a greased pan at 180°C for about 35 minutes.
7. Pierce the warm cake and drizzle with coconut milk syrup.
8. Garnish with shredded coconut and serve.

Chilled Coconut Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 2 tbsp of melted butter
- 1 bottle of coconut milk
- 200 ml
- 1/2 cup of milk
- 2 cups of all-purpose flour
- 1 cup of unsweetened shredded coconut
- 1 tbsp of baking powder
- 1/2 cup of milk for the syrup
- Unsweetened shredded coconut for coating

METHOD

1. Measure all ingredients.
2. Beat eggs and sweetener until foamy.
3. Add butter, milk and coconut milk.
4. Stir in flour and shredded coconut.
5. Gently fold in baking powder.
6. Bake in a greased pan at 180°C for about 35 minutes.
7. Pour syrup over the warm cake and slice.
8. Roll in shredded coconut; chill and serve cold.

Orange Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 1/2 cup of oil
- 3/4 cup of orange juice and zest of 1 orange
- 2 cups of all-purpose flour
- 1 tbsp of baking powder
- 2 tbsp of orange juice for garnish

METHOD

1. Measure all ingredients.
2. Beat eggs and sweetener until foamy.
3. Add oil, orange juice and orange zest.
4. Add flour and mix until smooth.
5. Gently fold in baking powder.
6. Bake in a greased pan at 180°C for about 35 minutes.
7. Unmold and brush the warm cake with extra juice.
8. Let cool slightly and serve.

Lemon Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 2 tbsp of melted butter
- 1 tub of plain yogurt (170 g
- Juice and zest of 2 lemons
- 2 cups of all-purpose flour the
- 2 tbsp of powdered milk
- 3 tbsp of milk

METHOD

1. Measure all ingredients.
2. Beat eggs with sweetener until foamy.
3. Add butter, yogurt, lemon juice and zest.
4. Mix in flour to make a smooth batter.
5. Gently fold in baking powder.
6. Bake in a greased pan at 180°C for about 35 minutes.
7. Mix powdered milk with milk and spread over the unmolded cake.
8. Garnish with lemon zest and serve.

Banana Cinnamon Cake



INGREDIENTS

- 3 bananas ripe mashed
- 3 eggs
- 1/2 cup of granulated sweetener
- 1/2 cup of oil
- 1/2 cup of milk
- 2 cups of all-purpose flour
- 1 tbsp of ground cinnamon
- 1 tbsp of baking powder slices of banana and cinnamon for garnish, if desired

METHOD

1. Measure all ingredients.
2. Mash the bananas and set aside.
3. Beat eggs with sweetener until foamy.
4. Stir in oil, milk and mashed banana.
5. Add flour and cinnamon; mix until smooth.
6. Gently fold in baking powder.
7. Bake in a greased pan at 180°C for about 35 minutes.
8. Cool slightly, sprinkle with cinnamon and serve.

Caramelized Banana Cake



INGREDIENTS

- 4 bananas ripe in slices
- 3 eggs
- 1/2 cup of granulated sweetener
- 2 tbsp of butter
- 1/2 cup of milk
- 2 cups of all-purpose flour
- 1 tsp of cinnamon
- 1 tbsp of baking powder
- 2 tbsp of water for ajudar na caramelização

METHOD

1. Measure all ingredients.
2. Melt butter and brown some sweetener in a frying pan.
3. Add sliced bananas and lightly caramelize.
4. Line the bottom of the pan with bananas.
5. Beat eggs with the remaining sweetener and milk.
6. Add flour and cinnamon and mix thoroughly.
7. Add baking powder, pour over bananas and bake at 180°C for about 40 minutes.
8. Cool slightly, unmold and serve.

Apple Cinnamon Cake



INGREDIENTS

- 2 apples chopped
- 3 eggs
- 1/2 cup of granulated sweetener
- 1/2 cup of oil
- 1/2 cup of plain yogurt
- 2 cups of all-purpose flour
- 1 tbsp of ground cinnamon
- 1 tbsp of baking powder apple in slices thin and cinnamon for garnish, if desired

METHOD

1. Measure all ingredients.
2. Peel and dice the apples.
3. Beat eggs and sweetener until foamy.
4. Stir in oil and yogurt.
5. Add flour and cinnamon and mix well.
6. Fold in the apples and baking powder.
7. Bake in a greased pan at 180°C for 35–40 minutes.
8. Cool slightly, garnish with cinnamon and serve.

Pineapple Cake



INGREDIENTS

- 1 1/2 cup of pineapple chopped
- 3 eggs
- 1/2 cup of granulated sweetener
- 1/2 cup of oil
- 1/2 cup of milk
- 2 cups of all-purpose flour
- 1/2 cup of unsweetened shredded coconut
- 1 tbsp of baking powder k small cubes of pineapple for garnish, if desired

METHOD

1. Measure all ingredients.
2. Dice pineapple and drain excess juice.
3. Beat eggs with sweetener until foamy.
4. Add oil and milk.
5. Mix in flour and shredded coconut.
6. Fold in pineapple and baking powder.
7. Bake in a greased pan at 180°C for about 40 minutes.
8. Cool slightly, garnish and serve.

Passion Fruit Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 1/2 cup of oil
- 1 tub of plain yogurt
- 1/2 cup of juice concentrated of passion fruit
- 2 cups of all-purpose flour
- 1 tbsp of baking powder
- 2 tbsp of powdered milk
- 3 tbsp of milk passion fruit pulp for garnish

METHOD

1. Measure all ingredients.
2. Beat eggs with sweetener until foamy.
3. Stir in oil, yogurt and passion fruit juice.
4. Add flour and mix until smooth.
5. Gently fold in baking powder.
6. Bake in a greased pan at 180°C for about 35 minutes.
7. Mix powdered milk and milk; spread over the unmolded cake.
8. Finish with passion fruit pulp and serve.

Guava Paste and Cheese Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 2 tbsp of melted butter
- 1 tub of plain yogurt
- 2 cups of all-purpose flour
- 100 g of cream cheese or ricotta creamy
- 3/4 cup of cubes of sugar-free guava paste
- 1 tbsp of baking powder flakes of cheese white for garnish, if desired

METHOD

1. Measure all ingredients.
2. Beat eggs with sweetener until foamy.
3. Add butter, yogurt and cream cheese or ricotta.
4. Stir in flour until smooth.
5. Toss guava paste cubes in a little flour.
6. Add guava paste and baking powder to the batter.
7. Bake in a greased pan at 180°C for about 40 minutes.
8. Cool slightly, garnish with cheese and serve.

Romeo and Juliet Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 1/2 cup of melted butter
- 1 tub of plain yogurt
- 2 cups of all-purpose flour 100 g of cream cheese
- 1 tbsp of baking powder
- 1/2 cup of sugar-free guava paste melted for topping pequenos cubes of sugar-free guava paste for garnish

METHOD

1. Measure all ingredients.
2. Beat eggs with sweetener until foamy.
3. Add butter, yogurt and cream cheese.
4. Mix in flour until smooth.
5. Gently fold in baking powder.
6. Bake in a greased pan at 180°C for about 35 minutes.
7. Spread melted guava paste over the unmolded cake.
8. Decorate with small cubes of guava paste and serve.

Peanut Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 1/2 cup of oil
- 1/2 cup of milk
- 1 1/2 cup of all-purpose flour
- 1 cup of roasted peanuts and ground
- 1 tsp of cinnamon, optional
- 1 tbsp of baking powder
- Peanuts crushed for garnish

METHOD

1. Measure all ingredients.
2. Grind peanuts and set aside.
3. Beat eggs with sweetener until foamy.
4. Stir in oil and milk.
5. Add flour and ground peanuts and mix well.
6. Gently fold in baking powder.
7. Bake in a greased pan at 180°C for about 35 minutes.
8. Cool slightly, top with crushed peanuts and serve.

Brazilian Peanut Candy Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 2 tbsp of melted butter
- 1/2 cup of milk
- 2 cups of all-purpose flour q 3 paçocas sugar-free crumbled
- 1 tbsp of baking powder
- 2 tbsp of powdered milk
- 3 tbsp of milk

METHOD

1. Measure all ingredients.
2. Crumble the paçoca and set aside.
3. Beat eggs with sweetener until foamy.
4. Add butter and milk.
5. Mix in flour and crumbled paçoca.
6. Gently fold in baking powder.
7. Bake in a greased pan at 180°C for about 35 minutes.
8. Mix powdered milk and milk, garnish with paçoca crumbs and serve.

Coffee Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 1/2 cup of melted butter
- 1/2 cup of coffee strongly brewed
- 1/2 cup of milk
- 2 cups of all-purpose flour
- 1 tbsp of instant coffee
- 1 tbsp of baking powder
- 2 tbsp of powdered milk
- 3 tbsp of milk for garnish

METHOD

1. Measure all ingredients.
2. Beat eggs with sweetener until foamy.
3. Add butter, brewed coffee and milk.
4. Stir in flour and instant coffee until smooth.
5. Gently fold in baking powder.
6. Bake in a greased pan at 180°C for about 35 minutes.
7. Mix powdered milk and milk; spread over the unmolded cake.
8. Garnish and serve.

Milk Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 2 tbsp of melted butter
- 1 1/4 cup of milk
- 2 cups of all-purpose flour
- 1/2 cup of powdered milk
- 1 tbsp of baking powder
- Powdered milk for garnish, if desired

METHOD

1. Measure all ingredients.
2. Beat eggs and sweetener until foamy.
3. Add melted butter and milk.
4. Mix in flour and powdered milk.
5. Gently fold in baking powder.
6. Pour into a greased pan.
7. Bake at 180°C for about 35 minutes.
8. Cool slightly, garnish with powdered milk and serve.

Powdered Milk Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 2 tbsp of melted butter
- 1 cup of milk
- 2 cups of all-purpose flour
- 1 cup of powdered milk
- 1 tbsp of baking powder
- 2 tbsp of powdered milk
- 3 tbsp of milk for the topping 8) the

METHOD

1. Measure all ingredients.
2. Beat eggs with sweetener until foamy.
3. Add melted butter and milk.
4. Mix in flour and one cup of powdered milk.
5. Gently fold in baking powder.
6. Bake in a greased pan at 180°C for about 35 minutes.
7. Mix powdered milk and milk; spread on the unmolded cake.
8. Dust with powdered milk and serve.

Chocolate Coconut Prestígio Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 1/2 cup of oil
- 1/2 cup of milk
- 1 3/4 cup of all-purpose flour
- 1/2 cup of cocoa powder
- 1 tbsp of baking powder
- 1/2 cup of unsweetened shredded coconut
- 2 tbsp of powdered milk
- 3 tbsp of milk for the topping

METHOD

1. Measure all ingredients.
2. Beat eggs with sweetener until foamy.
3. Add oil and milk.
4. Add flour and cocoa, mixing until smooth.
5. Fold in baking powder and pour into a greased pan.
6. Bake at 180°C for about 35 minutes.
7. Mix powdered milk, milk and shredded coconut; spread over the cake.
8. Top with more coconut and serve.

Chocolate Sprinkle Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 2 tbsp of butter deretida
- 2 cups of all-purpose flour
- 1/2 cup of unsweetened shredded coconut
- 1/3 cup of sprinkles or chips of chocolate sugar-free
- 1 tbsp of baking powder

METHOD

1. Measure all ingredients.
2. Beat eggs with sweetener until foamy.
3. Stir in melted butter and milk.
4. Add flour and shredded coconut, mixing well.
5. Fold sugar-free chocolate sprinkles into the batter.
6. Gently fold in baking powder.
7. Bake in a greased pan at 180°C for about 35 minutes.
8. Cool slightly, unmold and serve.

Swirl Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 2 tbsp of melted butter
- 1 cup of milk
- 2 cups of all-purpose flour
- 2 tbsp of cocoa powder
- 01 tbsp of baking powder

METHOD

1. Measure all ingredients.
2. Beat eggs with sweetener until foamy.
3. Add melted butter and milk.
4. Mix in flour to make a smooth batter.
5. Set aside part of the batter and add cocoa.
6. Add baking powder to both mixtures.
7. Alternate the two batters in the pan; bake at 180°C for about 35 minutes.
8. Cool slightly, unmold and serve.

Marble Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 1/2 cup of oil
- 1/2 cup of milk
- 2 cups of all-purpose flour
- 3 tbsp of cocoa powder
- 1 tbsp of baking powder SN | zest of chocolate sugar-free for garnish, if desired

METHOD

1. Measure all ingredients.
2. Beat eggs with sweetener until foamy.
3. Add oil and milk.
4. Mix in the flour until smooth.
5. Separate some batter and mix with cocoa.
6. Fold baking powder into both batters, then alternate them in the pan.
7. Swirl gently with a skewer and bake at 180°C for about 35 minutes.
8. Cool slightly, garnish as desired and serve.

Chocolate Coconut Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 1/2 cup of oil
- 1/2 cup of milk
- 1 3/4 cup of all-purpose flour
- 1/2 cup of cocoa powder
- 1/2 cup of unsweetened shredded coconut
- 1 tbsp of baking powder
- Shredded coconut for garnish, if desired

METHOD

1. Measure all ingredients.
2. Beat eggs with sweetener until foamy.
3. Add oil and milk.
4. Mix in flour and cocoa.
5. Stir in shredded coconut.
6. Gently fold in baking powder.
7. Bake in a greased pan at 180°C for about 35 minutes.
8. Cool slightly, decorate with coconut and serve.

Chocolate Strawberry Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 1/2 cup of oil
- 1/2 cup of milk
- 1 3/4 cup of all-purpose flour
- 1/2 cup of cocoa powder
- 1 tbsp of baking powder
- 2 tbsp of powdered milk
- 3 tbsp of milk for the topping

METHOD

1. Measure all ingredients.
2. Beat eggs with sweetener until foamy.
3. Add oil and milk.
4. Mix in flour and cocoa.
5. Gently fold in baking powder.
6. Bake in a greased pan at 180°C for about 35 minutes.
7. Mix powdered milk and milk; spread over the cake.
8. Decorate with strawberries and serve.

Chocolate Passion Fruit Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 1/2 cup of oil
- 1/2 cup of milk
- 1 3/4 cup of all-purpose flour
- 1/2 cup of cocoa powder
- 1 tbsp of baking powder
- 2 tbsp of powdered milk
- 3 tbsp of milk passion fruit pulp for garnish

METHOD

1. Measure all ingredients.
2. Beat eggs and sweetener until foamy.
3. Add oil and milk.
4. Mix in flour and cocoa.
5. Gently fold in baking powder.
6. Bake in a greased pan at 180°C for about 35 minutes.
7. Mix powdered milk and milk; spread over the cake.
8. Garnish with a little passion fruit pulp and serve.

Chocolate Coffee Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 1/2 cup of oil
- 1/2 cup of coffee strongly brewed
- 1/2 cup of milk
- 1 3/4 cup of all-purpose flour
- 1/2 cup of cocoa powder
- 1 tbsp of instant coffee
- 1 tbsp of baking powder
- Zest of chocolate for garnish, if desired

METHOD

1. Measure all ingredients.
2. Beat eggs and sweetener until foamy.
3. Add oil, brewed coffee and milk.
4. Mix in flour, cocoa and instant coffee.
5. Gently fold in baking powder.
6. Bake in a greased pan at 180°C for about 35 minutes.
7. Cool slightly and unmold.
8. Decorate with chocolate shavings and serve.

Chocolate Peanut Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 1/2 cup of oil
- 1/2 cup of milk
- 1 3/4 cup of all-purpose flour
- 1/2 cup of cocoa powder
- 1/2 cup of roasted peanuts and crushed
- 1 tbsp of baking powder
- Peanuts crushed for garnish light topping of chocolate sugar-free (optional

METHOD

1. Gather the ingredients and grease a cake pan.
2. Beat eggs and sweetener until pale.
3. Add oil and milk and mix well.
4. Mix in flour and cocoa until smooth.
5. Fold in roasted, ground peanuts.
6. Lastly, gently add baking powder.
7. Bake at 180°C for about 35 minutes.
8. Cool slightly, coat with light chocolate topping and garnish with peanuts.

Chocolate Banana Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil
- 2 bananas ripe mashed
- 1/2 cup of milk
- 1 1/2 cup of all-purpose flour
- 1/2 cup of cocoa powder
- 1 tsp of cinnamon (optional
- 1 tbsp of baking powder slices of banana for garnish

METHOD

1. Gather all ingredients.
2. Mash the bananas thoroughly with a fork.
3. Beat eggs and sweetener until pale.
4. Add oil, mashed bananas and milk.
5. Mix in flour and cocoa until smooth.
6. Gently add baking powder and optional cinnamon.
7. Bake in a greased pan at 180°C for about 35 minutes.
8. Cool slightly, decorate with banana slices and serve.

Creamy Chocolate Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 3 tbsp of melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 1/2 cup of cocoa powder
- 2 tbsp of powdered milk
- 1 tbsp of baking powder light topping of chocolate sugar-free for garnish ZERO FÁCIL

METHOD

1. Gather ingredients and preheat the oven to 180°C.
2. Beat eggs and sweetener until light and fluffy.
3. Add melted butter and milk.
4. Stir in flour, cocoa and powdered milk.
5. Mix until smooth and creamy.
6. Gently fold in baking powder.
7. Bake in a greased, floured pan for 32–35 minutes.
8. Cool slightly, top with sugar-free chocolate and serve.

Yogurt Cake



INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 1 tub of plain yogurt
- 1/3 cup of oil
- 2 cups of all-purpose flour
- 1 tbsp of baking powder
- Lemon zest (optional) yogurt or powdered milk for garnish (optional

METHOD

1. Gather all ingredients.
2. Beat eggs with sweetener until foamy.
3. Mix in yogurt and oil.
4. Gradually add flour until combined.
5. Add optional lemon zest.
6. Gently fold in baking powder.
7. Bake in a greased pan at 180°C for about 35 minutes.
8. Cool slightly; top with yogurt or powdered milk, if desired, and serve.

Oat and Banana Cake



INGREDIENTS

- 3 bananas ripe
- 3 eggs
- 1/3 cup of granulated sweetener
- 2 cups of fine rolled oats or oat flour
- 1/4 cup of oil
- 1 tsp of cinnamon
- 1 tbsp of baking powder banana in slices for garnish GS the eras FÁCIL

METHOD

1. Gather all ingredients.
2. Mash bananas with a fork.
3. Beat eggs and sweetener until foamy.
4. Add oil and mashed bananas.
5. Mix in oats and cinnamon.
6. Gently fold in baking powder.
7. Bake in a greased pan at 180°C for about 35 minutes.
8. Cool slightly, decorate with banana slices and serve.

Oat and Apple Cake



INGREDIENTS

- 2 apples chopped
- 3 eggs
- 1/3 cup of granulated sweetener
- 2 cups of fine rolled oats or oat flour
- 1/4 cup of oil
- 1/2 cup of milk
- 1 tsp of cinnamon
- 1 tbsp of baking powder slices thin of apple for garnish

METHOD

1. Gather all ingredients.
2. Peel and dice two apples.
3. Beat eggs and sweetener until foamy.
4. Mix in oil and milk.
5. Stir in oats, cinnamon and diced apple.
6. Lastly, gently fold in baking powder.
7. Bake in a greased pan at 180°C for about 35 minutes.
8. Cool slightly, unmold and decorate with apple slices.

Cassava Cake



INGREDIENTS

- 500 g of cassava raw grated
- 3 eggs
- 1/2 cup of granulated sweetener
- 2 tbsp of melted butter
- 200 ml of coconut milk
- 1/2 cup of unsweetened shredded coconut
- 1 tbsp of baking powder

METHOD

1. Gather all ingredients.
2. Grate raw cassava and drain excess liquid.
3. Beat eggs and sweetener until light and fluffy.
4. Mix in melted butter and coconut milk.
5. Fold in grated cassava and coconut.
6. Lastly, gently add baking powder.
7. Bake in a greased pan at 180°C for about 45 minutes.
8. Cool slightly, unmold and serve warm or cold.

Cassava Coconut Cake



INGREDIENTS

- 500 g of cassava grated
- 3 eggs
- 1/2 cup of granulated sweetener 200 ml of coconut milk
- 2 tbsp of melted butter
- 3/4 cup of unsweetened shredded coconut 1 pinch of salt
- 1 tbsp of baking powder

METHOD

1. Gather all ingredients.
2. Peel, grate and lightly squeeze the cassava to drain.
3. Beat eggs and sweetener until light.
4. Add melted butter and coconut milk.
5. Mix in grated cassava and shredded coconut.
6. Gently stir in baking powder and salt.
7. Bake in a greased pan at 180°C for about 45 minutes.
8. Cool slightly, unmold, top with coconut and serve.

Sweet Potato Cake



INGREDIENTS

- 2 cups of sweet potato cooked mashed
- 3 eggs
- 1/2 cup of granulated sweetener
- 1/4 cup of coconut oil or oil regular
- 1/2 cup of milk
- 1 1/2 cup of all-purpose flour tsp of cinnamon (optional
- 1 tbsp of baking powder

METHOD

1. Gather all ingredients.
2. Cook sweet potatoes until soft; mash while warm.
3. Beat eggs and sweetener until slightly foamy.
4. Mix in oil and milk.
5. Add mashed sweet potato and flour; mix well.
6. Gently stir in optional cinnamon and baking powder.
7. Bake in a greased pan at 180°C for about 35 minutes.
8. Cool slightly, unmold and serve.

Pumpkin Coconut Cake



INGREDIENTS

- 2 cups of pumpkin cooked mashed
- 3 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil
- 1/2 cup of coconut milk
- 2 cups of all-purpose flour
- 1/2 cup of unsweetened shredded coconut
- 1 tsp of cinnamon (optional
- 1 tbsp of baking powder

METHOD

1. Gather all ingredients.
2. Cook pumpkin until soft, drain and mash.
3. Beat eggs and sweetener until slightly foamy.
4. Mix in oil and coconut milk.
5. Add flour, mashed pumpkin and coconut.
6. Gently add cinnamon, if desired, and baking powder.
7. Bake in a greased, floured pan at 180°C for about 35 minutes.
8. Cool slightly, top with shredded coconut and serve.

Tapioca Cake



INGREDIENTS

- 4 eggs
- 1 cup of granulated sweetener (use
- 1/2 cup for the a less sweet cake
- 500 ml of coconut milk
- 1 cup of whole milk
- 200 g of butter or coconut oil
- 500 g of tapioca granulated hidratada
- 100 g of shredded coconut (fresh or dry
- 1 tbsp of baking powder 1 pinch of salt

METHOD

1. Gather all ingredients.
2. Soak tapioca pearls in coconut milk for 20 minutes.
3. Beat eggs and sweetener until pale and fluffy.
4. Stir in milk and melted butter.
5. Add soaked tapioca and shredded coconut.
6. Gently fold in baking powder and salt.
7. Bake in a greased pan at 180°C for 45–50 minutes.
8. Cool slightly, unmold and serve; also delicious chilled.

Sugar-Free Condensed Milk Flan



INGREDIENTS

- 3 whole eggs
- 1 can of sugar-free condensed milk 2 medidas (of the can) of whole milk
- 1 tsp of vanilla extract for the syrup:
- 1 cup of heat-stable sweetener
- 1/2 cup of hot water

METHOD

1. Gather all ingredients.
2. Cook sweetener and water over medium heat into golden syrup without stirring.
3. Pour syrup into a 20-cm flan mold and spread evenly.
4. Blend eggs, sugar-free condensed milk, milk and vanilla until smooth.
5. Pour into the syrup-lined mold and cover with foil.
6. Bake in a water bath at 180°C for about 60 minutes.
7. Leave in the switched-off oven for 10 minutes, cool and chill at least 4 hours.
8. Carefully unmold and serve cold.

Vanilla Flan



INGREDIENTS

- 3 eggs
- 500 ml of skim milk or whole
- 1 small carton of cream (200 g
- 3 tbsp of heat-stable sweetener
- 1 tsp of vanilla extract
- 1 packet of unflavored clear gelatin 4 (129
- 5 tbsp of water to bloom the gelatin syrup sugar-free for caramelizar optional

METHOD

1. Gather all ingredients.
2. Hydrate unflavored gelatin in water for 5 minutes.
3. Gently warm milk and cream without boiling.
4. Stir in sweetener and vanilla until dissolved.
5. Blend eggs for one minute; add warm milk mixture and blend 30 seconds.
6. Blend in hydrated gelatin briefly; strain.
7. Pour into a caramel-lined mold, if desired.
8. Refrigerate at least 4 hours until firm; unmold and serve.

Chocolate Spoon Dessert



INGREDIENTS

- 500 ml of skim milk or vegetal almonds or oats
- 2 tbsp of 100% cocoa powder
- 2 tbsp of cornstarch
- 3 tbsp of granulated sweetener for cooking
- 80 g of 70% dark chocolate cocoa chopped sugar-free
- 1 tbsp of light cream or vegetal (optional
- 1 tsp of vanilla extract 1 pinch of salt

METHOD

1. Gather all ingredients.
2. Mix cocoa, cornstarch, sweetener and salt in a saucepan.
3. Gradually whisk in milk to prevent lumps.
4. Cook over medium heat, stirring, until thick; boil for one minute.
5. Turn off heat, add chopped chocolate and stir until melted.
6. Mix in cream and vanilla until silky.
7. Divide among dessert glasses.
8. Chill for one hour or serve warm, optionally garnished with chocolate shavings.

Chocolate Pavê



INGREDIENTS

- 1 can of sugar-free condensed milk 500 ml milk
- 3 tbsp of 100% cocoa powder
- 3 tbsp of cornstarch
- 1 tsp of vanilla extract
- 150 g of 70% dark chocolate cocoa chopped or in chips carton of cream
- 2 pacotes of sugar-free whole-wheat biscuits (tipo cornstarch or milk
- 200 ml of milk to moisten
- Zest of 70% dark chocolate for garnish

METHOD

1. Gather all ingredients.
2. Combine sugar-free condensed milk, milk, cocoa and cornstarch in a saucepan.
3. Cook over medium heat, stirring until thick; continue for two minutes.
4. Remove from heat; melt in chopped chocolate and add vanilla.
5. Stir in cream until smooth and glossy, then cool slightly.
6. Briefly dip biscuits in milk.
7. Layer cream and biscuits in a dish, finishing with cream.
8. Smooth the top, decorate with chocolate and chill at least 4 hours.

Lemon Pie



INGREDIENTS

- 200 g of sugar-free whole-wheat biscuits crushed
- 3 tbsp of melted butter
- 1 tbsp of granulated sweetener filling:
- 1 can of sugar-free condensed milk
- 395 g
- 1 small carton of cream (200 g
- Zest of 2 lemons
- 1 packet of unflavored clear gelatin
- 5 tbsp of water to bloom the gelatin topping (optional):
- 3 egg whites

METHOD

1. Gather ingredients for the crust and filling.
2. Combine crushed biscuits, melted butter and sweetener into moist crumbs.
3. Press onto the bottom and sides of a 22-cm springform pan; chill.
4. Hydrate and dissolve gelatin according to the package.
5. Blend condensed milk, cream, lemon juice and zest until smooth.
6. Blend in dissolved gelatin and pour filling into crust.
7. Refrigerate for at least 3 hours until firm.
8. Optionally top with whipped egg whites sweetened to stiff peaks and lemon zest.

Sugar-Free Mixed Berry Cheesecake



INGREDIENTS

- 1 1/2 cup of almond flour
- 1/2 cup of Brazil nuts chopped
- 3 tbsp of coconut oil 1 pinch of salt filling 600 g of cream cheese
- 3 eggs
- Juice of 1/2 lemon
- 2 tbsp of erythritol for cooking
- 2 cups of mixed berries congeladas
- Juice of 1/2 lemon
- 1 tsp of chia

METHOD

1. Gather crust ingredients.
2. Mix to form moist crumbs.
3. Press into a 20-cm springform pan.
4. Chill while preparing the filling.
5. Beat cream cheese, yogurt, lemon, vanilla and erythritol until smooth.
6. Pour over crust, smooth and chill at least 4 hours.
7. Simmer berries and lemon until syrupy; add chia and cool.
8. Spread cold berry topping on cheesecake, unmold and serve chilled.

Traditional Sugar-Free Brigadeiro



INGREDIENTS

- 1 can of sugar-free condensed milk or homemade sugar-free
- 2 tbsp of 100% cocoa powder
- 1 tbsp of butter
- 1/2 cup of 70% dark chocolate cocoa chopped
- 1 tsp of vanilla extract optional
- Chocolate sprinkles sugar-free for garnish

METHOD

1. Gather all ingredients.
2. Mix sugar-free condensed milk, cocoa and butter in a saucepan.
3. Cook over low heat, stirring to prevent sticking.
4. Cook until the mixture pulls away from the bottom of the pan.
5. Remove from heat; melt in chopped chocolate and add vanilla.
6. Transfer to a plate, cover directly with plastic wrap and cool.
7. Butter your hands and roll small balls.
8. Roll in sugar-free chocolate sprinkles and serve in candy cups.

Sugar-Free Coconut Candy



INGREDIENTS

- 500 g of fresh coconut grated
- 1 cup of erythritol or xylitol for cooking
- 1/2 cup of coconut milk
- 1/4 cup of cream
- 1 tbsp of butter
- 1/2 tsp of vanilla extract 1 pinch of salt

METHOD

1. Gather all ingredients.
2. Finely grate or chop the fresh coconut, if needed.
3. Mix shredded coconut and erythritol in a saucepan.
4. Add coconut milk, cream, butter, vanilla and salt.
5. Cook on medium heat, stirring constantly.
6. Cook until thick and pulling away from the pan.
7. Spoon portions onto a greased plate or parchment paper.
8. Let cool completely until set; serve.

Sugar-Free Chocolate Ice Cream



INGREDIENTS

- 2 cups (chá) of whole milk
- 1 small carton of cream (200 g
- 1/2 cup (chá) of 100% cocoa powder
- 1/2 cup (chá) of erythritol or xylitol
- 1/2 cup (chá) of 70% dark chocolate cocoa chopped or chips sugar-free
- 1 tsp of vanilla extract 1 pinch of salt

METHOD

1. Gather all ingredients.
2. Warm milk, cream and cocoa over medium heat without boiling.
3. Remove from heat and stir in chopped chocolate until melted.
4. Mix in erythritol, vanilla and salt.
5. Strain for a smoother ice cream base and cool completely.
6. Pour into a covered container and freeze for one hour.
7. Stir vigorously to break ice crystals; repeat twice at hourly intervals.
8. Freeze another 4–6 hours until firm; serve with sugar-free syrup or chocolate shavings.

Creamy Tapioca Cake



INGREDIENTS

- 4 eggs
- 1 cup of erythritol or xylitol for cooking
- 1 cup of coconut milk
- 1 cup of whole milk
- 1/2 cup of coconut oil (derretido
- 500 g of tapioca granulated hidratada
- 50 g of unsweetened shredded coconut
- 1 tbsp of baking powder 1 pinch of salt
- 1 tsp of vanilla extract 8) (3

METHOD

1. Gather ingredients and preheat the oven to 180°C.
2. Combine soaked tapioca and coconut milk; rest for 20 minutes.
3. Beat eggs and sweetener until pale and lightly foamy.
4. Add whole milk, coconut oil and vanilla.
5. Mix in soaked tapioca and shredded coconut.
6. Gently fold in baking powder and salt.
7. Bake in a greased pan for about 45 minutes.
8. Cool slightly, unmold and serve.

Milk Flan



INGREDIENTS

- 4 eggs
- 1 can of sugar-free condensed milk 2 medidas (of the can) of whole milk
- 1 tsp of vanilla extract syrup sugar-free:
- 1 cup of granulated sweetener for cooking
- 1/2 cup of hot water

METHOD

1. Melt sweetener in a saucepan over low heat, stirring.
2. Carefully add hot water and stir into a smooth syrup.
3. Coat the bottom of a flan mold with syrup.
4. Blend eggs, sugar-free condensed milk, milk and vanilla.
5. Strain and pour over the syrup.
6. Cover the mold tightly with foil.
7. Bake in a water bath at 180°C for about one hour.
8. Cool, refrigerate for at least two hours, unmold and serve cold.

Chocolate Flan



INGREDIENTS

- 2 cups of skim milk or vegetal
- 480 ml
- 1/2 cup of 100% cocoa powder (50
- 1/4 cup of granulated sweetener sugar-free (follow your brand directions
- 2 tbsp of cornstarch
- 1 tsp of vanilla extract 1 pinch of salt

METHOD

1. Mix half a cup of milk with cocoa until dissolved.
2. Add remaining milk, sweetener, cornstarch and salt.
3. Cook over medium heat, stirring until slightly thick.
4. Remove from heat and add vanilla.
5. Strain until smooth and creamy.
6. Pour into a silicone mold or one lightly greased with coconut oil.
7. Cover and refrigerate for at least three hours.
8. Carefully unmold, garnish with 70% chocolate shavings and serve cold.

Coconut Cream Dessert



INGREDIENTS

- 2 cups of coconut milk homemade
- 1 cup of whole milk
- 3 tbsp of cornstarch
- 1/2 cup of erythritol or xylitol for cooking
- 1 tsp of vanilla extract 1 pinch of salt
- Unsweetened shredded coconut for garnish

METHOD

1. Gather all ingredients.
2. Mix coconut milk, milk and cornstarch until dissolved.
3. Cook over medium heat, stirring until thickening.
4. Continue cooking for two minutes, stirring.
5. Remove from heat; add erythritol, vanilla and salt.
6. Spoon into small bowls or dessert glasses.
7. Cool, then chill at least two hours.
8. Top with unsweetened shredded coconut and serve cold.

Chocolate Strawberry Pavê



INGREDIENTS

- 2 cups of skim milk
- 2 tbsp of 100% cocoa powder
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 1 tsp of vanilla extract
- 1 packet of biscuit of cornstarch whole
- 300 g of strawberries fresh
- 1/2 cup of skim milk to moisten
- 70% dark chocolate cocoa chopped for garnish

METHOD

1. Whisk skim milk, cocoa and cornstarch in a saucepan.
2. Cook over medium heat until a thick cream forms.
3. Remove from heat; add sweetener and vanilla.
4. Wash and slice strawberries.
5. Reserve half a cup of milk for dipping biscuits.
6. Quickly dip biscuits in milk and make the first layer.
7. Add chocolate cream and sliced strawberries.
8. Repeat layers and refrigerate for two hours.

Passion Fruit Pie



INGREDIENTS

- 200 g of sugar-free whole-wheat biscuits
- 3 tbsp of butter ghee
- 1 1/2 cup of passion fruit pulp
- 1 cup of cream
- 1 tub of plain yogurt sugar-free (170 g)
  T'packet of unflavored clear gelatin
- 5 tbsp of granulated sweetener
- 1/2 cup of water
- Lemon zest for garnish (optional

METHOD

1. Crush whole-wheat biscuits into fine crumbs.
2. Mix with melted ghee to make moist crumbs.
3. Press into a 20-cm removable-bottom pan.
4. Hydrate gelatin in water for five minutes.
5. Blend passion fruit pulp, cream, yogurt and sweetener.
6. Microwave gelatin about 15 seconds until dissolved.
7. Fold gelatin into the filling; pour over the crust.
8. Chill at least four hours; garnish with passion fruit pulp and lemon zest.

Strawberry Cheesecake



INGREDIENTS

- 200 g of sugar-free whole-wheat biscuits
- 80 g of butter or coconut oil
- 600 g of cream cheese sugar-free
- 1 tub of plain yogurt
- 1/2 cup of granulated sweetener
- Juice of 1/2 lemon
- 1 packet of unflavored clear gelatin 1/4 of cup of water topping
- 2 cups of strawberries chopped
- Juice of 1/2 lemon
- 1 tbsp of granulated sweetener

METHOD

1. Crush whole-wheat biscuits into fine crumbs.
2. Combine with butter; press into a 20-cm springform pan and chill.
3. Beat cream cheese, yogurt, sweetener, lemon juice and vanilla until smooth.
4. Hydrate gelatin, microwave for 15 seconds and cool slightly.
5. Mix dissolved gelatin into the filling.
6. Pour the cream over the biscuit crust and smooth.
7. Simmer strawberries, lemon and sweetener; add dissolved gelatin and cook briefly.
8. Refrigerate at least six hours, unmold and serve chilled.

Sugar-Free Spoon Brigadeiro



INGREDIENTS

- 1 small carton of cream (200 g
- 1/2 cup of skim milk powder
- 1/2 cup of 100% cocoa powder 1/3 of cup of erythritol or xylitol
- 1 tbsp of unsalted butter
- 1 tsp of vanilla extract 1 pinch of salt
- 70% dark chocolate chopped for garnish optional

METHOD

1. Gather and measure all ingredients.
2. Combine cream, powdered milk and cocoa in a saucepan.
3. Stir in erythritol, butter, vanilla and salt.
4. Cook over low heat, stirring constantly.
5. Cook for 8–10 minutes until thick and creamy.
6. Transfer to a bowl; cover with plastic wrap touching the surface.
7. Cool and chill for one hour.
8. Serve cold with chopped 70% chocolate.

Sugar-Free Toasted Coconut Candy



INGREDIENTS

- 3 cups of unsweetened shredded coconut
- 1 cup of erythritol (or xylitol
- 1/2 cup of water
- 1/2 cup of coconut milk
- 1 tbsp of coconut oil
- 1/2 tsp of vanilla extract 1 pinch of salt

METHOD

1. Gather all ingredients.
2. Mix water, coconut milk, erythritol, coconut oil and salt in a saucepan.
3. Warm over medium heat until dissolved and simmering.
4. Add shredded coconut and vanilla.
5. Cook, stirring until drying and browning at the edges.
6. Keep stirring until deeply golden and fragrant.
7. Spread and press into a lined or greased pan.
8. Cool completely, cut into squares and serve.

Strawberry Ice Cream



INGREDIENTS

- 500 g of strawberries maduros
- 1 cup of heavy whipping cream
- 1/2 cup of skim milk powder
- 1/2 cup of whole milk
- 1/2 cup of erythritol (or xylitol
- 1 tsp of vanilla extract
- 1 tbsp of lemon juice

METHOD

1. Wash, hull and chop the strawberries.
2. Simmer with erythritol and lemon juice for 5–7 minutes.
3. Cool, blend into a smooth purée and reserve.
4. Dissolve skim milk powder in whole milk.
5. Whip cream with vanilla to firm peaks.
6. Gently fold in strawberry purée and whipped cream.
7. Freeze in a covered container for at least six hours.
8. Remove a few minutes before serving.

Cheese Cake



INGREDIENTS

- 4 eggs
- 1 cup of granulated sweetener
- 3 tbsp of melted butter
- 200 ml of milk
- 1 cup of all-purpose flour
- 100 g of Parmesan cheese grated
- 100 g of cheese semi-cured grated
- 1 tbsp of baking powder 1 pinch of salt

METHOD

1. Gather all ingredients.
2. Beat eggs and sweetener until pale and foamy.
3. Stir in melted butter and milk.
4. Gradually add flour until smooth.
5. Mix in grated cheese.
6. Gently add baking powder.
7. Bake in a greased pan at 180°C until golden and set.
8. Cool slightly, unmold and serve.

Powdered Milk Flan



INGREDIENTS

- 2 cups of skim milk powder
- 500 ml of whole milk
- 4 eggs
- 1/2 cup of granulated sweetener
- 1 tsp of vanilla extract For the syrup:
- 1 cup of heat-stable sweetener
- 1/2 cup of hot water

METHOD

1. Gather all ingredients.
2. Melt the sweetener over low heat to make syrup.
3. Pour syrup into a flan mold and coat the base.
4. Blend powdered milk, milk, eggs, sweetener and vanilla.
5. Pour into the caramel-lined mold.
6. Cover with foil.
7. Bake in a water bath at 180°C for about one hour.
8. Cool, refrigerate and unmold before serving.

Coconut Flan



INGREDIENTS

- 400 ml of coconut milk
- 200 ml of whole milk
- 1 small carton of cream
- 1/2 cup of granulated sweetener
- 100 g of unsweetened shredded coconut
- 1 packet of unflavored clear gelatin
- 5 tbsp of water
- 1 tsp of vanilla extract

METHOD

1. Gather all ingredients.
2. Hydrate unflavored gelatin in water for five minutes.
3. Warm coconut milk, whole milk and cream without boiling.
4. Add sweetener and vanilla and mix well.
5. Fold in dissolved gelatin.
6. Pour into a lightly greased mold.
7. Chill until firm.
8. Unmold, sprinkle with coconut and serve.

Passion Fruit Cream Dessert



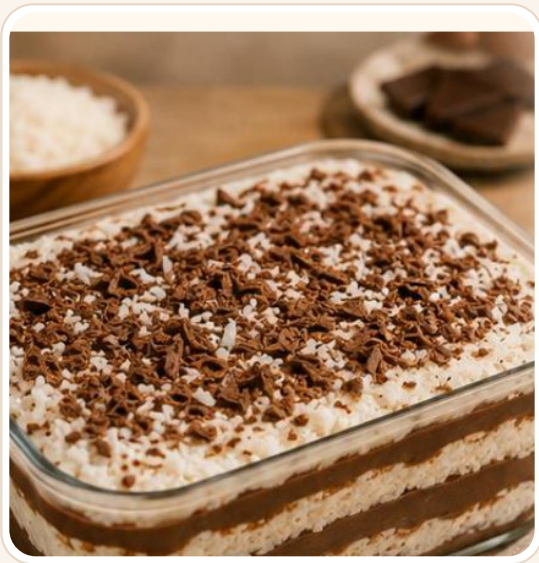
INGREDIENTS

- 400 ml of whole milk
- 200 ml of cream
- 1/2 cup of passion fruit pulp
- 3 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 1 tsp of vanilla extract passion fruit pulp extra for garnish

METHOD

1. Gather all ingredients.
2. Dissolve cornstarch in milk.
3. Cook over medium heat, stirring until thickened.
4. Add sweetener and vanilla and mix well.
5. Stir in passion fruit pulp.
6. Transfer to individual serving dishes.
7. Cool, then refrigerate until set.
8. Garnish with passion fruit pulp and serve cold.

Chocolate Coconut Pavê



INGREDIENTS

- 500 ml of milk
- 3 tbsp of 100% cocoa powder
- 3 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 1 small carton of cream
- 1 tsp of vanilla extract
- 1 packet of sugar-free Maria biscuits
- 200 ml of milk to moisten
- 100 g of unsweetened shredded coconut
- 100 g of 70% dark chocolate chopped

METHOD

1. Gather all ingredients.
2. Cook milk, cocoa and cornstarch until a thick cream forms.
3. Add sweetener, cream and vanilla.
4. Mix shredded coconut into some of the chocolate cream.
5. Quickly dip the biscuits in milk.
6. Layer biscuits, chocolate cream and coconut cream.
7. Top with chopped chocolate and shredded coconut.
8. Chill until set and serve cold.

Strawberry Pie



INGREDIENTS

- 200 g of sugar-free whole-wheat biscuits crushed
- 3 tbsp of melted butter
- 1 tbsp of granulated sweetener filling:
- 1 can of sugar-free condensed milk
- 1 small carton of cream
- 1 packet of unflavored clear gelatin
- 5 tbsp of water
- 1 tsp of vanilla extract topping:
- 2 cups of strawberries fresh fatiados
- 1 tbsp of granulated sweetener
- 1 tsp of clear gelatin dissolvida

METHOD

1. Gather crust and filling ingredients.
2. Mix crushed biscuits, melted butter and sweetener into moist crumbs.
3. Press firmly onto the base and sides of a springform pan.
4. Hydrate gelatin in water for five minutes.
5. Beat the creamy filling until smooth.
6. Pour filling onto the crust and level it.
7. Top carefully with the prepared strawberries and topping.
8. Chill thoroughly before serving.

Passion Fruit Cheesecake



INGREDIENTS

- 200 g of sugar-free whole-wheat biscuits
- 80 g of melted butter
- 600 g of cream cheese
- 1 tub of plain yogurt sugar-free
- 1/2 cup of granulated sweetener
- Sucode 1/2 lemon
- 1 tsp of vanilla extract
- 1 packet of unflavored clear gelatin 1/4 of cup of water 4 topping
- 1 cup of passion fruit pulp
- 2 tbsp of granulated sweetener

METHOD

1. Crush biscuits into fine crumbs.
2. Combine with butter; press into a springform pan and chill.
3. Hydrate and dissolve gelatin in water.
4. Beat cream cheese, yogurt, sweetener, lemon juice and vanilla until smooth.
5. Mix the dissolved gelatin into the cream and pour over the crust.
6. Prepare the passion fruit topping.
7. Spread topping over the chilled cheesecake.
8. Refrigerate until firm, then unmold and serve.

Sugar-Free Powdered Milk Brigadeiro



INGREDIENTS

- 1 can of sugar-free condensed milk
- 1 tbsp of butter
- 1/2 cup of skim milk powder 1/4 of cup of cream
- 1 tsp of vanilla extract
- Powdered milk extra for rolling

METHOD

1. Measure all ingredients.
2. Put sugar-free condensed milk, butter and powdered milk in a saucepan.
3. Mix until homogeneous.
4. Cook over low heat, stirring until thick like brigadeiro.
5. Turn off the heat and add cream and vanilla.
6. Cool to room temperature.
7. Roll into small balls or serve in bowls.
8. Coat with extra powdered milk and serve.

Creamy Sugar-Free Coconut Candy



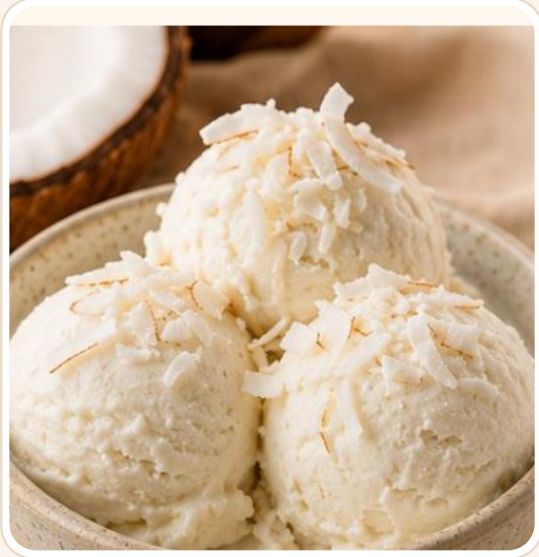
INGREDIENTS

- 3 cups of fresh shredded coconut sugar-free
- 1 cup of coconut milk
- 1/2 cup of cream
- 1/2 cup of granulated sweetener
- 1 tbsp of butter
- 1/2 tsp of vanilla extract 1 pinch of salt

METHOD

1. Gather all ingredients.
2. Combine coconut, milk, sweetener and butter.
3. Warm until sweetener and butter dissolve.
4. Add any remaining recipe ingredients.
5. Cook gently, stirring constantly.
6. Continue over low heat until creamy.
7. Divide into serving bowls.
8. Cool and refrigerate in a sealed container before serving.

Coconut Ice Cream



INGREDIENTS

- 400 ml of coconut milk
- 200 ml of heavy whipping cream
- 1/2 cup of skim milk powder
- 1/2 cup of granulated sweetener
- 100 g of unsweetened shredded coconut
- 1 tsp of vanilla extract 1 pinch of salt

METHOD

1. Gather all ingredients.
2. Combine coconut milk, skim milk powder and sweetener.
3. Add fresh cream, vanilla and a pinch of salt.
4. Fold in the unsweetened shredded coconut.
5. Mix until the ice cream base is smooth.
6. Pour into a covered freezer-safe container.
7. Freeze, stirring occasionally to reduce ice crystals.
8. Scoop and serve once firm.

Ricotta Lemon Cake



INGREDIENTS

- 3 eggs
- 1 cup of granulated sweetener
- 3 tbsp of melted butter
- 200 g of ricotta mashed
- 1 tub of plain yogurt
- 1/2 cup of milk
- Zest of 2 lemons
- 2 tbsp of lemon juice
- 1 1/2 cup of all-purpose flour
- 1 tbsp of baking powder 1 pinch of salt

METHOD

1. Gather all ingredients.
2. Beat eggs and sweetener until foamy.
3. Mix in butter, ricotta, yogurt, milk, lemon juice and zest.
4. Gradually add flour until smooth.
5. Gently fold in baking powder and salt.
6. Pour into a greased pan.
7. Bake at 180°C for about 40 minutes.
8. Cool slightly, unmold and serve.

Chocolate Flan



INGREDIENTS

- 4 eggs
- 1 can of sugar-free condensed milk 2 medidas (using the can) of whole milk
- 1/2 cup of 100% cocoa powder
- 100 g of 70% dark chocolate derretido
- 1 tsp of vanilla extract syrup:
- 1 cup of heat-stable sweetener
- 1/2 cup of hot water

METHOD

1. Caramelize the sweetener in a saucepan.
2. Carefully add hot water and stir into syrup.
3. Coat a flan mold with syrup.
4. Blend eggs, sugar-free condensed milk, milk, cocoa, melted chocolate and vanilla.
5. Strain and pour over the syrup.
6. Cover tightly with foil.
7. Bake in a water bath at 180°C for about one hour.
8. Cool, chill for at least two hours, unmold and serve.

Strawberry Flan



INGREDIENTS

- 2 cups of milk
- 1 carton of cream
- 1 cup of strawberries chopped
- 1/2 cup of granulated sweetener
- 1 packet of unflavored clear gelatin
- 5 tbsp of water
- 1 tsp of vanilla extract

METHOD

1. Gather ingredients and hydrate gelatin in water.
2. Blend milk, cream, strawberries, sweetener and vanilla.
3. Dissolve the gelatin in the microwave for about 15 seconds.
4. Mix the dissolved gelatin into the cream.
5. Strain for a smoother flan if desired.
6. Pour into lightly greased molds or dessert glasses.
7. Refrigerate at least three hours.
8. Unmold or serve in glasses, garnished with strawberries.

Lemon Cream Dessert



INGREDIENTS

- 400 ml of whole milk
- 200 ml of cream
- 1/2 cup of lemon juice
- Zest of 2 lemons
- 3 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 1 tsp of vanilla extract

METHOD

1. Gather all ingredients.
2. Mix milk, cream and cornstarch in a saucepan.
3. Cook over medium heat until thickened.
4. Remove from heat; add sweetener and vanilla.
5. Stir in lemon juice and zest.
6. Divide among dessert glasses.
7. Cool, then refrigerate for at least two hours.
8. Serve chilled with lemon zest.

Chocolate Coconut Pavê



INGREDIENTS

- 500 ml of milk
- 1 carton of cream
- 3 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 1 tsp of vanilla extract
- 100 g of unsweetened shredded coconut
- 3 tbsp of 100% cocoa powder 80 g of 70% dark chocolate chopped
- 1 packet of sugar-free Maria biscuits
- 200 ml of milk for dipping the biscuits

METHOD

1. Gather all ingredients.
2. Make white cream from milk, cornstarch, sweetener, vanilla and coconut.
3. Set aside half the white cream.
4. Mix cocoa and chopped chocolate into the remaining half.
5. Quickly dip biscuits in milk.
6. Layer biscuits, coconut cream and chocolate cream in a dish.
7. Decorate with shredded coconut and chopped chocolate.
8. Refrigerate at least two hours before serving.

Chocolate Pie



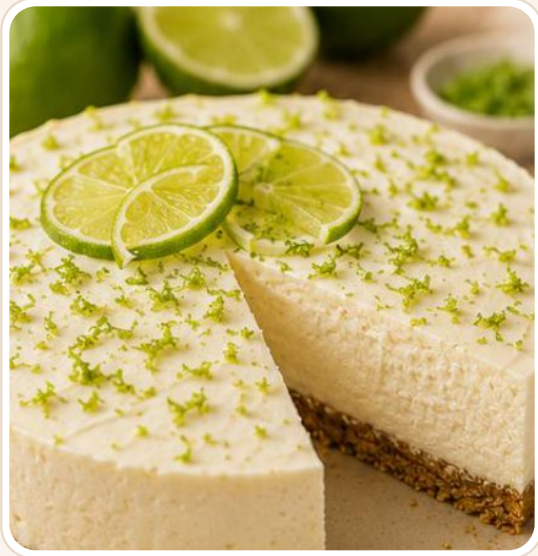
INGREDIENTS

- 200 g of sugar-free whole-wheat biscuits crushed
- 3 tbsp of melted butter 4 filling:
- 300 g of 70% dark chocolate cocoa
- 1 carton of cream
- 1/2 cup of granulated sweetener Zovos
- 1 tsp of vanilla extract topping:
- Zest of 70% dark chocolate and strawberries opcionais for garnish fere

METHOD

1. Crush the whole-wheat biscuits.
2. Mix with butter and press into a springform pan.
3. Melt chocolate and mix with cream.
4. Add sweetener, eggs and vanilla.
5. Pour filling onto the biscuit base.
6. Smooth the surface.
7. Bake at 180°C for about 30 minutes.
8. Cool, garnish with chocolate shavings and serve.

Lemon Cheesecake



INGREDIENTS

- 80 g of melted butter filling
- 600 g of cream cheese
- 1 tub of plain yogurt sugar-free
- 1/2 cup of granulated sweetener
- Juice of 2 lemons
- Zest of 2 lemons
- 1 tsp of vanilla extract
- 1 packet of unflavored clear gelatin 1/4 of cup of water topping
- Lemon zest and slices thin of lemon for garnish

METHOD

1. Crush biscuits into fine crumbs.
2. Mix with butter and press into a springform pan.
3. Hydrate gelatin and dissolve it in the microwave.
4. Beat cream cheese, yogurt, sweetener, lemon juice, zest and vanilla.
5. Add dissolved gelatin and stir until incorporated.
6. Pour the filling over the base and smooth.
7. Refrigerate at least five hours.
8. Garnish with lemon zest and serve cold.

Sugar-Free Coconut Brigadeiro



INGREDIENTS

- 1 can of sugar-free condensed milk
- 1 tbsp of butter
- 1/2 cup of unsweetened shredded coconut
  1/4 of cup of cream
- 1 tsp of vanilla extract
- Shredded coconut extra for rolling EEE

METHOD

1. Measure all ingredients.
2. Put sugar-free condensed milk, butter and coconut in a pan.
3. Stir over low heat until thickening.
4. Add cream and vanilla.
5. Continue until the mixture pulls away from the pan.
6. Transfer to a greased plate and cool.
7. Roll into small balls with greased hands.
8. Coat in coconut and serve in candy cups.

Baked Sugar-Free Coconut Candy



INGREDIENTS

- 3 eggs
- 2 cups of unsweetened shredded coconut
- 1 cup of coconut milk
- 1/2 cup of granulated sweetener
- 2 tbsp of melted butter
- 1 tsp of vanilla extract 1 pinch of salt eo ise

METHOD

1. Gather all ingredients.
2. Beat eggs and sweetener.
3. Add butter, coconut milk and vanilla.
4. Stir in shredded coconut and salt.
5. Mix into a moist batter.
6. Pour into greased ramekins or a baking dish.
7. Bake at 180°C until golden.
8. Cool slightly and serve.

Passion Fruit Ice Cream



INGREDIENTS

- 1 cup of passion fruit pulp
- 1 carton of cream
- 1/2 cup of skim milk powder
- 1/2 cup of whole milk
- 1/2 cup of granulated sweetener
- 1 tsp of vanilla extract
- 1 tbsp of lemon juice

METHOD

1. Gather all ingredients.
2. Blend passion fruit pulp with sweetener and lemon juice.
3. Partially strain if fewer seeds are desired.
4. Dissolve powdered milk in whole milk.
5. Whip cream and vanilla until light.
6. Fold the milk mixture and passion fruit together.
7. Freeze in a covered container, stirring occasionally.
8. Scoop and decorate with passion fruit pulp.

Ricotta Guava Cake



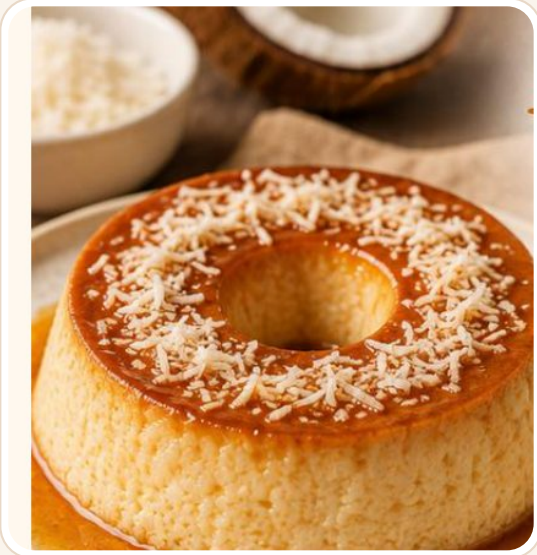
INGREDIENTS

- 3 eggs
- 3/4 cup of granulated sweetener
- 3 tbsp of melted butter
- 250 g of ricotta mashed
- 1 tub of plain yogurt
- 1/2 cup of milk
- 1 1/2 cup of all-purpose flour
- 1 tbsp of baking powder
- 150 g of sugar-free guava paste in small cubes 1 pinch of salt
- Vanilla to taste (optional

METHOD

1. Gather ingredients and preheat the oven to 180°C.
2. Beat eggs and sweetener until pale and fluffy.
3. Add mashed ricotta, yogurt, milk and melted butter.
4. Stir in flour and a pinch of salt.
5. Lastly, fold in baking powder and flour-dusted guava paste cubes.
6. Pour into a greased, floured 20–22-cm pan.
7. Bake at 180°C for 35–40 minutes or until a skewer comes out clean.
8. Cool slightly, unmold carefully and serve.

Coconut Flan



INGREDIENTS

- 1 can of sugar-free condensed milk
- 400 ml of whole milk
- 200 ml of coconut milk
- 3 eggs
- 100 g of unsweetened shredded coconut
- 1 tsp of vanilla extract for the syrup:
- 1 cup of heat-stable sweetener
- 1/2 cup of hot water

METHOD

1. Gather all ingredients.
2. Melt sweetener in a saucepan over medium heat without stirring.
3. Carefully add hot water; stir and coat the flan mold with syrup.
4. Blend condensed milk, milk, coconut milk, eggs, coconut and vanilla until smooth.
5. Strain and pour into the syrup-lined mold.
6. Cover with foil.
7. Bake in a water bath at 180°C for about one hour, until set.
8. Cool, chill for at least four hours, unmold and serve cold.

Passion Fruit Flan



INGREDIENTS

- 1 carton of cream
- 200 ml of milk
- 1/2 cup of passion fruit pulp
- 1/2 cup of granulated sweetener
- 1 packet of unflavored clear gelatin
- 5 tbsp of water
- 1 tsp of vanilla topping: the pouco of passion fruit pulp for garnish

METHOD

1. Gather all ingredients.
2. Hydrate gelatin in water and set aside.
3. Blend milk, cream, sweetener, passion fruit pulp and vanilla.
4. Dissolve gelatin in the microwave or water bath without boiling.
5. Mix dissolved gelatin briefly into the cream.
6. Pour into a dampened mold or individual glasses.
7. Chill at least three hours until set.
8. Unmold or serve in glasses with extra passion fruit pulp.

Strawberry Cream Dessert



INGREDIENTS

- 400 ml of whole milk
- 200 ml of cream
- 1 cup of strawberries chopped
- 3 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 1 tsp of vanilla extract

METHOD

1. Gather all ingredients.
2. Dissolve cornstarch in milk in a cold saucepan.
3. Add cream and sweetener and mix well.
4. Cook over medium heat until thickened.
5. Turn off heat and mix in vanilla and some chopped strawberries.
6. Divide among serving bowls or glasses.
7. Chill for at least two hours.
8. Garnish with the remaining strawberries and serve cold.

Passion Fruit Pavê



INGREDIENTS

- 1 can of sugar-free condensed milk
- 1 carton of cream
- 1/2 cup of passion fruit pulp
- 300 ml of milk
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 1 packet of sugar-free Maria biscuits
- 150 ml of milk for dipping the biscuits passion fruit pulp extra for garnish sugar

METHOD

1. Gather all ingredients.
2. Cook milk, cornstarch, sugar-free condensed milk, cream and sweetener until thick.
3. Remove from heat and stir in passion fruit pulp.
4. Let the cream cool slightly.
5. Quickly dip Maria biscuits in milk.
6. Layer soaked biscuits and passion fruit cream in a dish.
7. Finish with cream and spread passion fruit pulp on top.
8. Refrigerate for at least two hours and serve cold.

Chocolate Coconut Pie



INGREDIENTS

- 200 g of sugar-free whole-wheat biscuits crushed
- 3 tbsp of melted butter filling of coconut
- 1 can of sugar-free condensed milk
- 1 carton of cream
- 100 g of unsweetened shredded coconut
- 1 tsp of vanilla topping
- 200 g of 70% dark chocolate cocoa
- 1 carton of cream
- Shredded coconut and zest of chocolate for garnish

METHOD

1. Crush sugar-free whole-wheat biscuits into fine crumbs.
2. Mix with melted butter and press onto the base and sides of a pan.
3. Mix condensed milk, cream, coconut and vanilla in a saucepan.
4. Cook over low heat until thick and pulling away from the pan.
5. Fill the crust and chill at least two hours.
6. For ganache, pour hot cream over chocolate and stir smooth.
7. Spread ganache over the pie; decorate with coconut and chocolate shavings.
8. Chill another hour and serve cold.

Guava Cheesecake



INGREDIENTS

- 200 g of sugar-free whole-wheat biscuits crushed
- 80 g of melted butter filling
- 600 g of cream cheese Ypote of plain yogurt sugar-free
- 1/2 cup of granulated sweetener
- 1 tsp of vanilla
- 1 packet of unflavored clear gelatin
- 1/4 cup of water topping
- 200 g of sugar-free guava paste
- 1/4 cup of water for melting and formar syrup AM SN ON

METHOD

1. Crush the whole-wheat biscuits into crumbs.
2. Mix with butter, press into a springform pan and chill.
3. Hydrate and dissolve gelatin according to the package.
4. Beat cream cheese, yogurt, sweetener and vanilla until smooth.
5. Add gelatin and mix thoroughly.
6. Pour over crust and chill for at least four hours.
7. Melt guava paste with water into a syrup.
8. Top the cheesecake with guava syrup and serve cold.

Peanut Candy Brigadeiro



INGREDIENTS

- 1 can of sugar-free condensed milk
- 1 tbsp of butter
- 1/2 cup of unsweetened peanut butter or peanuts crushed fine
- 1/4 cup of cream
- 1/2 cup of sugar-free paçoca (peanut candy) (peanut candy) crumbled for rolling ZERO FÁCIL FOGÃO ACLICAR

METHOD

1. Gather all ingredients.
2. Put sugar-free condensed milk and butter in a saucepan.
3. Stir in peanut butter.
4. Cook, stirring, until thick.
5. Remove from heat and stir in cream.
6. Cool completely on a greased plate.
7. Roll small balls with your hands.
8. Coat in crumbled sugar-free paçoca and serve.

Sugar-Free Passion Fruit Coconut Candy



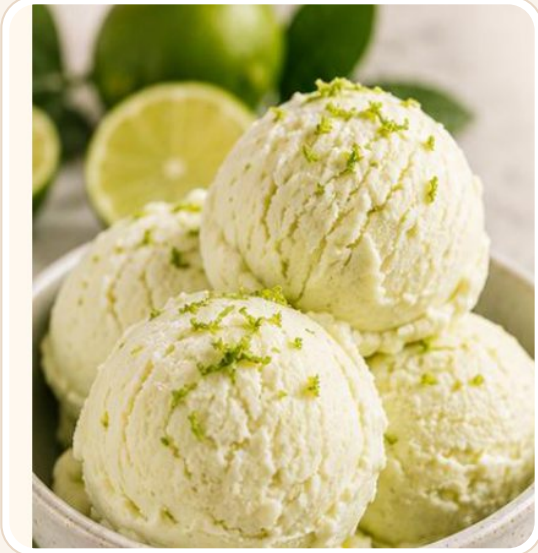
INGREDIENTS

- 2 cups of fresh shredded coconut sugar-free
- 4 and 200 ml of coconut milk
- 1/2 cup of granulated sweetener
- 1/3 cup of passion fruit pulp
- 1 tbsp of butter 1 pinch of salt pulp extra for garnish ZERO FÁCIL FOGÃO sugar

METHOD

1. Gather all ingredients.
2. Combine coconut milk, sweetener and butter in a saucepan.
3. Heat over medium heat, stirring continuously.
4. Add shredded coconut and salt.
5. Cook until thick and pulling away from the pan.
6. Stir in the passion fruit pulp.
7. Shape small coconut candies or spoon out portions.
8. Finish with extra passion fruit pulp and serve.

Sugar-Free Lemon Ice Cream



INGREDIENTS

- 1 carton of cream
- 1/2 cup of sugar-free condensed milk
- 1/2 cup of skim milk powder
- 1/2 cup of whole milk
- 1/2 cup of lemon juice
- Zest of 2 lemons
- 1/3 cup of granulated sweetener
- 1 tsp of vanilla ZERO FÁCIL FREEZER sugar

METHOD

1. Gather all ingredients.
2. Mix skim milk powder, whole milk and sweetener until dissolved.
3. In another bowl, beat cream, sugar-free condensed milk and vanilla until creamy.
4. Add lemon juice and zest, mixing gently.
5. Combine until smooth and fragrant.
6. Pour into a covered container.
7. Freeze 4–6 hours, stirring occasionally for creaminess.
8. Scoop and finish with lemon zest.

Nut Cake



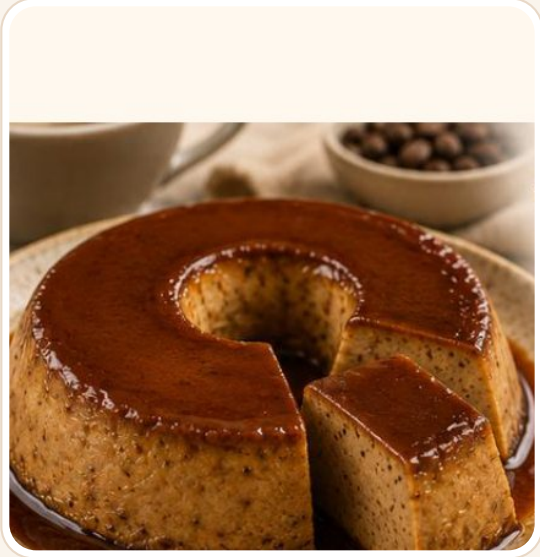
INGREDIENTS

- 3 eggs
- 3/4 cup of granulated sweetener
- 3 tbsp of melted butter
- 200 ml of milk
- 1 1/2 cup of all-purpose flour
- 1 cup of nuts chopped Brazil nuts and castanha-of-caju
- 1 tsp of vanilla extract
- 1 tbsp of baking powder 1 pinch of salt

METHOD

1. Gather ingredients and preheat the oven to 180°C.
2. Beat eggs and sweetener until light and fluffy.
3. Add butter, milk and vanilla.
4. Stir in flour and salt.
5. Gently add chopped nuts and baking powder.
6. Pour into a greased, floured pan.
7. Bake for 35–40 minutes until golden.
8. Cool slightly, unmold and serve.

Coffee Flan



INGREDIENTS

- 1 can of sugar-free condensed milk
- 400 ml of whole milk
- 200 ml of cream
- 3 eggs
- 2 tbsp of instant coffee dissolved
- 2 tbsp of hot water
- 1 tsp of vanilla extract for the syrup:
- 1 cup of heat-stable sweetener
- 1/2 cup of hot water

METHOD

1. Gather all ingredients.
2. Melt sweetener in a saucepan to make syrup.
3. Carefully add hot water and coat a flan mold with syrup.
4. Blend condensed milk, milk, cream, eggs, dissolved coffee and vanilla.
5. Strain and pour into the caramel-lined mold.
6. Cover with foil.
7. Bake in a water bath at 180°C for about an hour until set.
8. Cool, chill at least four hours, unmold and serve.

Romeo and Juliet Flan



INGREDIENTS

- 1 carton of cream
- 300 ml of milk
- 200 g of cream cheese
- 1/2 cup of granulated sweetener
- 1 packet of unflavored clear gelatin
- 5 tbsp of water
- 1 tsp of vanilla extract topping:
- 200 g of sugar-free guava paste 1/4 of cup of water

METHOD

1. Gather all ingredients and hydrate gelatin in water.
2. Blend milk, cream, cream cheese, sweetener and vanilla.
3. Microwave gelatin for 15 seconds until dissolved.
4. Mix dissolved gelatin into the cream.
5. Pour into a lightly greased mold or individual glasses.
6. Chill at least three hours.
7. Melt guava paste with water into a syrup.
8. Unmold or serve in glasses, topped with guava syrup.

Powdered Milk Cream with Strawberries



INGREDIENTS

- 400 ml of whole milk
- 200 ml of cream
- 1/2 cup of skim milk powder
- 1/2 cup of granulated sweetener
- 1 tbsp of cornstarch
- 1 tsp of vanilla extract
- 1 cup of strawberries chopped

METHOD

1. Gather all ingredients.
2. Mix milk, powdered milk and cornstarch in a saucepan.
3. Stir in cream and sweetener.
4. Cook over medium heat until thickened.
5. Remove from heat and mix in vanilla.
6. Gently fold in half the chopped strawberries.
7. Divide into bowls and chill at least two hours.
8. Top with remaining strawberries and serve cold.

Lemon Pavê



INGREDIENTS

- 1 can of sugar-free condensed milk
- 1 carton of cream
- 300 ml of milk
- 2 tbsp of cornstarch
- 1/2 cup of lemon juice and zest of 2 lemons
- 1 packet of sugar-free Maria biscuits
- 150 ml of milk for dipping the biscuits

METHOD

1. Gather all ingredients.
2. Combine milk, cornstarch, sugar-free condensed milk and cream in a pan.
3. Cook over medium heat until thick.
4. Remove from heat and stir in lemon juice and zest.
5. Cool the cream slightly.
6. Quickly dip biscuits in milk.
7. Layer biscuits and lemon cream in a dish, finishing with cream.
8. Chill at least two hours and serve cold.

Coconut Pie



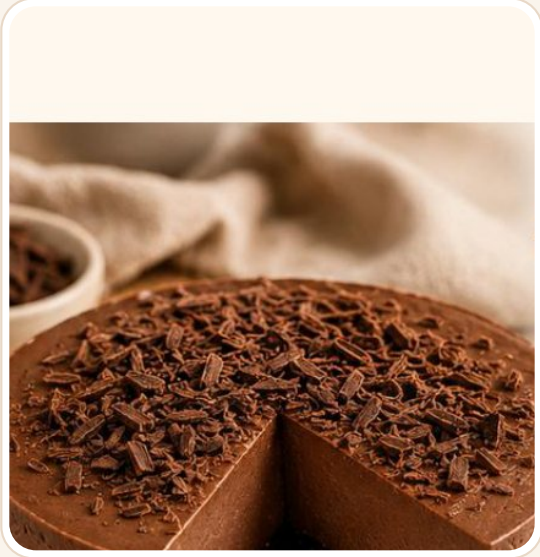
INGREDIENTS

- 200 g of sugar-free whole-wheat biscuits crushed
- 3 tbsp of melted butter filling:
- 1 can of sugar-free condensed milk
- 1 carton of cream
- 200 ml of coconut milk
- 100 g of unsweetened shredded coconut tbsp of cornstarch tsp of vanilla extract topping:
- Shredded coconut tostado for garnish

METHOD

1. Crush biscuits and combine with butter.
2. Press crumbs onto the bottom and sides of a pie pan.
3. Combine condensed milk, cream, coconut milk, cornstarch and vanilla in a saucepan.
4. Cook over low heat until thickened.
5. Stir in shredded coconut.
6. Pour filling over the crust and smooth.
7. Chill at least two hours, until set.
8. Finish with toasted coconut and serve cold.

Chocolate Cheesecake



INGREDIENTS

- 600 g of cream cheese
- 1 tub of plain yogurt sugar-free
- 1/2 cup of granulated sweetener
- 3 tbsp of 100% cocoa powder
- 120 g of 70% dark chocolate derretido
- 1 tsp of vanilla extract
- 1 packet of unflavored clear gelatin
- 1/4 cup of water topping:
- Zest of 70% dark chocolate for garnish

METHOD

1. Crush biscuits and mix with butter.
2. Press into the base of a springform pan.
3. Hydrate and dissolve gelatin according to the package.
4. Beat cream cheese, yogurt, sweetener, cocoa and vanilla until smooth.
5. Stir in melted chocolate.
6. Mix in dissolved gelatin.
7. Pour over the base, smooth and chill at least four hours.
8. Unmold, garnish with chocolate shavings and serve chilled.

Coffee Brigadeiro



INGREDIENTS

- 1 can of sugar-free condensed milk
- 1 tbsp of butter
- 2 tbsp of instant coffee
- 1 tbsp of hot water
- 2 tbsp of skim milk powder
- 1/4 cup of cream

METHOD

1. Gather all ingredients.
2. Put sugar-free condensed milk and butter in a pan.
3. Add dissolved coffee and powdered milk.
4. Cook over low heat, stirring until thickened.
5. Remove from heat and stir in cream.
6. Transfer to a greased plate and let cool completely.
7. Roll small balls with greased hands.
8. Coat with cocoa or sugar-free sprinkles and serve.

Powdered Milk Coconut Candy



INGREDIENTS

- 2 cups of fresh shredded coconut sugar-free q | the cup of milk
- 1/2 cup of skim milk powder
- 1/2 cup of granulated sweetener
- 1 tbsp of butter 1 pinch of salt
- 1 tsp of vanilla

METHOD

1. Gather all ingredients.
2. Warm milk, sweetener and butter in a saucepan.
3. Heat over medium until hot.
4. Add shredded coconut and a pinch of salt.
5. Mix in powdered milk until creamy.
6. Cook, stirring until slightly pulling away from the pan.
7. Shape individual coconut candies or spoon portions onto a tray.
8. Let cool and serve.

Banana Cinnamon Ice Cream



INGREDIENTS

- 4 bananas ripe congeladas in slices
- 1/2 cup of cream
- 1/2 cup of whole milk
- 1/3 cup of skim milk powder
- 1/3 cup of granulated sweetener
- 1 tsp of ground cinnamon
- 1 tsp of vanilla extract
- 1 tbsp of lemon juice

METHOD

1. Gather all ingredients.
2. Freeze ripe banana slices.
3. Blend frozen bananas, milk and cream.
4. Add powdered milk, sweetener, cinnamon and vanilla.
5. Blend until smooth.
6. Quickly mix in lemon juice.
7. Freeze in a covered container, stirring occasionally.
8. Scoop and sprinkle with cinnamon.

Sugar-Free Walnut Cake



INGREDIENTS

- 3 eggs
- 3/4 cup of granulated sweetener
- 3 tbsp of melted butter
- 200 ml of milk
- 1 tsp of vanilla extract
- 1 1/2 cup of all-purpose flour
- 1 cup of walnuts chopped
- 1 tbsp of baking powder 1 pinch of salt 8) the

METHOD

1. Gather ingredients and preheat the oven to 180°C.
2. Beat eggs and sweetener until light and fluffy.
3. Add butter, milk and vanilla.
4. Mix in flour and salt.
5. Gently fold in chopped walnuts and baking powder.
6. Pour into a greased, floured pan.
7. Bake for 35–40 minutes until golden and a skewer comes out clean.
8. Cool slightly, unmold and serve.

Sugar-Free Passion Fruit Flan



INGREDIENTS

- 1 can of sugar-free condensed milk
- 400 ml of whole milk
- 1 carton of cream
- 3 eggs
- 1/2 cup of passion fruit pulp without seeds
- 1 tsp of vanilla extract for the syrup:
- 1 cup of heat-stable sweetener
- 1/2 cup of hot water

METHOD

1. Gather all ingredients.
2. Melt sweetener in a saucepan to make a syrup.
3. Carefully add hot water and coat the flan mold with syrup.
4. Blend sugar-free condensed milk, milk, cream, eggs, passion fruit pulp and vanilla.
5. Strain and pour into the caramel-lined mold.
6. Cover with foil.
7. Bake in a water bath at 180°C for about an hour until set.
8. Cool and chill at least four hours; unmold and top with passion fruit pulp.

Sugar-Free Chocolate Mousse



INGREDIENTS

- 200 g of 70% dark chocolate cocoa sugar-free
- 1 carton of cream
- 3 egg whites
- 3 tbsp of granulated sweetener
- 1 tsp of vanilla extract

METHOD

1. Gather all ingredients.
2. Melt chocolate over a water bath or in the microwave.
3. Mix cream and vanilla into melted chocolate until smooth.
4. Beat egg whites until foamy.
5. Add sweetener and beat to stiff peaks.
6. Gently fold egg whites into the chocolate cream.
7. Divide into serving glasses.
8. Chill at least two hours; serve with chocolate shavings.

Sugar-Free Peanut Candy Cream



INGREDIENTS

- 400 ml of whole milk
- 200 ml of cream
- 1/2 cup of skim milk powder
- 1/2 cup of granulated sweetener
- 2 tbsp of cornstarch
- 1/2 cup of sugar-free paçoca (peanut candy) (peanut candy) crumbled
- 1 tsp of vanilla extract

METHOD

1. Gather all ingredients.
2. Combine milk, powdered milk and cornstarch in a saucepan.
3. Add cream and sweetener, stirring well.
4. Cook over medium heat until thickened.
5. Remove from heat; add vanilla and crumbled paçoca.
6. Divide among individual bowls or glasses.
7. Chill at least two hours.
8. Garnish with more crumbled paçoca and serve.

Sugar-Free Strawberry Pavê



INGREDIENTS

- 1 can of sugar-free condensed milk
- 1 carton of cream
- 300 ml of milk
- 2 tbsp of cornstarch
- 1 tsp of vanilla extract
- 1 packet of sugar-free Maria biscuits
- 150 ml of milk for dipping the biscuits
- 2 cups of strawberries chopped

METHOD

1. Gather all ingredients.
2. Combine milk, cornstarch and sugar-free condensed milk; cook until thick.
3. Remove from heat; stir in cream and vanilla.
4. Cool the cream slightly.
5. Quickly dip biscuits in milk.
6. Layer cream, biscuits and strawberries in a dish.
7. Repeat, finishing with cream and strawberries.
8. Refrigerate at least two hours and serve very cold.

Sugar-Free Banana Pie



INGREDIENTS

- 200 g of sugar-free whole-wheat biscuits crushed
- 3 tbsp of melted butter filling
- 200 ml of milk
- 1 carton of cream
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 1 tsp of vanilla extract
- 4 bananas ripe sliced
- 1 tsp of ground cinnamon the (the

METHOD

1. Crush biscuits and mix with butter into moist crumbs.
2. Press onto the bottom and sides of a pie pan.
3. Bake the crust at 180°C for about eight minutes.
4. Cook milk, cornstarch, sweetener and vanilla in a saucepan until thick.
5. Pour cream over the baked base.
6. Arrange sliced bananas on top and sprinkle with cinnamon.
7. Bake for another 20 minutes.
8. Cool, unmold and serve.

Sugar-Free Paçoca Cheesecake



INGREDIENTS

- 200 g of sugar-free whole-wheat biscuits crushed 80 g of melted butter filling:
- 600 g of cream cheese
- 1 tub of plain yogurt sugar-free
- 1/2 cup of granulated sweetener
- 1/2 cup of sugar-free paçoca (peanut candy) (peanut candy) crumbled
- 1 tsp of vanilla extract
- 1 packet of unflavored clear gelatin
- 1/4 cup of water topping:

METHOD

1. Crush biscuits and mix with butter.
2. Press into the base of a springform pan and chill.
3. Hydrate and dissolve gelatin following package directions.
4. Beat cream cheese, yogurt, sweetener and vanilla until smooth.
5. Add dissolved gelatin and mix well.
6. Gently fold in crumbled paçoca.
7. Pour over the crust and chill at least four hours.
8. Unmold and garnish with extra paçoca.

Sugar-Free Passion Fruit Brigadeiro



INGREDIENTS

- 1 can of sugar-free condensed milk
- 1 tbsp of butter
- 1/4 cup of passion fruit pulp concentrada without seeds
- 1/4 cup of cream
- 1/2 cup of skim milk powder for rolling

METHOD

1. Gather all ingredients.
2. Put sugar-free condensed milk and butter in a saucepan.
3. Add passion fruit pulp and mix well.
4. Cook over low heat, stirring until thick and pulling away from the pan.
5. Remove from heat and add cream.
6. Cool completely on a greased plate.
7. With greased hands, roll small balls and coat in powdered milk.
8. Serve in candy cups.

Sugar-Free Coconut and Peanut Candy



INGREDIENTS

- 2 cups of fresh shredded coconut sugar-free
- 1/2 cup of roasted peanuts chopped
- 200 ml of coconut milk
- 1/2 cup of granulated sweetener
- 1 tbsp of butter 1 pinch of salt

METHOD

1. Gather all ingredients.
2. Put coconut milk, sweetener and butter in a saucepan.
3. Heat over medium heat, stirring until warm.
4. Stir in shredded coconut and salt.
5. Add chopped roasted peanuts.
6. Cook until thick and slightly pulling away from the pan.
7. Spoon individual candies onto a baking tray.
8. Cool completely and serve.

Sugar-Free Paçoca Ice Cream



INGREDIENTS

- 1 carton of cream
- 1/2 cup of sugar-free condensed milk
- 1/2 cup of whole milk
- 1/2 cup of skim milk powder
- 1/2 cup of sugar-free paçoca (peanut candy) (peanut candy) crumbled
- 1/3 cup of unsweetened peanut butter
- 1/3 cup of granulated sweetener
- 1 tsp of vanilla extract

METHOD

1. Gather all ingredients.
2. Mix powdered milk, milk and sweetener until dissolved.
3. In another bowl, beat cream, sugar-free condensed milk and vanilla until creamy.
4. Stir in peanut butter and crumbled paçoca.
5. Mix in the milk mixture until smooth.
6. Transfer to a covered container.
7. Freeze for 4–6 hours, stirring occasionally for creaminess.
8. Scoop and sprinkle with extra paçoca.

Almond Cake

INGREDIENTS

- 3 eggs
- 3/4 cup of granulated sweetener
- 3 tbsp of melted butter
- 1/2 cup of milk
- 1 1/2 cup of all-purpose flour
- 3/4 cup of almonds ground
- 1 tbsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and grease a pan.
2. Beat the eggs and sweetener until frothy.
3. Add the butter and milk.
4. Add the flour and flavoring ingredients.
5. Gently fold in the baking powder.
6. Bake for 35–45 minutes until golden and a skewer comes out clean.

CHEF HANNAH'S TIPS

- Avoid overmixing after adding the baking powder to keep the cake soft.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Cinnamon Cake

INGREDIENTS

- 3 eggs
- 3/4 cup of granulated sweetener
- 3 tbsp of melted butter
- 1/2 cup of milk
- 1 1/2 cup of all-purpose flour
- 1 tsp of ground cinnamon
- 1 tbsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and grease a pan.
2. Beat the eggs and sweetener until frothy.
3. Add the butter and milk.
4. Add the flour and flavoring ingredients.
5. Gently fold in the baking powder.
6. Bake for 35–45 minutes until golden and a skewer comes out clean.

CHEF HANNAH'S TIPS

- Avoid overmixing after adding the baking powder to keep the cake soft.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Churros Cake with Dulce de Leche

INGREDIENTS

- 3 eggs
- 3/4 cup of granulated sweetener
- 3 tbsp of melted butter
- 1/2 cup of milk
- 1 1/2 cup of all-purpose flour
- 1/2 cup of sugar-free dulce de leche
- 1 tbsp of baking powder
- 1 pinch of salt
- 1 tsp of ground cinnamon
- 1/2 cup of sugar-free dulce de leche for the topping

PREPARATION

1. Preheat the oven to 180°C (350°F) and grease a pan.
2. Beat the eggs and sweetener until frothy.
3. Add the butter and milk.
4. Add the flour and flavoring ingredients.
5. Gently fold in the baking powder.
6. Bake until golden, cool slightly, and finish with cinnamon and sugar-free dulce de leche.

CHEF HANNAH'S TIPS

- Avoid overmixing after adding the baking powder to keep the cake soft.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Brazilian Fried Mini Doughnuts

INGREDIENTS

- 2 eggs
- 1/2 cup of milk
- 2 tbsp of granulated sweetener
- 1 1/2 cup of all-purpose flour
- 1 tsp of baking powder
- Oil for fritar
- Powdered erythritol and cinnamon for garnish

PREPARATION

1. Combine eggs, milk, and sweetener.
2. Add the flour and the specified flavoring.
3. Add the baking powder and stir.
4. Heat the oil over medium heat.
5. Fry small batches until golden on both sides.
6. Drain and roll in erythritol and cinnamon.

CHEF HANNAH'S TIPS

- Fry in moderately hot oil so the centers cook through.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Banana Brazilian Fried Doughnuts

INGREDIENTS

- 2 eggs
- 1/2 cup of milk
- 2 tbsp of granulated sweetener
- 1 1/2 cup of all-purpose flour
- 2 bananas ripe mashed or sliced
- 1 tsp of baking powder
- Oil for fritar
- Powdered erythritol and cinnamon for garnish

PREPARATION

1. Combine eggs, milk, and sweetener.
2. Add the flour and the specified flavoring.
3. Add the baking powder and stir.
4. Heat the oil over medium heat.
5. Fry small batches until golden on both sides.
6. Drain and roll in erythritol and cinnamon.

CHEF HANNAH'S TIPS

- Fry in moderately hot oil so the centers cook through.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Cinnamon Brazilian Fried Doughnuts

INGREDIENTS

- 2 eggs
- 1/2 cup of milk
- 2 tbsp of granulated sweetener
- 1 1/2 cup of all-purpose flour
- 1 tsp of ground cinnamon
- 1 tsp of baking powder
- Oil for fritar
- Powdered erythritol and cinnamon for garnish

PREPARATION

1. Combine eggs, milk, and sweetener.
2. Add the flour and the specified flavoring.
3. Add the baking powder and stir.
4. Heat the oil over medium heat.
5. Fry small batches until golden on both sides.
6. Drain and roll in erythritol and cinnamon.

CHEF HANNAH'S TIPS

- Fry in moderately hot oil so the centers cook through.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Coconut Mini Cake

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 1 cup of unsweetened shredded coconut
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Cornmeal Mini Cake

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 1 cup of fine cornmeal fine
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Corn Mini Cake

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 1 can of corn-green drained
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sweet Cassava Mini Cakes

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 2 cups of cassava grated or cooked
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Banana Mini Cake

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 2 bananas ripe mashed or sliced
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Apple Mini Cake

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 2 apples chopped or sliced
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Chocolate Mini Cake

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Carrot with Chocolate Mini Cake

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Orange Mini Cake

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 1/2 cup of orange juice and zest of the casca
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Lemon Mini Cake

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- Juice and zest of 2 lemons
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Passion Fruit Mini Cake

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 1/2 cup of passion fruit pulp
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Paçoca Mini Cake

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 1/2 cup of sugar-free paçoca (peanut candy) (peanut candy) crumbled
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Peanut Mini Cake

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 1/2 cup of roasted peanuts and ground
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Coffee Mini Cake

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 2 tbsp of instant coffee dissolved in 2 spoons of hot water
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Prestígio Mini Cake

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 1 cup of unsweetened shredded coconut
- 3 tbsp of cocoa 100%
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Romeo & Juliet Mini Cake

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 150 g of sugar-free guava paste
- 150 g of Minas cheese or cream cheese
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Powdered Milk Mini Cake

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 1/2 cup of skim milk powder
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Chocolate Cupcake

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Carrot with Chocolate Cupcake

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Coconut Cupcake

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 1 cup of unsweetened shredded coconut
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Lemon Cupcake

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- Juice and zest of 2 lemons
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Passion Fruit Cupcake

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 1/2 cup of passion fruit pulp
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Banana with Cinnamon Muffin

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 2 bananas ripe mashed or sliced
- 1 tsp of ground cinnamon
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Apple with Cinnamon Muffin

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 2 apples chopped or sliced
- 1 tsp of ground cinnamon
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Chocolate Muffin

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Coconut Muffin

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 1 cup of unsweetened shredded coconut
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Cornmeal with Guava Paste Muffin

INGREDIENTS

- 2 eggs
- 1/2 cup of granulated sweetener
- 1/3 cup of oil or melted butter
- 1/2 cup of milk
- 1 1/4 cup of all-purpose flour
- 150 g of sugar-free guava paste
- 1 cup of fine cornmeal fine
- 1 tsp of baking powder
- 1 pinch of salt

PREPARATION

1. Preheat the oven to 180°C (350°F) and prepare the muffin cups.
2. Beat the eggs with the sweetener.
3. Add the oil and milk.
4. Add the flour and the indicated flavoring ingredient.
5. Fold in the baking powder and fill each cup two-thirds full.
6. Bake for 18–25 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Do not overfill the cups so the mini cakes rise evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Lemon Flan

INGREDIENTS

- 1 can of sugar-free condensed milk
- 400 ml of milk
- 3 eggs
- Juice and zest of 2 lemons
- 1 tsp of vanilla
- 1/2 cup of granulated sweetener and 1/3 cup of water for the syrup

PREPARATION

1. Make a syrup with heat-stable sweetener; spread it in the mold.
2. Blend the condensed milk, milk, eggs, and vanilla.
3. Add the flavoring ingredient and blend just until smooth.
4. Strain for a smoother texture, if desired, and pour into the mold.
5. Cover with foil and bake in a water bath at 180°C (350°F) for about 1 hour.
6. Cool, refrigerate for at least 4 hours, and unmold.

CHEF HANNAH'S TIPS

- Well-chilled flan is firmer and easier to unmold.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Orange Flan

INGREDIENTS

- 1 can of sugar-free condensed milk
- 400 ml of milk
- 3 eggs
- 1/2 cup of orange juice and zest of the casca
- 1 tsp of vanilla
- 1/2 cup of granulated sweetener and 1/3 cup of water for the syrup

PREPARATION

1. Make a syrup with heat-stable sweetener; spread it in the mold.
2. Blend the condensed milk, milk, eggs, and vanilla.
3. Add the flavoring ingredient and blend just until smooth.
4. Strain for a smoother texture, if desired, and pour into the mold.
5. Cover with foil and bake in a water bath at 180°C (350°F) for about 1 hour.
6. Cool, refrigerate for at least 4 hours, and unmold.

CHEF HANNAH'S TIPS

- Well-chilled flan is firmer and easier to unmold.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Banana Flan

INGREDIENTS

- 1 can of sugar-free condensed milk
- 400 ml of milk
- 3 eggs
- 2 bananas ripe mashed or sliced
- 1 tsp of vanilla
- 1/2 cup of granulated sweetener and 1/3 cup of water for the syrup

PREPARATION

1. Make a syrup with heat-stable sweetener; spread it in the mold.
2. Blend the condensed milk, milk, eggs, and vanilla.
3. Add the flavoring ingredient and blend just until smooth.
4. Strain for a smoother texture, if desired, and pour into the mold.
5. Cover with foil and bake in a water bath at 180°C (350°F) for about 1 hour.
6. Cool, refrigerate for at least 4 hours, and unmold.

CHEF HANNAH'S TIPS

- Well-chilled flan is firmer and easier to unmold.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Tapioca Flan

INGREDIENTS

- 1 can of sugar-free condensed milk
- 400 ml of milk
- 3 eggs
- 1 cup of tapioca granulated
- 1 tsp of vanilla
- 1/2 cup of granulated sweetener and 1/3 cup of water for the syrup
- 1/2 cup of tapioca granulated

PREPARATION

1. Make a syrup with heat-stable sweetener; spread it in the mold.
2. Blend the condensed milk, milk, eggs, and vanilla.
3. Add the flavoring ingredient and blend just until smooth.
4. Strain for a smoother texture, if desired, and pour into the mold.
5. Cover with foil and bake in a water bath at 180°C (350°F) for about 1 hour.
6. Cool, refrigerate for at least 4 hours, and unmold.

CHEF HANNAH'S TIPS

- Well-chilled flan is firmer and easier to unmold.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Corn Flan

INGREDIENTS

- 1 can of sugar-free condensed milk
- 400 ml of milk
- 3 eggs
- 1 can of corn-green drained
- 1 tsp of vanilla
- 1/2 cup of granulated sweetener and 1/3 cup of water for the syrup

PREPARATION

1. Make a syrup with heat-stable sweetener; spread it in the mold.
2. Blend the condensed milk, milk, eggs, and vanilla.
3. Add the flavoring ingredient and blend just until smooth.
4. Strain for a smoother texture, if desired, and pour into the mold.
5. Cover with foil and bake in a water bath at 180°C (350°F) for about 1 hour.
6. Cool, refrigerate for at least 4 hours, and unmold.

CHEF HANNAH'S TIPS

- Well-chilled flan is firmer and easier to unmold.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Paçoca Flan

INGREDIENTS

- 1 can of sugar-free condensed milk
- 400 ml of milk
- 3 eggs
- 1/2 cup of sugar-free paçoca (peanut candy) (peanut candy) crumbled
- 1 tsp of vanilla
- 1/2 cup of granulated sweetener and 1/3 cup of water for the syrup

PREPARATION

1. Make a syrup with heat-stable sweetener; spread it in the mold.
2. Blend the condensed milk, milk, eggs, and vanilla.
3. Add the flavoring ingredient and blend just until smooth.
4. Strain for a smoother texture, if desired, and pour into the mold.
5. Cover with foil and bake in a water bath at 180°C (350°F) for about 1 hour.
6. Cool, refrigerate for at least 4 hours, and unmold.

CHEF HANNAH'S TIPS

- Well-chilled flan is firmer and easier to unmold.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Peanut Flan

INGREDIENTS

- 1 can of sugar-free condensed milk
- 400 ml of milk
- 3 eggs
- 1/2 cup of roasted peanuts and ground
- 1 tsp of vanilla
- 1/2 cup of granulated sweetener and 1/3 cup of water for the syrup

PREPARATION

1. Make a syrup with heat-stable sweetener; spread it in the mold.
2. Blend the condensed milk, milk, eggs, and vanilla.
3. Add the flavoring ingredient and blend just until smooth.
4. Strain for a smoother texture, if desired, and pour into the mold.
5. Cover with foil and bake in a water bath at 180°C (350°F) for about 1 hour.
6. Cool, refrigerate for at least 4 hours, and unmold.

CHEF HANNAH'S TIPS

- Well-chilled flan is firmer and easier to unmold.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Romeo & Juliet Flan

INGREDIENTS

- 1 can of sugar-free condensed milk
- 400 ml of milk
- 3 eggs
- 150 g of sugar-free guava paste
- 150 g of Minas cheese or cream cheese
- 1 tsp of vanilla
- 1/2 cup of granulated sweetener and 1/3 cup of water for the syrup

PREPARATION

1. Make a syrup with heat-stable sweetener; spread it in the mold.
2. Blend the condensed milk, milk, eggs, and vanilla.
3. Add the flavoring ingredient and blend just until smooth.
4. Strain for a smoother texture, if desired, and pour into the mold.
5. Cover with foil and bake in a water bath at 180°C (350°F) for about 1 hour.
6. Cool, refrigerate for at least 4 hours, and unmold.

CHEF HANNAH'S TIPS

- Well-chilled flan is firmer and easier to unmold.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Ricotta Flan

INGREDIENTS

- 1 can of sugar-free condensed milk
- 400 ml of milk
- 3 eggs
- 250 g of ricotta mashed
- 1 tsp of vanilla
- 1/2 cup of granulated sweetener and 1/3 cup of water for the syrup
- 250 g of ricotta

PREPARATION

1. Make a syrup with heat-stable sweetener; spread it in the mold.
2. Blend the condensed milk, milk, eggs, and vanilla.
3. Add the flavoring ingredient and blend just until smooth.
4. Strain for a smoother texture, if desired, and pour into the mold.
5. Cover with foil and bake in a water bath at 180°C (350°F) for about 1 hour.
6. Cool, refrigerate for at least 4 hours, and unmold.

CHEF HANNAH'S TIPS

- Well-chilled flan is firmer and easier to unmold.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Yogurt Flan

INGREDIENTS

- 1 can of sugar-free condensed milk
- 400 ml of milk
- 3 eggs
- 1 tub of plain yogurt sugar-free
- 1 tsp of vanilla
- 1/2 cup of granulated sweetener and 1/3 cup of water for the syrup
- 1 tub of plain yogurt

PREPARATION

1. Make a syrup with heat-stable sweetener; spread it in the mold.
2. Blend the condensed milk, milk, eggs, and vanilla.
3. Add the flavoring ingredient and blend just until smooth.
4. Strain for a smoother texture, if desired, and pour into the mold.
5. Cover with foil and bake in a water bath at 180°C (350°F) for about 1 hour.
6. Cool, refrigerate for at least 4 hours, and unmold.

CHEF HANNAH'S TIPS

- Well-chilled flan is firmer and easier to unmold.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Bread Flan

INGREDIENTS

- 1 can of sugar-free condensed milk
- 400 ml of milk
- 3 eggs
- 1 tsp of vanilla
- 1/2 cup of granulated sweetener and 1/3 cup of water for the syrup
- 3 pães franceses amanhecidos in pieces

PREPARATION

1. Make a syrup with heat-stable sweetener; spread it in the mold.
2. Blend the condensed milk, milk, eggs, and vanilla.
3. Add the flavoring ingredient and blend just until smooth.
4. Strain for a smoother texture, if desired, and pour into the mold.
5. Cover with foil and bake in a water bath at 180°C (350°F) for about 1 hour.
6. Cool, refrigerate for at least 4 hours, and unmold.

CHEF HANNAH'S TIPS

- Well-chilled flan is firmer and easier to unmold.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Chocolate with Coconut Flan

INGREDIENTS

- 1 can of sugar-free condensed milk
- 400 ml of milk
- 3 eggs
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 1 cup of unsweetened shredded coconut
- 1 tsp of vanilla
- 1/2 cup of granulated sweetener and 1/3 cup of water for the syrup

PREPARATION

1. Make a syrup with heat-stable sweetener; spread it in the mold.
2. Blend the condensed milk, milk, eggs, and vanilla.
3. Add the flavoring ingredient and blend just until smooth.
4. Strain for a smoother texture, if desired, and pour into the mold.
5. Cover with foil and bake in a water bath at 180°C (350°F) for about 1 hour.
6. Cool, refrigerate for at least 4 hours, and unmold.

CHEF HANNAH'S TIPS

- Well-chilled flan is firmer and easier to unmold.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Prestígio Flan

INGREDIENTS

- 1 can of sugar-free condensed milk
- 400 ml of milk
- 3 eggs
- 1 cup of unsweetened shredded coconut
- 3 tbsp of cocoa 100%
- 1 tsp of vanilla
- 1/2 cup of granulated sweetener and 1/3 cup of water for the syrup

PREPARATION

1. Make a syrup with heat-stable sweetener; spread it in the mold.
2. Blend the condensed milk, milk, eggs, and vanilla.
3. Add the flavoring ingredient and blend just until smooth.
4. Strain for a smoother texture, if desired, and pour into the mold.
5. Cover with foil and bake in a water bath at 180°C (350°F) for about 1 hour.
6. Cool, refrigerate for at least 4 hours, and unmold.

CHEF HANNAH'S TIPS

- Well-chilled flan is firmer and easier to unmold.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Coconut Pudding with Plum Syrup

INGREDIENTS

- 500 ml of milk
- 200 ml of coconut milk
- 4 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 1 tsp of vanilla
- 1 cup of prunes sugar-free + 1 cup of water for the syrup

PREPARATION

1. Dissolve cornstarch in some of the cold milk.
2. Stir in the remaining milk, coconut milk, and sweetener.
3. Cook over medium heat, stirring until thickened.
4. Add the indicated flavoring and vanilla.
5. Pour into a mold lightly greased with neutral oil.
6. Chill for 4 hours, unmold, and finish with syrup or topping.

CHEF HANNAH'S TIPS

- Stir constantly for a smooth, lump-free coconut pudding.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Brazilian Coconut Pudding with Coconut

INGREDIENTS

- 500 ml of milk
- 200 ml of coconut milk
- 4 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 1 cup of unsweetened shredded coconut
- 1 tsp of vanilla

PREPARATION

1. Dissolve cornstarch in some of the cold milk.
2. Stir in the remaining milk, coconut milk, and sweetener.
3. Cook over medium heat, stirring until thickened.
4. Add the indicated flavoring and vanilla.
5. Pour into a mold lightly greased with neutral oil.
6. Chill for 4 hours, unmold, and finish with syrup or topping.

CHEF HANNAH'S TIPS

- Stir constantly for a smooth, lump-free coconut pudding.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Brazilian Coconut Pudding of Chocolate

INGREDIENTS

- 500 ml of milk
- 200 ml of coconut milk
- 4 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 1 tsp of vanilla

PREPARATION

1. Dissolve cornstarch in some of the cold milk.
2. Stir in the remaining milk, coconut milk, and sweetener.
3. Cook over medium heat, stirring until thickened.
4. Add the indicated flavoring and vanilla.
5. Pour into a mold lightly greased with neutral oil.
6. Chill for 4 hours, unmold, and finish with syrup or topping.

CHEF HANNAH'S TIPS

- Stir constantly for a smooth, lump-free coconut pudding.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Brazilian Coconut Pudding of Passion Fruit

INGREDIENTS

- 500 ml of milk
- 200 ml of coconut milk
- 4 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 1/2 cup of passion fruit pulp
- 1 tsp of vanilla

PREPARATION

1. Dissolve cornstarch in some of the cold milk.
2. Stir in the remaining milk, coconut milk, and sweetener.
3. Cook over medium heat, stirring until thickened.
4. Add the indicated flavoring and vanilla.
5. Pour into a mold lightly greased with neutral oil.
6. Chill for 4 hours, unmold, and finish with syrup or topping.

CHEF HANNAH'S TIPS

- Stir constantly for a smooth, lump-free coconut pudding.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Chocolate Creamy Mousse

INGREDIENTS

- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/3 cup of granulated sweetener
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 1 packet of unflavored clear gelatin (optional for mais firmeza

PREPARATION

1. Prepare and measure all the ingredients.
2. Beat the cream with the condensed milk and sweetener.
3. Add the flavoring ingredient and beat until smooth.
4. If using gelatin, hydrate, dissolve, and fold it in.
5. Divide among dessert glasses or small bowls.
6. Refrigerate for at least 2 hours and garnish as desired.

CHEF HANNAH'S TIPS

- Serve very cold and adjust the gelatin to your desired texture.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Passion Fruit Mousse

INGREDIENTS

- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/3 cup of granulated sweetener
- 1/2 cup of passion fruit pulp
- 1 packet of unflavored clear gelatin (optional for mais firmeza

PREPARATION

1. Prepare and measure all the ingredients.
2. Beat the cream with the condensed milk and sweetener.
3. Add the flavoring ingredient and beat until smooth.
4. If using gelatin, hydrate, dissolve, and fold it in.
5. Divide among dessert glasses or small bowls.
6. Refrigerate for at least 2 hours and garnish as desired.

CHEF HANNAH'S TIPS

- Serve very cold and adjust the gelatin to your desired texture.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Lemon Mousse

INGREDIENTS

- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/3 cup of granulated sweetener
- Juice and zest of 2 lemons
- 1 packet of unflavored clear gelatin (optional for mais firmeza

PREPARATION

1. Prepare and measure all the ingredients.
2. Beat the cream with the condensed milk and sweetener.
3. Add the flavoring ingredient and beat until smooth.
4. If using gelatin, hydrate, dissolve, and fold it in.
5. Divide among dessert glasses or small bowls.
6. Refrigerate for at least 2 hours and garnish as desired.

CHEF HANNAH'S TIPS

- Serve very cold and adjust the gelatin to your desired texture.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Strawberry Mousse

INGREDIENTS

- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/3 cup of granulated sweetener
- 1 cup of strawberries chopped
- 1 packet of unflavored clear gelatin (optional for mais firmeza

PREPARATION

1. Prepare and measure all the ingredients.
2. Beat the cream with the condensed milk and sweetener.
3. Add the flavoring ingredient and beat until smooth.
4. If using gelatin, hydrate, dissolve, and fold it in.
5. Divide among dessert glasses or small bowls.
6. Refrigerate for at least 2 hours and garnish as desired.

CHEF HANNAH'S TIPS

- Serve very cold and adjust the gelatin to your desired texture.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Coconut Mousse

INGREDIENTS

- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/3 cup of granulated sweetener
- 1 cup of unsweetened shredded coconut
- 1 packet of unflavored clear gelatin (optional for mais firmeza

PREPARATION

1. Prepare and measure all the ingredients.
2. Beat the cream with the condensed milk and sweetener.
3. Add the flavoring ingredient and beat until smooth.
4. If using gelatin, hydrate, dissolve, and fold it in.
5. Divide among dessert glasses or small bowls.
6. Refrigerate for at least 2 hours and garnish as desired.

CHEF HANNAH'S TIPS

- Serve very cold and adjust the gelatin to your desired texture.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Coffee Mousse

INGREDIENTS

- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/3 cup of granulated sweetener
- 2 tbsp of instant coffee dissolved in 2 spoons of hot water
- 1 packet of unflavored clear gelatin (optional for mais firmeza

PREPARATION

1. Prepare and measure all the ingredients.
2. Beat the cream with the condensed milk and sweetener.
3. Add the flavoring ingredient and beat until smooth.
4. If using gelatin, hydrate, dissolve, and fold it in.
5. Divide among dessert glasses or small bowls.
6. Refrigerate for at least 2 hours and garnish as desired.

CHEF HANNAH'S TIPS

- Serve very cold and adjust the gelatin to your desired texture.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Paçoca Mousse

INGREDIENTS

- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/3 cup of granulated sweetener
- 1/2 cup of sugar-free paçoca (peanut candy) (peanut candy) crumbled
- 1 packet of unflavored clear gelatin (optional for mais firmeza

PREPARATION

1. Prepare and measure all the ingredients.
2. Beat the cream with the condensed milk and sweetener.
3. Add the flavoring ingredient and beat until smooth.
4. If using gelatin, hydrate, dissolve, and fold it in.
5. Divide among dessert glasses or small bowls.
6. Refrigerate for at least 2 hours and garnish as desired.

CHEF HANNAH'S TIPS

- Serve very cold and adjust the gelatin to your desired texture.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Peanut Mousse

INGREDIENTS

- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/3 cup of granulated sweetener
- 1/2 cup of roasted peanuts and ground
- 1 packet of unflavored clear gelatin (optional for mais firmeza

PREPARATION

1. Prepare and measure all the ingredients.
2. Beat the cream with the condensed milk and sweetener.
3. Add the flavoring ingredient and beat until smooth.
4. If using gelatin, hydrate, dissolve, and fold it in.
5. Divide among dessert glasses or small bowls.
6. Refrigerate for at least 2 hours and garnish as desired.

CHEF HANNAH'S TIPS

- Serve very cold and adjust the gelatin to your desired texture.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Powdered Milk Mousse

INGREDIENTS

- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/3 cup of granulated sweetener
- 1/2 cup of skim milk powder
- 1 packet of unflavored clear gelatin (optional for mais firmeza

PREPARATION

1. Prepare and measure all the ingredients.
2. Beat the cream with the condensed milk and sweetener.
3. Add the flavoring ingredient and beat until smooth.
4. If using gelatin, hydrate, dissolve, and fold it in.
5. Divide among dessert glasses or small bowls.
6. Refrigerate for at least 2 hours and garnish as desired.

CHEF HANNAH'S TIPS

- Serve very cold and adjust the gelatin to your desired texture.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Dulce de Leche Mousse

INGREDIENTS

- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/3 cup of granulated sweetener
- 1/2 cup of sugar-free dulce de leche
- 1 packet of unflavored clear gelatin (optional for mais firmeza

PREPARATION

1. Prepare and measure all the ingredients.
2. Beat the cream with the condensed milk and sweetener.
3. Add the flavoring ingredient and beat until smooth.
4. If using gelatin, hydrate, dissolve, and fold it in.
5. Divide among dessert glasses or small bowls.
6. Refrigerate for at least 2 hours and garnish as desired.

CHEF HANNAH'S TIPS

- Serve very cold and adjust the gelatin to your desired texture.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Romeo & Juliet Mousse

INGREDIENTS

- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/3 cup of granulated sweetener
- 150 g of sugar-free guava paste
- 150 g of Minas cheese or cream cheese
- 1 packet of unflavored clear gelatin (optional for mais firmeza

PREPARATION

1. Prepare and measure all the ingredients.
2. Beat the cream with the condensed milk and sweetener.
3. Add the flavoring ingredient and beat until smooth.
4. If using gelatin, hydrate, dissolve, and fold it in.
5. Divide among dessert glasses or small bowls.
6. Refrigerate for at least 2 hours and garnish as desired.

CHEF HANNAH'S TIPS

- Serve very cold and adjust the gelatin to your desired texture.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Prestígio Mousse

INGREDIENTS

- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/3 cup of granulated sweetener
- 1 cup of unsweetened shredded coconut
- 3 tbsp of cocoa 100%
- 1 packet of unflavored clear gelatin (optional for mais firmeza

PREPARATION

1. Prepare and measure all the ingredients.
2. Beat the cream with the condensed milk and sweetener.
3. Add the flavoring ingredient and beat until smooth.
4. If using gelatin, hydrate, dissolve, and fold it in.
5. Divide among dessert glasses or small bowls.
6. Refrigerate for at least 2 hours and garnish as desired.

CHEF HANNAH'S TIPS

- Serve very cold and adjust the gelatin to your desired texture.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Chocolate with Strawberry Mousse

INGREDIENTS

- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/3 cup of granulated sweetener
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 1 cup of strawberries chopped
- 1 packet of unflavored clear gelatin (optional for mais firmeza

PREPARATION

1. Prepare and measure all the ingredients.
2. Beat the cream with the condensed milk and sweetener.
3. Add the flavoring ingredient and beat until smooth.
4. If using gelatin, hydrate, dissolve, and fold it in.
5. Divide among dessert glasses or small bowls.
6. Refrigerate for at least 2 hours and garnish as desired.

CHEF HANNAH'S TIPS

- Serve very cold and adjust the gelatin to your desired texture.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Chocolate with Passion Fruit Mousse

INGREDIENTS

- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/3 cup of granulated sweetener
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 1/2 cup of passion fruit pulp
- 1 packet of unflavored clear gelatin (optional for mais firmeza

PREPARATION

1. Prepare and measure all the ingredients.
2. Beat the cream with the condensed milk and sweetener.
3. Add the flavoring ingredient and beat until smooth.
4. If using gelatin, hydrate, dissolve, and fold it in.
5. Divide among dessert glasses or small bowls.
6. Refrigerate for at least 2 hours and garnish as desired.

CHEF HANNAH'S TIPS

- Serve very cold and adjust the gelatin to your desired texture.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Pineapple Mousse

INGREDIENTS

- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/3 cup of granulated sweetener
- 1 cup of pineapple chopped
- 1 packet of unflavored clear gelatin (optional for mais firmeza

PREPARATION

1. Prepare and measure all the ingredients.
2. Beat the cream with the condensed milk and sweetener.
3. Add the flavoring ingredient and beat until smooth.
4. If using gelatin, hydrate, dissolve, and fold it in.
5. Divide among dessert glasses or small bowls.
6. Refrigerate for at least 2 hours and garnish as desired.

CHEF HANNAH'S TIPS

- Serve very cold and adjust the gelatin to your desired texture.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Mango Mousse

INGREDIENTS

- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/3 cup of granulated sweetener
- 1 cup of mango ripe chopped
- 1 packet of unflavored clear gelatin (optional for mais firmeza

PREPARATION

1. Prepare and measure all the ingredients.
2. Beat the cream with the condensed milk and sweetener.
3. Add the flavoring ingredient and beat until smooth.
4. If using gelatin, hydrate, dissolve, and fold it in.
5. Divide among dessert glasses or small bowls.
6. Refrigerate for at least 2 hours and garnish as desired.

CHEF HANNAH'S TIPS

- Serve very cold and adjust the gelatin to your desired texture.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Guava Mousse

INGREDIENTS

- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/3 cup of granulated sweetener
- 150 g of sugar-free guava paste
- 1 packet of unflavored clear gelatin (optional for mais firmeza

PREPARATION

1. Prepare and measure all the ingredients.
2. Beat the cream with the condensed milk and sweetener.
3. Add the flavoring ingredient and beat until smooth.
4. If using gelatin, hydrate, dissolve, and fold it in.
5. Divide among dessert glasses or small bowls.
6. Refrigerate for at least 2 hours and garnish as desired.

CHEF HANNAH'S TIPS

- Serve very cold and adjust the gelatin to your desired texture.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Banana with Cocoa Mousse

INGREDIENTS

- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/3 cup of granulated sweetener
- 2 bananas ripe mashed or sliced
- 1 packet of unflavored clear gelatin (optional for mais firmeza

PREPARATION

1. Prepare and measure all the ingredients.
2. Beat the cream with the condensed milk and sweetener.
3. Add the flavoring ingredient and beat until smooth.
4. If using gelatin, hydrate, dissolve, and fold it in.
5. Divide among dessert glasses or small bowls.
6. Refrigerate for at least 2 hours and garnish as desired.

CHEF HANNAH'S TIPS

- Serve very cold and adjust the gelatin to your desired texture.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Papaya with Blackcurrant Cream Dessert

INGREDIENTS

- 2 cups of papaya papaya ripe
- 1 tub of plain yogurt or sorvete of creme sugar-free
- Sweetener to taste
- 2 tbsp of syrup of mixed berries sugar-free

PREPARATION

1. Chill the papaya thoroughly.
2. Blend the papaya, yogurt, and sweetener until creamy.
3. Taste and adjust the sweetness.
4. Divide into serving glasses.
5. Top with the berry sauce.
6. Serve immediately.

CHEF HANNAH'S TIPS

- Use fully ripe papaya for naturally sweeter cream.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Coffee Cream Dessert

INGREDIENTS

- 400 ml of milk
- 200 ml of cream
- 3 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 2 tbsp of instant coffee dissolved in 2 spoons of hot water
- 1 tsp of vanilla

PREPARATION

1. Dissolve the cornstarch in cold milk.
2. Add the cream and sweetener.
3. Cook over medium heat, stirring until thickened.
4. Stir in the flavoring ingredient and vanilla.
5. Divide among dessert glasses or small bowls.
6. Chill for at least 2 hours before serving.

CHEF HANNAH'S TIPS

- Cook over medium heat and stir continuously to keep the custard smooth.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Romeo & Juliet Cream Dessert

INGREDIENTS

- 400 ml of milk
- 200 ml of cream
- 3 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 150 g of sugar-free guava paste
- 150 g of Minas cheese or cream cheese
- 1 tsp of vanilla

PREPARATION

1. Dissolve the cornstarch in cold milk.
2. Add the cream and sweetener.
3. Cook over medium heat, stirring until thickened.
4. Stir in the flavoring ingredient and vanilla.
5. Divide among dessert glasses or small bowls.
6. Chill for at least 2 hours before serving.

CHEF HANNAH'S TIPS

- Cook over medium heat and stir continuously to keep the custard smooth.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Pineapple Cream Dessert

INGREDIENTS

- 400 ml of milk
- 200 ml of cream
- 3 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 1 cup of pineapple chopped
- 1 tsp of vanilla

PREPARATION

1. Dissolve the cornstarch in cold milk.
2. Add the cream and sweetener.
3. Cook over medium heat, stirring until thickened.
4. Stir in the flavoring ingredient and vanilla.
5. Divide among dessert glasses or small bowls.
6. Chill for at least 2 hours before serving.

CHEF HANNAH'S TIPS

- Cook over medium heat and stir continuously to keep the custard smooth.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Creamy Banana Dessert

INGREDIENTS

- 400 ml of milk
- 200 ml of cream
- 3 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 2 bananas ripe mashed or sliced
- 1 tsp of vanilla

PREPARATION

1. Dissolve the cornstarch in cold milk.
2. Add the cream and sweetener.
3. Cook over medium heat, stirring until thickened.
4. Stir in the flavoring ingredient and vanilla.
5. Divide among dessert glasses or small bowls.
6. Chill for at least 2 hours before serving.

CHEF HANNAH'S TIPS

- Cook over medium heat and stir continuously to keep the custard smooth.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Creamy Pumpkin and Coconut Dessert

INGREDIENTS

- 400 ml of milk
- 200 ml of cream
- 3 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 1 cup of unsweetened shredded coconut
- 1 cup of pumpkin cooked and mashed
- 1 tsp of vanilla

PREPARATION

1. Dissolve the cornstarch in cold milk.
2. Add the cream and sweetener.
3. Cook over medium heat, stirring until thickened.
4. Stir in the flavoring ingredient and vanilla.
5. Divide among dessert glasses or small bowls.
6. Chill for at least 2 hours before serving.

CHEF HANNAH'S TIPS

- Cook over medium heat and stir continuously to keep the custard smooth.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Creamy Rice Pudding

INGREDIENTS

- 1 cup of rice
- 3 cups of water
- 500 ml of milk
- 1/2 cup of granulated sweetener
- 1 cinnamon stick
- Ground cinnamon for garnish

PREPARATION

1. Cook the rice in water until tender.
2. Add milk and a cinnamon stick.
3. Add the sweetener.
4. Cook over low heat, stirring until creamy.
5. Remove the cinnamon stick.
6. Serve warm or cold, sprinkled with cinnamon.

CHEF HANNAH'S TIPS

- If too thick, thin with a little more milk.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Creamy Hominy Pudding

INGREDIENTS

- 2 cups of white hominy corn cooked
- 600 ml of milk
- 200 ml of coconut milk
- 1/2 cup of granulated sweetener
- Cinnamon stick
- 1/2 cup of unsweetened shredded coconut

PREPARATION

1. Soak the hominy corn and cook until tender.
2. Add milk and coconut milk.
3. Add sweetener, cinnamon, and coconut.
4. Cook over low heat until creamy.
5. Adjust the consistency with milk.
6. Serve warm or chilled.

CHEF HANNAH'S TIPS

- Hominy pudding tastes even better after several hours in the refrigerator.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Creamy Brazilian Corn Pudding

INGREDIENTS

- 4 ears of corn or 2 cans of corn drained
- 500 ml of milk
- 1/2 cup of granulated sweetener
- 1 tbsp of cornstarch
- Ground cinnamon for garnish

PREPARATION

1. Blend the corn with the milk.
2. Strain to remove the corn pulp.
3. Add sweetener and cornstarch.
4. Heat, stirring until thickened.
5. Divide among small serving bowls.
6. Serve warm or cold with cinnamon.

CHEF HANNAH'S TIPS

- For a more rustic corn pudding, strain only half the mixture.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Pineapple Layered Dessert

INGREDIENTS

- 1 packet of sugar-free Maria biscuits
- 400 ml of milk
- 1 carton of cream
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 1 cup of pineapple chopped
- 150 ml of milk for dipping the biscuits

PREPARATION

1. Dissolve the cornstarch in the milk and add the sweetener.
2. Cook, stirring, until thick and creamy.
3. Turn off the heat; stir in the cream and indicated flavoring.
4. Quickly dip the biscuits in milk.
5. Layer biscuits and cream, repeating until all are used.
6. Refrigerate for at least 3 hours; top with the main ingredient.

CHEF HANNAH'S TIPS

- Do not soak the biscuits; a quick dip in milk is enough.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Coconut Layered Dessert

INGREDIENTS

- 1 packet of sugar-free Maria biscuits
- 400 ml of milk
- 1 carton of cream
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 1 cup of unsweetened shredded coconut
- 150 ml of milk for dipping the biscuits

PREPARATION

1. Dissolve the cornstarch in the milk and add the sweetener.
2. Cook, stirring, until thick and creamy.
3. Turn off the heat; stir in the cream and indicated flavoring.
4. Quickly dip the biscuits in milk.
5. Layer biscuits and cream, repeating until all are used.
6. Refrigerate for at least 3 hours; top with the main ingredient.

CHEF HANNAH'S TIPS

- Do not soak the biscuits; a quick dip in milk is enough.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Powdered Milk Layered Dessert

INGREDIENTS

- 1 packet of sugar-free Maria biscuits
- 400 ml of milk
- 1 carton of cream
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 1/2 cup of skim milk powder
- 150 ml of milk for dipping the biscuits

PREPARATION

1. Dissolve the cornstarch in the milk and add the sweetener.
2. Cook, stirring, until thick and creamy.
3. Turn off the heat; stir in the cream and indicated flavoring.
4. Quickly dip the biscuits in milk.
5. Layer biscuits and cream, repeating until all are used.
6. Refrigerate for at least 3 hours; top with the main ingredient.

CHEF HANNAH'S TIPS

- Do not soak the biscuits; a quick dip in milk is enough.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Powdered Milk with Strawberry Layered Dessert

INGREDIENTS

- 1 packet of sugar-free Maria biscuits
- 400 ml of milk
- 1 carton of cream
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 1 cup of strawberries chopped
- 1/2 cup of skim milk powder
- 150 ml of milk for dipping the biscuits

PREPARATION

1. Dissolve the cornstarch in the milk and add the sweetener.
2. Cook, stirring, until thick and creamy.
3. Turn off the heat; stir in the cream and indicated flavoring.
4. Quickly dip the biscuits in milk.
5. Layer biscuits and cream, repeating until all are used.
6. Refrigerate for at least 3 hours; top with the main ingredient.

CHEF HANNAH'S TIPS

- Do not soak the biscuits; a quick dip in milk is enough.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Paçoca Layered Dessert

INGREDIENTS

- 1 packet of sugar-free Maria biscuits
- 400 ml of milk
- 1 carton of cream
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 1/2 cup of sugar-free paçoca (peanut candy) (peanut candy) crumbled
- 150 ml of milk for dipping the biscuits

PREPARATION

1. Dissolve the cornstarch in the milk and add the sweetener.
2. Cook, stirring, until thick and creamy.
3. Turn off the heat; stir in the cream and indicated flavoring.
4. Quickly dip the biscuits in milk.
5. Layer biscuits and cream, repeating until all are used.
6. Refrigerate for at least 3 hours; top with the main ingredient.

CHEF HANNAH'S TIPS

- Do not soak the biscuits; a quick dip in milk is enough.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Peanut Layered Dessert

INGREDIENTS

- 1 packet of sugar-free Maria biscuits
- 400 ml of milk
- 1 carton of cream
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 1/2 cup of roasted peanuts and ground
- 150 ml of milk for dipping the biscuits

PREPARATION

1. Dissolve the cornstarch in the milk and add the sweetener.
2. Cook, stirring, until thick and creamy.
3. Turn off the heat; stir in the cream and indicated flavoring.
4. Quickly dip the biscuits in milk.
5. Layer biscuits and cream, repeating until all are used.
6. Refrigerate for at least 3 hours; top with the main ingredient.

CHEF HANNAH'S TIPS

- Do not soak the biscuits; a quick dip in milk is enough.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Coffee Layered Dessert

INGREDIENTS

- 1 packet of sugar-free Maria biscuits
- 400 ml of milk
- 1 carton of cream
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 2 tbsp of instant coffee dissolved in 2 spoons of hot water
- 150 ml of milk for dipping the biscuits

PREPARATION

1. Dissolve the cornstarch in the milk and add the sweetener.
2. Cook, stirring, until thick and creamy.
3. Turn off the heat; stir in the cream and indicated flavoring.
4. Quickly dip the biscuits in milk.
5. Layer biscuits and cream, repeating until all are used.
6. Refrigerate for at least 3 hours; top with the main ingredient.

CHEF HANNAH'S TIPS

- Do not soak the biscuits; a quick dip in milk is enough.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Romeo & Juliet Layered Dessert

INGREDIENTS

- 1 packet of sugar-free Maria biscuits
- 400 ml of milk
- 1 carton of cream
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 150 g of sugar-free guava paste
- 150 g of Minas cheese or cream cheese
- 150 ml of milk for dipping the biscuits

PREPARATION

1. Dissolve the cornstarch in the milk and add the sweetener.
2. Cook, stirring, until thick and creamy.
3. Turn off the heat; stir in the cream and indicated flavoring.
4. Quickly dip the biscuits in milk.
5. Layer biscuits and cream, repeating until all are used.
6. Refrigerate for at least 3 hours; top with the main ingredient.

CHEF HANNAH'S TIPS

- Do not soak the biscuits; a quick dip in milk is enough.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Dulce de Leche Layered Dessert

INGREDIENTS

- 1 packet of sugar-free Maria biscuits
- 400 ml of milk
- 1 carton of cream
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 1/2 cup of sugar-free dulce de leche
- 150 ml of milk for dipping the biscuits

PREPARATION

1. Dissolve the cornstarch in the milk and add the sweetener.
2. Cook, stirring, until thick and creamy.
3. Turn off the heat; stir in the cream and indicated flavoring.
4. Quickly dip the biscuits in milk.
5. Layer biscuits and cream, repeating until all are used.
6. Refrigerate for at least 3 hours; top with the main ingredient.

CHEF HANNAH'S TIPS

- Do not soak the biscuits; a quick dip in milk is enough.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Banana with Cinnamon Layered Dessert

INGREDIENTS

- 1 packet of sugar-free Maria biscuits
- 400 ml of milk
- 1 carton of cream
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 2 bananas ripe mashed or sliced
- 1 tsp of ground cinnamon
- 150 ml of milk for dipping the biscuits

PREPARATION

1. Dissolve the cornstarch in the milk and add the sweetener.
2. Cook, stirring, until thick and creamy.
3. Turn off the heat; stir in the cream and indicated flavoring.
4. Quickly dip the biscuits in milk.
5. Layer biscuits and cream, repeating until all are used.
6. Refrigerate for at least 3 hours; top with the main ingredient.

CHEF HANNAH'S TIPS

- Do not soak the biscuits; a quick dip in milk is enough.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Apple with Cinnamon Layered Dessert

INGREDIENTS

- 1 packet of sugar-free Maria biscuits
- 400 ml of milk
- 1 carton of cream
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 2 apples chopped or sliced
- 1 tsp of ground cinnamon
- 150 ml of milk for dipping the biscuits

PREPARATION

1. Dissolve the cornstarch in the milk and add the sweetener.
2. Cook, stirring, until thick and creamy.
3. Turn off the heat; stir in the cream and indicated flavoring.
4. Quickly dip the biscuits in milk.
5. Layer biscuits and cream, repeating until all are used.
6. Refrigerate for at least 3 hours; top with the main ingredient.

CHEF HANNAH'S TIPS

- Do not soak the biscuits; a quick dip in milk is enough.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free White Chocolate Layered Dessert

INGREDIENTS

- 1 packet of sugar-free Maria biscuits
- 400 ml of milk
- 1 carton of cream
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 120 g of white chocolate sugar-free
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 150 ml of milk for dipping the biscuits

PREPARATION

1. Dissolve the cornstarch in the milk and add the sweetener.
2. Cook, stirring, until thick and creamy.
3. Turn off the heat; stir in the cream and indicated flavoring.
4. Quickly dip the biscuits in milk.
5. Layer biscuits and cream, repeating until all are used.
6. Refrigerate for at least 3 hours; top with the main ingredient.

CHEF HANNAH'S TIPS

- Do not soak the biscuits; a quick dip in milk is enough.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Swirled Layered Dessert

INGREDIENTS

- 1 packet of sugar-free Maria biscuits
- 400 ml of milk
- 1 carton of cream
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 150 ml of milk for dipping the biscuits

PREPARATION

1. Dissolve the cornstarch in the milk and add the sweetener.
2. Cook, stirring, until thick and creamy.
3. Turn off the heat; stir in the cream and indicated flavoring.
4. Quickly dip the biscuits in milk.
5. Layer biscuits and cream, repeating until all are used.
6. Refrigerate for at least 3 hours; top with the main ingredient.

CHEF HANNAH'S TIPS

- Do not soak the biscuits; a quick dip in milk is enough.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Bombom Layered Dessert

INGREDIENTS

- 1 packet of sugar-free Maria biscuits
- 400 ml of milk
- 1 carton of cream
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 150 ml of milk for dipping the biscuits

PREPARATION

1. Dissolve the cornstarch in the milk and add the sweetener.
2. Cook, stirring, until thick and creamy.
3. Turn off the heat; stir in the cream and indicated flavoring.
4. Quickly dip the biscuits in milk.
5. Layer biscuits and cream, repeating until all are used.
6. Refrigerate for at least 3 hours; top with the main ingredient.

CHEF HANNAH'S TIPS

- Do not soak the biscuits; a quick dip in milk is enough.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Coconut with Pineapple Layered Dessert

INGREDIENTS

- 1 packet of sugar-free Maria biscuits
- 400 ml of milk
- 1 carton of cream
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 1 cup of pineapple chopped
- 1 cup of unsweetened shredded coconut
- 150 ml of milk for dipping the biscuits

PREPARATION

1. Dissolve the cornstarch in the milk and add the sweetener.
2. Cook, stirring, until thick and creamy.
3. Turn off the heat; stir in the cream and indicated flavoring.
4. Quickly dip the biscuits in milk.
5. Layer biscuits and cream, repeating until all are used.
6. Refrigerate for at least 3 hours; top with the main ingredient.

CHEF HANNAH'S TIPS

- Do not soak the biscuits; a quick dip in milk is enough.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Chocolate with Coffee Layered Dessert

INGREDIENTS

- 1 packet of sugar-free Maria biscuits
- 400 ml of milk
- 1 carton of cream
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 2 tbsp of instant coffee dissolved in 2 spoons of hot water
- 150 ml of milk for dipping the biscuits

PREPARATION

1. Dissolve the cornstarch in the milk and add the sweetener.
2. Cook, stirring, until thick and creamy.
3. Turn off the heat; stir in the cream and indicated flavoring.
4. Quickly dip the biscuits in milk.
5. Layer biscuits and cream, repeating until all are used.
6. Refrigerate for at least 3 hours; top with the main ingredient.

CHEF HANNAH'S TIPS

- Do not soak the biscuits; a quick dip in milk is enough.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Chocolate with Paçoca Layered Dessert

INGREDIENTS

- 1 packet of sugar-free Maria biscuits
- 400 ml of milk
- 1 carton of cream
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 1/2 cup of sugar-free paçoca (peanut candy) (peanut candy) crumbled
- 150 ml of milk for dipping the biscuits

PREPARATION

1. Dissolve the cornstarch in the milk and add the sweetener.
2. Cook, stirring, until thick and creamy.
3. Turn off the heat; stir in the cream and indicated flavoring.
4. Quickly dip the biscuits in milk.
5. Layer biscuits and cream, repeating until all are used.
6. Refrigerate for at least 3 hours; top with the main ingredient.

CHEF HANNAH'S TIPS

- Do not soak the biscuits; a quick dip in milk is enough.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Chocolate with Passion Fruit Layered Dessert

INGREDIENTS

- 1 packet of sugar-free Maria biscuits
- 400 ml of milk
- 1 carton of cream
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 1/2 cup of passion fruit pulp
- 150 ml of milk for dipping the biscuits

PREPARATION

1. Dissolve the cornstarch in the milk and add the sweetener.
2. Cook, stirring, until thick and creamy.
3. Turn off the heat; stir in the cream and indicated flavoring.
4. Quickly dip the biscuits in milk.
5. Layer biscuits and cream, repeating until all are used.
6. Refrigerate for at least 3 hours; top with the main ingredient.

CHEF HANNAH'S TIPS

- Do not soak the biscuits; a quick dip in milk is enough.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Chocolate with Banana Layered Dessert

INGREDIENTS

- 1 packet of sugar-free Maria biscuits
- 400 ml of milk
- 1 carton of cream
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 2 bananas ripe mashed or sliced
- 150 ml of milk for dipping the biscuits

PREPARATION

1. Dissolve the cornstarch in the milk and add the sweetener.
2. Cook, stirring, until thick and creamy.
3. Turn off the heat; stir in the cream and indicated flavoring.
4. Quickly dip the biscuits in milk.
5. Layer biscuits and cream, repeating until all are used.
6. Refrigerate for at least 3 hours; top with the main ingredient.

CHEF HANNAH'S TIPS

- Do not soak the biscuits; a quick dip in milk is enough.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Guava Paste with Cheese Layered Dessert

INGREDIENTS

- 1 packet of sugar-free Maria biscuits
- 400 ml of milk
- 1 carton of cream
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 150 g of sugar-free guava paste
- 150 ml of milk for dipping the biscuits

PREPARATION

1. Dissolve the cornstarch in the milk and add the sweetener.
2. Cook, stirring, until thick and creamy.
3. Turn off the heat; stir in the cream and indicated flavoring.
4. Quickly dip the biscuits in milk.
5. Layer biscuits and cream, repeating until all are used.
6. Refrigerate for at least 3 hours; top with the main ingredient.

CHEF HANNAH'S TIPS

- Do not soak the biscuits; a quick dip in milk is enough.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Maria Biscuit Layered Dessert

INGREDIENTS

- 1 packet of sugar-free Maria biscuits
- 400 ml of milk
- 1 carton of cream
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 150 ml of milk for dipping the biscuits

PREPARATION

1. Dissolve the cornstarch in the milk and add the sweetener.
2. Cook, stirring, until thick and creamy.
3. Turn off the heat; stir in the cream and indicated flavoring.
4. Quickly dip the biscuits in milk.
5. Layer biscuits and cream, repeating until all are used.
6. Refrigerate for at least 3 hours; top with the main ingredient.

CHEF HANNAH'S TIPS

- Do not soak the biscuits; a quick dip in milk is enough.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Creamy Vanilla Layered Dessert

INGREDIENTS

- 1 packet of sugar-free Maria biscuits
- 400 ml of milk
- 1 carton of cream
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 150 ml of milk for dipping the biscuits

PREPARATION

1. Dissolve the cornstarch in the milk and add the sweetener.
2. Cook, stirring, until thick and creamy.
3. Turn off the heat; stir in the cream and indicated flavoring.
4. Quickly dip the biscuits in milk.
5. Layer biscuits and cream, repeating until all are used.
6. Refrigerate for at least 3 hours; top with the main ingredient.

CHEF HANNAH'S TIPS

- Do not soak the biscuits; a quick dip in milk is enough.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Chilled with Coconut Layered Dessert

INGREDIENTS

- 1 packet of sugar-free Maria biscuits
- 400 ml of milk
- 1 carton of cream
- 2 tbsp of cornstarch
- 1/2 cup of granulated sweetener
- 1 cup of unsweetened shredded coconut
- 150 ml of milk for dipping the biscuits

PREPARATION

1. Dissolve the cornstarch in the milk and add the sweetener.
2. Cook, stirring, until thick and creamy.
3. Turn off the heat; stir in the cream and indicated flavoring.
4. Quickly dip the biscuits in milk.
5. Layer biscuits and cream, repeating until all are used.
6. Refrigerate for at least 3 hours; top with the main ingredient.

CHEF HANNAH'S TIPS

- Do not soak the biscuits; a quick dip in milk is enough.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Banana with Cinnamon Pie

INGREDIENTS

- 200 g of sugar-free biscuits crushed
- 3 tbsp of melted butter
- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 2 bananas ripe mashed or sliced
- 1 tsp of ground cinnamon
- 1 packet of unflavored clear gelatin (if needed

PREPARATION

1. Combine crushed biscuits and butter; press into a removable-bottom pan.
2. Chill the base, or bake at 180°C (350°F) for 8 minutes, as directed.
3. Make the filling by mixing the cream, condensed milk, and flavoring.
4. If necessary, fold in dissolved gelatin to set the filling.
5. Pour the filling onto the base and smooth the surface.
6. Chill for 4 hours and finish with the specified topping or fruit.

CHEF HANNAH'S TIPS

- Chill the pie thoroughly before slicing for neat portions.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Apple Pie

INGREDIENTS

- 200 g of sugar-free biscuits crushed
- 3 tbsp of melted butter
- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 2 apples chopped or sliced
- 1 packet of unflavored clear gelatin (if needed

PREPARATION

1. Combine crushed biscuits and butter; press into a removable-bottom pan.
2. Chill the base, or bake at 180°C (350°F) for 8 minutes, as directed.
3. Make the filling by mixing the cream, condensed milk, and flavoring.
4. If necessary, fold in dissolved gelatin to set the filling.
5. Pour the filling onto the base and smooth the surface.
6. Chill for 4 hours and finish with the specified topping or fruit.

CHEF HANNAH'S TIPS

- Chill the pie thoroughly before slicing for neat portions.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Apple with Cinnamon Pie

INGREDIENTS

- 200 g of sugar-free biscuits crushed
- 3 tbsp of melted butter
- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 2 apples chopped or sliced
- 1 tsp of ground cinnamon
- 1 packet of unflavored clear gelatin (if needed

PREPARATION

1. Combine crushed biscuits and butter; press into a removable-bottom pan.
2. Chill the base, or bake at 180°C (350°F) for 8 minutes, as directed.
3. Make the filling by mixing the cream, condensed milk, and flavoring.
4. If necessary, fold in dissolved gelatin to set the filling.
5. Pour the filling onto the base and smooth the surface.
6. Chill for 4 hours and finish with the specified topping or fruit.

CHEF HANNAH'S TIPS

- Chill the pie thoroughly before slicing for neat portions.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Pineapple Pie

INGREDIENTS

- 200 g of sugar-free biscuits crushed
- 3 tbsp of melted butter
- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1 cup of pineapple chopped
- 1 packet of unflavored clear gelatin (if needed

PREPARATION

1. Combine crushed biscuits and butter; press into a removable-bottom pan.
2. Chill the base, or bake at 180°C (350°F) for 8 minutes, as directed.
3. Make the filling by mixing the cream, condensed milk, and flavoring.
4. If necessary, fold in dissolved gelatin to set the filling.
5. Pour the filling onto the base and smooth the surface.
6. Chill for 4 hours and finish with the specified topping or fruit.

CHEF HANNAH'S TIPS

- Chill the pie thoroughly before slicing for neat portions.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Paçoca Pie

INGREDIENTS

- 200 g of sugar-free biscuits crushed
- 3 tbsp of melted butter
- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/2 cup of sugar-free paçoca (peanut candy) (peanut candy) crumbled
- 1 packet of unflavored clear gelatin (if needed

PREPARATION

1. Combine crushed biscuits and butter; press into a removable-bottom pan.
2. Chill the base, or bake at 180°C (350°F) for 8 minutes, as directed.
3. Make the filling by mixing the cream, condensed milk, and flavoring.
4. If necessary, fold in dissolved gelatin to set the filling.
5. Pour the filling onto the base and smooth the surface.
6. Chill for 4 hours and finish with the specified topping or fruit.

CHEF HANNAH'S TIPS

- Chill the pie thoroughly before slicing for neat portions.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Peanut Pie

INGREDIENTS

- 200 g of sugar-free biscuits crushed
- 3 tbsp of melted butter
- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/2 cup of roasted peanuts and ground
- 1 packet of unflavored clear gelatin (if needed

PREPARATION

1. Combine crushed biscuits and butter; press into a removable-bottom pan.
2. Chill the base, or bake at 180°C (350°F) for 8 minutes, as directed.
3. Make the filling by mixing the cream, condensed milk, and flavoring.
4. If necessary, fold in dissolved gelatin to set the filling.
5. Pour the filling onto the base and smooth the surface.
6. Chill for 4 hours and finish with the specified topping or fruit.

CHEF HANNAH'S TIPS

- Chill the pie thoroughly before slicing for neat portions.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Coffee Pie

INGREDIENTS

- 200 g of sugar-free biscuits crushed
- 3 tbsp of melted butter
- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 2 tbsp of instant coffee dissolved in 2 spoons of hot water
- 1 packet of unflavored clear gelatin (if needed

PREPARATION

1. Combine crushed biscuits and butter; press into a removable-bottom pan.
2. Chill the base, or bake at 180°C (350°F) for 8 minutes, as directed.
3. Make the filling by mixing the cream, condensed milk, and flavoring.
4. If necessary, fold in dissolved gelatin to set the filling.
5. Pour the filling onto the base and smooth the surface.
6. Chill for 4 hours and finish with the specified topping or fruit.

CHEF HANNAH'S TIPS

- Chill the pie thoroughly before slicing for neat portions.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Romeo & Juliet Pie

INGREDIENTS

- 200 g of sugar-free biscuits crushed
- 3 tbsp of melted butter
- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 150 g of sugar-free guava paste
- 150 g of Minas cheese or cream cheese
- 1 packet of unflavored clear gelatin (if needed

PREPARATION

1. Combine crushed biscuits and butter; press into a removable-bottom pan.
2. Chill the base, or bake at 180°C (350°F) for 8 minutes, as directed.
3. Make the filling by mixing the cream, condensed milk, and flavoring.
4. If necessary, fold in dissolved gelatin to set the filling.
5. Pour the filling onto the base and smooth the surface.
6. Chill for 4 hours and finish with the specified topping or fruit.

CHEF HANNAH'S TIPS

- Chill the pie thoroughly before slicing for neat portions.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Powdered Milk Pie

INGREDIENTS

- 200 g of sugar-free biscuits crushed
- 3 tbsp of melted butter
- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/2 cup of skim milk powder
- 1 packet of unflavored clear gelatin (if needed

PREPARATION

1. Combine crushed biscuits and butter; press into a removable-bottom pan.
2. Chill the base, or bake at 180°C (350°F) for 8 minutes, as directed.
3. Make the filling by mixing the cream, condensed milk, and flavoring.
4. If necessary, fold in dissolved gelatin to set the filling.
5. Pour the filling onto the base and smooth the surface.
6. Chill for 4 hours and finish with the specified topping or fruit.

CHEF HANNAH'S TIPS

- Chill the pie thoroughly before slicing for neat portions.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Powdered Milk with Strawberry Pie

INGREDIENTS

- 200 g of sugar-free biscuits crushed
- 3 tbsp of melted butter
- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1 cup of strawberries chopped
- 1/2 cup of skim milk powder
- 1 packet of unflavored clear gelatin (if needed

PREPARATION

1. Combine crushed biscuits and butter; press into a removable-bottom pan.
2. Chill the base, or bake at 180°C (350°F) for 8 minutes, as directed.
3. Make the filling by mixing the cream, condensed milk, and flavoring.
4. If necessary, fold in dissolved gelatin to set the filling.
5. Pour the filling onto the base and smooth the surface.
6. Chill for 4 hours and finish with the specified topping or fruit.

CHEF HANNAH'S TIPS

- Chill the pie thoroughly before slicing for neat portions.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Chocolate with Strawberry Pie

INGREDIENTS

- 200 g of sugar-free biscuits crushed
- 3 tbsp of melted butter
- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 1 cup of strawberries chopped
- 1 packet of unflavored clear gelatin (if needed

PREPARATION

1. Combine crushed biscuits and butter; press into a removable-bottom pan.
2. Chill the base, or bake at 180°C (350°F) for 8 minutes, as directed.
3. Make the filling by mixing the cream, condensed milk, and flavoring.
4. If necessary, fold in dissolved gelatin to set the filling.
5. Pour the filling onto the base and smooth the surface.
6. Chill for 4 hours and finish with the specified topping or fruit.

CHEF HANNAH'S TIPS

- Chill the pie thoroughly before slicing for neat portions.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Chocolate with Passion Fruit Pie

INGREDIENTS

- 200 g of sugar-free biscuits crushed
- 3 tbsp of melted butter
- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 1/2 cup of passion fruit pulp
- 1 packet of unflavored clear gelatin (if needed

PREPARATION

1. Combine crushed biscuits and butter; press into a removable-bottom pan.
2. Chill the base, or bake at 180°C (350°F) for 8 minutes, as directed.
3. Make the filling by mixing the cream, condensed milk, and flavoring.
4. If necessary, fold in dissolved gelatin to set the filling.
5. Pour the filling onto the base and smooth the surface.
6. Chill for 4 hours and finish with the specified topping or fruit.

CHEF HANNAH'S TIPS

- Chill the pie thoroughly before slicing for neat portions.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Chocolate with Coconut Pie

INGREDIENTS

- 200 g of sugar-free biscuits crushed
- 3 tbsp of melted butter
- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 1 cup of unsweetened shredded coconut
- 1 packet of unflavored clear gelatin (if needed

PREPARATION

1. Combine crushed biscuits and butter; press into a removable-bottom pan.
2. Chill the base, or bake at 180°C (350°F) for 8 minutes, as directed.
3. Make the filling by mixing the cream, condensed milk, and flavoring.
4. If necessary, fold in dissolved gelatin to set the filling.
5. Pour the filling onto the base and smooth the surface.
6. Chill for 4 hours and finish with the specified topping or fruit.

CHEF HANNAH'S TIPS

- Chill the pie thoroughly before slicing for neat portions.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Dulce de Leche Pie

INGREDIENTS

- 200 g of sugar-free biscuits crushed
- 3 tbsp of melted butter
- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/2 cup of sugar-free dulce de leche
- 1 packet of unflavored clear gelatin (if needed

PREPARATION

1. Combine crushed biscuits and butter; press into a removable-bottom pan.
2. Chill the base, or bake at 180°C (350°F) for 8 minutes, as directed.
3. Make the filling by mixing the cream, condensed milk, and flavoring.
4. If necessary, fold in dissolved gelatin to set the filling.
5. Pour the filling onto the base and smooth the surface.
6. Chill for 4 hours and finish with the specified topping or fruit.

CHEF HANNAH'S TIPS

- Chill the pie thoroughly before slicing for neat portions.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Holandesa Pie

INGREDIENTS

- 200 g of sugar-free biscuits crushed
- 3 tbsp of melted butter
- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1 packet of unflavored clear gelatin (if needed
- 150 g of 70% sugar-free chocolate for topping

PREPARATION

1. Combine crushed biscuits and butter; press into a removable-bottom pan.
2. Chill the base, or bake at 180°C (350°F) for 8 minutes, as directed.
3. Make the filling by mixing the cream, condensed milk, and flavoring.
4. If necessary, fold in dissolved gelatin to set the filling.
5. Pour the filling onto the base and smooth the surface.
6. Chill for 4 hours and finish with the specified topping or fruit.

CHEF HANNAH'S TIPS

- Chill the pie thoroughly before slicing for neat portions.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Alemã Pie

INGREDIENTS

- 200 g of sugar-free biscuits crushed
- 3 tbsp of melted butter
- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1 packet of unflavored clear gelatin (if needed
- 150 g of 70% sugar-free chocolate for topping

PREPARATION

1. Combine crushed biscuits and butter; press into a removable-bottom pan.
2. Chill the base, or bake at 180°C (350°F) for 8 minutes, as directed.
3. Make the filling by mixing the cream, condensed milk, and flavoring.
4. If necessary, fold in dissolved gelatin to set the filling.
5. Pour the filling onto the base and smooth the surface.
6. Chill for 4 hours and finish with the specified topping or fruit.

CHEF HANNAH'S TIPS

- Chill the pie thoroughly before slicing for neat portions.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Banoffee Pie

INGREDIENTS

- 200 g of sugar-free biscuits crushed
- 3 tbsp of melted butter
- 1 cup of sugar-free dulce de leche
- 3 bananas ripe sliced
- 200 ml of heavy whipping cream batido
- Cinnamon for garnish

PREPARATION

1. Mix biscuits and butter; press into a pan.
2. Chill the base for 20 minutes.
3. Spread over the sugar-free dulce de leche.
4. Top with sliced bananas.
5. Finish with whipped cream and cinnamon.
6. Refrigerate for 1 hour before serving.

CHEF HANNAH'S TIPS

- Chill the pie thoroughly before slicing for neat portions.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Ricotta with Guava Paste Pie

INGREDIENTS

- 200 g of sugar-free biscuits crushed
- 3 tbsp of melted butter
- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 150 g of sugar-free guava paste
- 250 g of ricotta mashed
- 1 packet of unflavored clear gelatin (if needed

PREPARATION

1. Combine crushed biscuits and butter; press into a removable-bottom pan.
2. Chill the base, or bake at 180°C (350°F) for 8 minutes, as directed.
3. Make the filling by mixing the cream, condensed milk, and flavoring.
4. If necessary, fold in dissolved gelatin to set the filling.
5. Pour the filling onto the base and smooth the surface.
6. Chill for 4 hours and finish with the specified topping or fruit.

CHEF HANNAH'S TIPS

- Chill the pie thoroughly before slicing for neat portions.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Ricotta with Lemon Pie

INGREDIENTS

- 200 g of sugar-free biscuits crushed
- 3 tbsp of melted butter
- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- Juice and zest of 2 lemons
- 250 g of ricotta mashed
- 1 packet of unflavored clear gelatin (if needed

PREPARATION

1. Combine crushed biscuits and butter; press into a removable-bottom pan.
2. Chill the base, or bake at 180°C (350°F) for 8 minutes, as directed.
3. Make the filling by mixing the cream, condensed milk, and flavoring.
4. If necessary, fold in dissolved gelatin to set the filling.
5. Pour the filling onto the base and smooth the surface.
6. Chill for 4 hours and finish with the specified topping or fruit.

CHEF HANNAH'S TIPS

- Chill the pie thoroughly before slicing for neat portions.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Coconut Cheesecake

INGREDIENTS

- 200 g of sugar-free biscuits crushed
- 80 g of melted butter
- 600 g of cream cheese
- 1 tub of plain yogurt sugar-free
- 1/2 cup of granulated sweetener
- 1 packet of unflavored clear gelatin
- 1 cup of unsweetened shredded coconut

PREPARATION

1. Combine biscuits and butter and press into a springform pan.
2. Hydrate and dissolve the gelatin.
3. Beat cream cheese, yogurt, and sweetener until smooth.
4. Add the indicated flavoring and the gelatin.
5. Pour over the base and level the top.
6. Chill at least 5 hours and finish with the topping.

CHEF HANNAH'S TIPS

- Room-temperature cream cheese makes a smoother filling.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Romeo & Juliet Cheesecake

INGREDIENTS

- 200 g of sugar-free biscuits crushed
- 80 g of melted butter
- 600 g of cream cheese
- 1 tub of plain yogurt sugar-free
- 1/2 cup of granulated sweetener
- 1 packet of unflavored clear gelatin
- 150 g of sugar-free guava paste
- 150 g of Minas cheese or cream cheese

PREPARATION

1. Combine biscuits and butter and press into a springform pan.
2. Hydrate and dissolve the gelatin.
3. Beat cream cheese, yogurt, and sweetener until smooth.
4. Add the indicated flavoring and the gelatin.
5. Pour over the base and level the top.
6. Chill at least 5 hours and finish with the topping.

CHEF HANNAH'S TIPS

- Room-temperature cream cheese makes a smoother filling.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Lemon Brigadeiro

INGREDIENTS

- 1 can of sugar-free condensed milk
- 1 tbsp of butter
- 1/4 cup of cream
- Juice and zest of 2 lemons

PREPARATION

1. Put the condensed milk and butter into a saucepan.
2. Add the flavoring ingredient.
3. Cook over low heat, stirring constantly.
4. When the mixture pulls away from the pan, turn off the heat and stir in the cream.
5. Let cool completely.
6. Serve by the spoonful or shape and decorate as directed.

CHEF HANNAH'S TIPS

- Cool completely before rolling into balls.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Strawberry Brigadeiro

INGREDIENTS

- 1 can of sugar-free condensed milk
- 1 tbsp of butter
- 1/4 cup of cream
- 1 cup of strawberries chopped

PREPARATION

1. Put the condensed milk and butter into a saucepan.
2. Add the flavoring ingredient.
3. Cook over low heat, stirring constantly.
4. When the mixture pulls away from the pan, turn off the heat and stir in the cream.
5. Let cool completely.
6. Serve by the spoonful or shape and decorate as directed.

CHEF HANNAH'S TIPS

- Cool completely before rolling into balls.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Prestígio Brigadeiro

INGREDIENTS

- 1 can of sugar-free condensed milk
- 1 tbsp of butter
- 1/4 cup of cream
- 1 cup of unsweetened shredded coconut
- 3 tbsp of cocoa 100%

PREPARATION

1. Put the condensed milk and butter into a saucepan.
2. Add the flavoring ingredient.
3. Cook over low heat, stirring constantly.
4. When the mixture pulls away from the pan, turn off the heat and stir in the cream.
5. Let cool completely.
6. Serve by the spoonful or shape and decorate as directed.

CHEF HANNAH'S TIPS

- Cool completely before rolling into balls.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Romeo & Juliet Brigadeiro

INGREDIENTS

- 1 can of sugar-free condensed milk
- 1 tbsp of butter
- 1/4 cup of cream
- 150 g of sugar-free guava paste
- 150 g of Minas cheese or cream cheese

PREPARATION

1. Put the condensed milk and butter into a saucepan.
2. Add the flavoring ingredient.
3. Cook over low heat, stirring constantly.
4. When the mixture pulls away from the pan, turn off the heat and stir in the cream.
5. Let cool completely.
6. Serve by the spoonful or shape and decorate as directed.

CHEF HANNAH'S TIPS

- Cool completely before rolling into balls.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Peanut Brigadeiro

INGREDIENTS

- 1 can of sugar-free condensed milk
- 1 tbsp of butter
- 1/4 cup of cream
- 1/2 cup of roasted peanuts and ground

PREPARATION

1. Put the condensed milk and butter into a saucepan.
2. Add the flavoring ingredient.
3. Cook over low heat, stirring constantly.
4. When the mixture pulls away from the pan, turn off the heat and stir in the cream.
5. Let cool completely.
6. Serve by the spoonful or shape and decorate as directed.

CHEF HANNAH'S TIPS

- Cool completely before rolling into balls.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Banana with Cinnamon Brigadeiro

INGREDIENTS

- 1 can of sugar-free condensed milk
- 1 tbsp of butter
- 1/4 cup of cream
- 2 bananas ripe mashed or sliced
- 1 tsp of ground cinnamon

PREPARATION

1. Put the condensed milk and butter into a saucepan.
2. Add the flavoring ingredient.
3. Cook over low heat, stirring constantly.
4. When the mixture pulls away from the pan, turn off the heat and stir in the cream.
5. Let cool completely.
6. Serve by the spoonful or shape and decorate as directed.

CHEF HANNAH'S TIPS

- Cool completely before rolling into balls.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Coconut Brigadeiro (Beijinho)

INGREDIENTS

- 1 can of sugar-free condensed milk
- 1 tbsp of butter
- 1/4 cup of cream
- 1 cup of unsweetened shredded coconut

PREPARATION

1. Put the condensed milk and butter into a saucepan.
2. Add the flavoring ingredient.
3. Cook over low heat, stirring constantly.
4. When the mixture pulls away from the pan, turn off the heat and stir in the cream.
5. Let cool completely.
6. Serve by the spoonful or shape and decorate as directed.

CHEF HANNAH'S TIPS

- Cool completely before rolling into balls.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Toasted Coconut Brigadeiro

INGREDIENTS

- 1 can of sugar-free condensed milk
- 1 tbsp of butter
- 1/4 cup of cream
- 1 cup of unsweetened shredded coconut

PREPARATION

1. Put the condensed milk and butter into a saucepan.
2. Add the flavoring ingredient.
3. Cook over low heat, stirring constantly.
4. When the mixture pulls away from the pan, turn off the heat and stir in the cream.
5. Let cool completely.
6. Serve by the spoonful or shape and decorate as directed.

CHEF HANNAH'S TIPS

- Cool completely before rolling into balls.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Brazilian Peanut Sweets (Cajuzinho)

INGREDIENTS

- 1 can of sugar-free condensed milk
- 1 tbsp of butter
- 1/4 cup of cream
- 1 cup of roasted peanuts and ground

PREPARATION

1. Put the condensed milk and butter into a saucepan.
2. Add the flavoring ingredient.
3. Cook over low heat, stirring constantly.
4. When the mixture pulls away from the pan, turn off the heat and stir in the cream.
5. Let cool completely.
6. Serve by the spoonful or shape and decorate as directed.

CHEF HANNAH'S TIPS

- Cool completely before rolling into balls.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Prune and Coconut Sweets

INGREDIENTS

- 1 can of sugar-free condensed milk
- 1 tbsp of butter
- 1/4 cup of cream

PREPARATION

1. Put the condensed milk and butter into a saucepan.
2. Add the flavoring ingredient.
3. Cook over low heat, stirring constantly.
4. When the mixture pulls away from the pan, turn off the heat and stir in the cream.
5. Let cool completely.
6. Serve by the spoonful or shape and decorate as directed.

CHEF HANNAH'S TIPS

- Cool completely before rolling into balls.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Two-Tone Brigadeiros

INGREDIENTS

- 1 can of sugar-free condensed milk
- 1 tbsp of butter
- 1/4 cup of cream

PREPARATION

1. Put the condensed milk and butter into a saucepan.
2. Add the flavoring ingredient.
3. Cook over low heat, stirring constantly.
4. When the mixture pulls away from the pan, turn off the heat and stir in the cream.
5. Let cool completely.
6. Serve by the spoonful or shape and decorate as directed.

CHEF HANNAH'S TIPS

- Cool completely before rolling into balls.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Strawberry Brigadeiros

INGREDIENTS

- 1 can of sugar-free condensed milk
- 1 tbsp of butter
- 1/4 cup of cream

PREPARATION

1. Put the condensed milk and butter into a saucepan.
2. Add the flavoring ingredient.
3. Cook over low heat, stirring constantly.
4. When the mixture pulls away from the pan, turn off the heat and stir in the cream.
5. Let cool completely.
6. Serve by the spoonful or shape and decorate as directed.

CHEF HANNAH'S TIPS

- Cool completely before rolling into balls.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Two-Chocolate Brigadeiros

INGREDIENTS

- 1 can of sugar-free condensed milk
- 1 tbsp of butter
- 1/4 cup of cream

PREPARATION

1. Put the condensed milk and butter into a saucepan.
2. Add the flavoring ingredient.
3. Cook over low heat, stirring constantly.
4. When the mixture pulls away from the pan, turn off the heat and stir in the cream.
5. Let cool completely.
6. Serve by the spoonful or shape and decorate as directed.

CHEF HANNAH'S TIPS

- Cool completely before rolling into balls.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Strawberry Bonbon

INGREDIENTS

- 200 g of 70% sugar-free chocolate
- 1 carton of cream
- 1 cup of strawberries chopped
- 1 tsp of butter or coconut oil

PREPARATION

1. Melt the chocolate over a bain-marie or in the microwave.
2. Stir in the cream to make a ganache.
3. Add the indicated flavoring and let cool.
4. Shape the filling or spoon it into small molds.
5. Coat with melted chocolate and refrigerate.
6. Unmold or serve once the coating has set.

CHEF HANNAH'S TIPS

- Properly tempered chocolate makes a shiny, firm coating.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Grape Bonbon

INGREDIENTS

- 200 g of 70% sugar-free chocolate
- 1 carton of cream
- 1 tsp of butter or coconut oil

PREPARATION

1. Melt the chocolate over a bain-marie or in the microwave.
2. Stir in the cream to make a ganache.
3. Add the indicated flavoring and let cool.
4. Shape the filling or spoon it into small molds.
5. Coat with melted chocolate and refrigerate.
6. Unmold or serve once the coating has set.

CHEF HANNAH'S TIPS

- Properly tempered chocolate makes a shiny, firm coating.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Coconut Bonbon

INGREDIENTS

- 200 g of 70% sugar-free chocolate
- 1 carton of cream
- 1 cup of unsweetened shredded coconut
- 1 tsp of butter or coconut oil

PREPARATION

1. Melt the chocolate over a bain-marie or in the microwave.
2. Stir in the cream to make a ganache.
3. Add the indicated flavoring and let cool.
4. Shape the filling or spoon it into small molds.
5. Coat with melted chocolate and refrigerate.
6. Unmold or serve once the coating has set.

CHEF HANNAH'S TIPS

- Properly tempered chocolate makes a shiny, firm coating.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Peanut Bonbon

INGREDIENTS

- 200 g of 70% sugar-free chocolate
- 1 carton of cream
- 1/2 cup of roasted peanuts and ground
- 1 tsp of butter or coconut oil

PREPARATION

1. Melt the chocolate over a bain-marie or in the microwave.
2. Stir in the cream to make a ganache.
3. Add the indicated flavoring and let cool.
4. Shape the filling or spoon it into small molds.
5. Coat with melted chocolate and refrigerate.
6. Unmold or serve once the coating has set.

CHEF HANNAH'S TIPS

- Properly tempered chocolate makes a shiny, firm coating.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Paçoca Bonbon

INGREDIENTS

- 200 g of 70% sugar-free chocolate
- 1 carton of cream
- 1/2 cup of sugar-free paçoca (peanut candy) (peanut candy) crumbled
- 1 tsp of butter or coconut oil

PREPARATION

1. Melt the chocolate over a bain-marie or in the microwave.
2. Stir in the cream to make a ganache.
3. Add the indicated flavoring and let cool.
4. Shape the filling or spoon it into small molds.
5. Coat with melted chocolate and refrigerate.
6. Unmold or serve once the coating has set.

CHEF HANNAH'S TIPS

- Properly tempered chocolate makes a shiny, firm coating.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Prestígio Bonbon

INGREDIENTS

- 200 g of 70% sugar-free chocolate
- 1 carton of cream
- 1 cup of unsweetened shredded coconut
- 3 tbsp of cocoa 100%
- 1 tsp of butter or coconut oil

PREPARATION

1. Melt the chocolate over a bain-marie or in the microwave.
2. Stir in the cream to make a ganache.
3. Add the indicated flavoring and let cool.
4. Shape the filling or spoon it into small molds.
5. Coat with melted chocolate and refrigerate.
6. Unmold or serve once the coating has set.

CHEF HANNAH'S TIPS

- Properly tempered chocolate makes a shiny, firm coating.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Banana Bonbon

INGREDIENTS

- 200 g of 70% sugar-free chocolate
- 1 carton of cream
- 2 bananas ripe mashed or sliced
- 1 tsp of butter or coconut oil

PREPARATION

1. Melt the chocolate over a bain-marie or in the microwave.
2. Stir in the cream to make a ganache.
3. Add the indicated flavoring and let cool.
4. Shape the filling or spoon it into small molds.
5. Coat with melted chocolate and refrigerate.
6. Unmold or serve once the coating has set.

CHEF HANNAH'S TIPS

- Properly tempered chocolate makes a shiny, firm coating.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Chocolate Truffle

INGREDIENTS

- 200 g of 70% sugar-free chocolate
- 1 carton of cream
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 1 tsp of butter or coconut oil

PREPARATION

1. Melt the chocolate over a bain-marie or in the microwave.
2. Stir in the cream to make a ganache.
3. Add the indicated flavoring and let cool.
4. Shape the filling or spoon it into small molds.
5. Coat with melted chocolate and refrigerate.
6. Unmold or serve once the coating has set.

CHEF HANNAH'S TIPS

- Properly tempered chocolate makes a shiny, firm coating.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Passion Fruit Truffle

INGREDIENTS

- 200 g of 70% sugar-free chocolate
- 1 carton of cream
- 1/2 cup of passion fruit pulp
- 1 tsp of butter or coconut oil

PREPARATION

1. Melt the chocolate over a bain-marie or in the microwave.
2. Stir in the cream to make a ganache.
3. Add the indicated flavoring and let cool.
4. Shape the filling or spoon it into small molds.
5. Coat with melted chocolate and refrigerate.
6. Unmold or serve once the coating has set.

CHEF HANNAH'S TIPS

- Properly tempered chocolate makes a shiny, firm coating.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Lemon Truffle

INGREDIENTS

- 200 g of 70% sugar-free chocolate
- 1 carton of cream
- Juice and zest of 2 lemons
- 1 tsp of butter or coconut oil

PREPARATION

1. Melt the chocolate over a bain-marie or in the microwave.
2. Stir in the cream to make a ganache.
3. Add the indicated flavoring and let cool.
4. Shape the filling or spoon it into small molds.
5. Coat with melted chocolate and refrigerate.
6. Unmold or serve once the coating has set.

CHEF HANNAH'S TIPS

- Properly tempered chocolate makes a shiny, firm coating.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Coconut Truffle

INGREDIENTS

- 200 g of 70% sugar-free chocolate
- 1 carton of cream
- 1 cup of unsweetened shredded coconut
- 1 tsp of butter or coconut oil

PREPARATION

1. Melt the chocolate over a bain-marie or in the microwave.
2. Stir in the cream to make a ganache.
3. Add the indicated flavoring and let cool.
4. Shape the filling or spoon it into small molds.
5. Coat with melted chocolate and refrigerate.
6. Unmold or serve once the coating has set.

CHEF HANNAH'S TIPS

- Properly tempered chocolate makes a shiny, firm coating.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Coffee Truffle

INGREDIENTS

- 200 g of 70% sugar-free chocolate
- 1 carton of cream
- 2 tbsp of instant coffee dissolved in 2 spoons of hot water
- 1 tsp of butter or coconut oil

PREPARATION

1. Melt the chocolate over a bain-marie or in the microwave.
2. Stir in the cream to make a ganache.
3. Add the indicated flavoring and let cool.
4. Shape the filling or spoon it into small molds.
5. Coat with melted chocolate and refrigerate.
6. Unmold or serve once the coating has set.

CHEF HANNAH'S TIPS

- Properly tempered chocolate makes a shiny, firm coating.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Paçoca Truffle

INGREDIENTS

- 200 g of 70% sugar-free chocolate
- 1 carton of cream
- 1/2 cup of sugar-free paçoca (peanut candy) (peanut candy) crumbled
- 1 tsp of butter or coconut oil

PREPARATION

1. Melt the chocolate over a bain-marie or in the microwave.
2. Stir in the cream to make a ganache.
3. Add the indicated flavoring and let cool.
4. Shape the filling or spoon it into small molds.
5. Coat with melted chocolate and refrigerate.
6. Unmold or serve once the coating has set.

CHEF HANNAH'S TIPS

- Properly tempered chocolate makes a shiny, firm coating.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Strawberry Truffle

INGREDIENTS

- 200 g of 70% sugar-free chocolate
- 1 carton of cream
- 1 cup of strawberries chopped
- 1 tsp of butter or coconut oil

PREPARATION

1. Melt the chocolate over a bain-marie or in the microwave.
2. Stir in the cream to make a ganache.
3. Add the indicated flavoring and let cool.
4. Shape the filling or spoon it into small molds.
5. Coat with melted chocolate and refrigerate.
6. Unmold or serve once the coating has set.

CHEF HANNAH'S TIPS

- Properly tempered chocolate makes a shiny, firm coating.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Romeo & Juliet Truffle

INGREDIENTS

- 200 g of 70% sugar-free chocolate
- 1 carton of cream
- 150 g of sugar-free guava paste
- 150 g of Minas cheese or cream cheese
- 1 tsp of butter or coconut oil

PREPARATION

1. Melt the chocolate over a bain-marie or in the microwave.
2. Stir in the cream to make a ganache.
3. Add the indicated flavoring and let cool.
4. Shape the filling or spoon it into small molds.
5. Coat with melted chocolate and refrigerate.
6. Unmold or serve once the coating has set.

CHEF HANNAH'S TIPS

- Properly tempered chocolate makes a shiny, firm coating.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Homemade Peanut Candy

INGREDIENTS

- 2 cups of roasted peanuts skinless
- 1/2 cup of granulated sweetener
- 1 pinch of salt
- 2 tbsp of unsweetened peanut butter

PREPARATION

1. Process the peanuts into a fine crumb.
2. Add the sweetener and salt.
3. Gradually add the peanut butter.
4. Process until the mixture is firm enough to shape.
5. Press into small molds or a baking dish.
6. Chill until firm, then slice or unmold.

CHEF HANNAH'S TIPS

- Stop processing once the mixture binds to prevent it becoming too pasty.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Creamy Peanut Candy

INGREDIENTS

- 2 cups of roasted peanuts skinless
- 1/2 cup of granulated sweetener
- 1 pinch of salt
- 2 tbsp of unsweetened peanut butter

PREPARATION

1. Process the peanuts into a fine crumb.
2. Add the sweetener and salt.
3. Gradually add the peanut butter.
4. Process until the mixture is firm enough to shape.
5. Press into small molds or a baking dish.
6. Chill until firm, then slice or unmold.

CHEF HANNAH'S TIPS

- Stop processing once the mixture binds to prevent it becoming too pasty.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Spoon Peanut Candy

INGREDIENTS

- 2 cups of roasted peanuts skinless
- 1/2 cup of granulated sweetener
- 1 pinch of salt
- 2 tbsp of unsweetened peanut butter

PREPARATION

1. Process the peanuts into a fine crumb.
2. Add the sweetener and salt.
3. Gradually add the peanut butter.
4. Process until the mixture is firm enough to shape.
5. Press into small molds or a baking dish.
6. Chill until firm, then slice or unmold.

CHEF HANNAH'S TIPS

- Stop processing once the mixture binds to prevent it becoming too pasty.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Brazilian Peanut Brittle

INGREDIENTS

- 2 cups of roasted peanuts
- 1/2 cup of heat-stable sweetener
- 1/3 cup of water
- 1 tbsp of butter

PREPARATION

1. Heat sweetener and water until they form a syrup.
2. Add the peanuts and stir.
3. Add butter and, if directed, sugar-free condensed milk.
4. Cook until thick and pulling away from the bottom of the pan.
5. Spread onto a greased surface.
6. Cool, then cut into portions.

CHEF HANNAH'S TIPS

- Work quickly while spreading; the candy sets as it cools.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Soft Brazilian Peanut Candy

INGREDIENTS

- 2 cups of roasted peanuts
- 1/2 cup of heat-stable sweetener
- 1/3 cup of water
- 1 tbsp of butter
- 1/2 can of sugar-free condensed milk

PREPARATION

1. Heat sweetener and water until they form a syrup.
2. Add the peanuts and stir.
3. Add butter and, if directed, sugar-free condensed milk.
4. Cook until thick and pulling away from the bottom of the pan.
5. Spread onto a greased surface.
6. Cool, then cut into portions.

CHEF HANNAH'S TIPS

- Work quickly while spreading; the candy sets as it cools.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Peanut Sweet Preserve

INGREDIENTS

- 2 cups of roasted peanuts
- 1/2 cup of heat-stable sweetener
- 1/3 cup of water
- 1 tbsp of butter

PREPARATION

1. Heat sweetener and water until they form a syrup.
2. Add the peanuts and stir.
3. Add butter and, if directed, sugar-free condensed milk.
4. Cook until thick and pulling away from the bottom of the pan.
5. Spread onto a greased surface.
6. Cool, then cut into portions.

CHEF HANNAH'S TIPS

- Work quickly while spreading; the candy sets as it cools.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Brazilian Coconut Brittle

INGREDIENTS

- 2 cups of coconut flakes
- 1/2 cup of granulated sweetener for for cooking
- 1/2 cup of water
- 1 tsp of lemon juice

PREPARATION

1. Make a syrup from sweetener and water.
2. Add coconut flakes.
3. Cook, stirring, until the syrup reduces.
4. Add lemon juice and cook until lightly golden.
5. Spread onto a greased surface.
6. Cool and cut into pieces.

CHEF HANNAH'S TIPS

- Use medium heat and stir to prevent the syrup from becoming too dark.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Sliceable Milk Fudge

INGREDIENTS

- 1 liter of whole milk
- 1 cup of granulated sweetener próprio for fogo
- 1/4 tsp of baking soda
- 1 tsp of vanilla
- 1/2 cup of sugar-free dulce de leche

PREPARATION

1. Mix milk, sweetener, and baking soda in a tall saucepan.
2. Cook over low heat, stirring frequently.
3. Once it begins to thicken, stir continuously.
4. Add the specified flavoring, if any.
5. Cook to the desired creamy or sliceable consistency.
6. Cool completely before storing.

CHEF HANNAH'S TIPS

- A heavy-bottomed pan helps prevent burning and cooks evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Creamy Sugar-Free Dulce de Leche

INGREDIENTS

- 1 liter of whole milk
- 1 cup of granulated sweetener próprio for fogo
- 1/4 tsp of baking soda
- 1 tsp of vanilla
- 1/2 cup of sugar-free dulce de leche

PREPARATION

1. Mix milk, sweetener, and baking soda in a tall saucepan.
2. Cook over low heat, stirring frequently.
3. Once it begins to thicken, stir continuously.
4. Add the specified flavoring, if any.
5. Cook to the desired creamy or sliceable consistency.
6. Cool completely before storing.

CHEF HANNAH'S TIPS

- A heavy-bottomed pan helps prevent burning and cooks evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Coconut Dulce de Leche

INGREDIENTS

- 1 liter of whole milk
- 1 cup of granulated sweetener próprio for fogo
- 1/4 tsp of baking soda
- 1 tsp of vanilla
- 1 cup of unsweetened shredded coconut
- 1/2 cup of sugar-free dulce de leche

PREPARATION

1. Mix milk, sweetener, and baking soda in a tall saucepan.
2. Cook over low heat, stirring frequently.
3. Once it begins to thicken, stir continuously.
4. Add the specified flavoring, if any.
5. Cook to the desired creamy or sliceable consistency.
6. Cool completely before storing.

CHEF HANNAH'S TIPS

- A heavy-bottomed pan helps prevent burning and cooks evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Peanut Dulce de Leche

INGREDIENTS

- 1 liter of whole milk
- 1 cup of granulated sweetener próprio for fogo
- 1/4 tsp of baking soda
- 1 tsp of vanilla
- 1/2 cup of roasted peanuts and ground
- 1/2 cup of sugar-free dulce de leche

PREPARATION

1. Mix milk, sweetener, and baking soda in a tall saucepan.
2. Cook over low heat, stirring frequently.
3. Once it begins to thicken, stir continuously.
4. Add the specified flavoring, if any.
5. Cook to the desired creamy or sliceable consistency.
6. Cool completely before storing.

CHEF HANNAH'S TIPS

- A heavy-bottomed pan helps prevent burning and cooks evenly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Brazilian Marshmallow (Maria-Mole)

INGREDIENTS

- 1 packet of clear gelatin
- 1/2 cup of water
- 1/2 cup of granulated sweetener
- 200 ml of coconut milk
- Unsweetened shredded coconut for garnish

PREPARATION

1. Hydrate the gelatin in water.
2. Dissolve without boiling.
3. Blend with the coconut milk and sweetener for a few minutes.
4. Pour into a lightly greased mold.
5. Chill until set.
6. Cut into squares and coat with shredded coconut.

CHEF HANNAH'S TIPS

- Whipping well incorporates air and makes maria-mole lighter.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Brazilian Coconut Custard (Quindim)

INGREDIENTS

- 6 egg yolks sifted
- 2 eggs
- 1 cup of unsweetened shredded coconut
- 3/4 cup of granulated sweetener
- 2 tbsp of melted butter

PREPARATION

1. Mix the coconut and sweetener.
2. Add the butter, eggs, and yolks without overbeating.
3. Rest for 10 minutes.
4. Divide into greased molds.
5. Bake in a water bath at 180°C (350°F) until set.
6. Cool and unmold.

CHEF HANNAH'S TIPS

- Straining the yolks reduces the eggy smell.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Brazilian Coconut-Cheese Tartlet

INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 1 cup of unsweetened shredded coconut
- 1/2 cup of milk
- 1/2 cup of Parmesan cheese grated
- 2 tbsp of butter

PREPARATION

1. Mix eggs and sweetener.
2. Add milk and butter.
3. Stir in coconut and cheese.
4. Divide into greased molds.
5. Bake at 180°C (350°F) until golden.
6. Cool slightly and serve.

CHEF HANNAH'S TIPS

- Do not overbake; keep the center moist.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Brazilian Coconut Custard Cake

INGREDIENTS

- 3 eggs
- 1/2 cup of granulated sweetener
- 1 cup of unsweetened shredded coconut
- 1/2 cup of milk
- 1/2 cup of Parmesan cheese grated
- 2 tbsp of butter

PREPARATION

1. Mix eggs and sweetener.
2. Add milk and butter.
3. Stir in coconut and cheese.
4. Divide into greased molds.
5. Bake at 180°C (350°F) until golden.
6. Cool slightly and serve.

CHEF HANNAH'S TIPS

- Do not overbake; keep the center moist.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Brazilian Milk and Egg Pudding

INGREDIENTS

- 1 liter of milk
- 4 eggs
- 1/2 cup of granulated sweetener
- Juice of 1/2 lemon
- 1 cinnamon stick
- 3 cloves

PREPARATION

1. Warm the milk with cinnamon and cloves.
2. Beat the eggs lightly with the sweetener.
3. Add to the milk and stir in the lemon juice.
4. Cook on low without stirring too much so curds form.
5. Reduce the syrup to the desired consistency.
6. Cool and serve chilled.

CHEF HANNAH'S TIPS

- Stir sparingly to retain the signature little curds in ambrosia.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Tapioca Pearl Pudding with Cream

INGREDIENTS

- 1 cup of tapioca pearls
- 4 cups of water
- 2 cups of grape juice whole
- 1/2 cup of granulated sweetener
- Cinnamon and clove to taste
- 1 cup of sugar-free vanilla cream for serving

PREPARATION

1. Cook the tapioca pearls in water until almost translucent.
2. Drain and return to the pan.
3. Add grape juice, sweetener, and spices.
4. Cook until translucent and slightly thickened.
5. Cool and refrigerate.
6. Serve with sugar-free vanilla cream.

CHEF HANNAH'S TIPS

- Stir occasionally to stop the tapioca pearls sticking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Sweet Pastry Tubes with Cream

INGREDIENTS

- 12 canudinhos assados sugar-free
- 400 ml of milk
- 2 tbsp of cornstarch
- 1/3 cup of granulated sweetener
- 1 egg yolk sifted
- 1 tsp of vanilla

PREPARATION

1. Dissolve the cornstarch in the milk.
2. Add the sweetener and egg yolk.
3. Cook, stirring, until thickened.
4. Stir in the vanilla and cool.
5. Fill the pastry tubes shortly before serving.
6. Finish with cinnamon or powdered erythritol.

CHEF HANNAH'S TIPS

- Fill shortly before serving to keep the pastry crisp.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Peanut Ice Cream

INGREDIENTS

- 1 carton of cream
- 1/2 cup of sugar-free condensed milk
- 1/2 cup of milk
- 1/3 cup of granulated sweetener
- 1/2 cup of roasted peanuts and ground

PREPARATION

1. Combine the milk, sweetener, and indicated flavoring.
2. Whip the cream until slightly airy.
3. Fold the two mixtures together.
4. Pour into a covered container.
5. Freeze for 4–6 hours, stirring twice during the first few hours.
6. Remove a few minutes before serving, then scoop.

CHEF HANNAH'S TIPS

- Stirring while freezing reduces ice crystals and improves creaminess.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Coffee Ice Cream

INGREDIENTS

- 1 carton of cream
- 1/2 cup of sugar-free condensed milk
- 1/2 cup of milk
- 1/3 cup of granulated sweetener
- 2 tbsp of instant coffee dissolved in 2 spoons of hot water

PREPARATION

1. Combine the milk, sweetener, and indicated flavoring.
2. Whip the cream until slightly airy.
3. Fold the two mixtures together.
4. Pour into a covered container.
5. Freeze for 4–6 hours, stirring twice during the first few hours.
6. Remove a few minutes before serving, then scoop.

CHEF HANNAH'S TIPS

- Stirring while freezing reduces ice crystals and improves creaminess.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Powdered Milk Ice Cream

INGREDIENTS

- 1 carton of cream
- 1/2 cup of sugar-free condensed milk
- 1/2 cup of milk
- 1/3 cup of granulated sweetener
- 1/2 cup of skim milk powder

PREPARATION

1. Combine the milk, sweetener, and indicated flavoring.
2. Whip the cream until slightly airy.
3. Fold the two mixtures together.
4. Pour into a covered container.
5. Freeze for 4–6 hours, stirring twice during the first few hours.
6. Remove a few minutes before serving, then scoop.

CHEF HANNAH'S TIPS

- Stirring while freezing reduces ice crystals and improves creaminess.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Prestígio Ice Cream

INGREDIENTS

- 1 carton of cream
- 1/2 cup of sugar-free condensed milk
- 1/2 cup of milk
- 1/3 cup of granulated sweetener
- 1 cup of unsweetened shredded coconut
- 3 tbsp of cocoa 100%

PREPARATION

1. Combine the milk, sweetener, and indicated flavoring.
2. Whip the cream until slightly airy.
3. Fold the two mixtures together.
4. Pour into a covered container.
5. Freeze for 4–6 hours, stirring twice during the first few hours.
6. Remove a few minutes before serving, then scoop.

CHEF HANNAH'S TIPS

- Stirring while freezing reduces ice crystals and improves creaminess.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Romeo & Juliet Ice Cream

INGREDIENTS

- 1 carton of cream
- 1/2 cup of sugar-free condensed milk
- 1/2 cup of milk
- 1/3 cup of granulated sweetener
- 150 g of sugar-free guava paste
- 150 g of Minas cheese or cream cheese

PREPARATION

1. Combine the milk, sweetener, and indicated flavoring.
2. Whip the cream until slightly airy.
3. Fold the two mixtures together.
4. Pour into a covered container.
5. Freeze for 4–6 hours, stirring twice during the first few hours.
6. Remove a few minutes before serving, then scoop.

CHEF HANNAH'S TIPS

- Stirring while freezing reduces ice crystals and improves creaminess.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Mango Ice Cream

INGREDIENTS

- 1 carton of cream
- 1/2 cup of sugar-free condensed milk
- 1/2 cup of milk
- 1/3 cup of granulated sweetener
- 1 cup of mango ripe chopped

PREPARATION

1. Combine the milk, sweetener, and indicated flavoring.
2. Whip the cream until slightly airy.
3. Fold the two mixtures together.
4. Pour into a covered container.
5. Freeze for 4–6 hours, stirring twice during the first few hours.
6. Remove a few minutes before serving, then scoop.

CHEF HANNAH'S TIPS

- Stirring while freezing reduces ice crystals and improves creaminess.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Pineapple with Coconut Ice Cream

INGREDIENTS

- 1 carton of cream
- 1/2 cup of sugar-free condensed milk
- 1/2 cup of milk
- 1/3 cup of granulated sweetener
- 1 cup of pineapple chopped
- 1 cup of unsweetened shredded coconut

PREPARATION

1. Combine the milk, sweetener, and indicated flavoring.
2. Whip the cream until slightly airy.
3. Fold the two mixtures together.
4. Pour into a covered container.
5. Freeze for 4–6 hours, stirring twice during the first few hours.
6. Remove a few minutes before serving, then scoop.

CHEF HANNAH'S TIPS

- Stirring while freezing reduces ice crystals and improves creaminess.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Chocolate Ice Pops

INGREDIENTS

- 500 ml of milk
- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate

PREPARATION

1. Blend all ingredients until smooth.
2. Taste and adjust the sweetness.
3. Strain if the fruit has many seeds.
4. Pour into suitable ice-pop bags, leaving space to tie them.
5. Seal tightly.
6. Freeze for 6 hours or until firm.

CHEF HANNAH'S TIPS

- Use a funnel to fill the bags without spilling.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Coconut Ice Pops

INGREDIENTS

- 500 ml of milk
- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1 cup of unsweetened shredded coconut

PREPARATION

1. Blend all ingredients until smooth.
2. Taste and adjust the sweetness.
3. Strain if the fruit has many seeds.
4. Pour into suitable ice-pop bags, leaving space to tie them.
5. Seal tightly.
6. Freeze for 6 hours or until firm.

CHEF HANNAH'S TIPS

- Use a funnel to fill the bags without spilling.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Strawberry Ice Pops

INGREDIENTS

- 500 ml of milk
- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1 cup of strawberries chopped

PREPARATION

1. Blend all ingredients until smooth.
2. Taste and adjust the sweetness.
3. Strain if the fruit has many seeds.
4. Pour into suitable ice-pop bags, leaving space to tie them.
5. Seal tightly.
6. Freeze for 6 hours or until firm.

CHEF HANNAH'S TIPS

- Use a funnel to fill the bags without spilling.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Passion Fruit Ice Pops

INGREDIENTS

- 500 ml of milk
- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/2 cup of passion fruit pulp

PREPARATION

1. Blend all ingredients until smooth.
2. Taste and adjust the sweetness.
3. Strain if the fruit has many seeds.
4. Pour into suitable ice-pop bags, leaving space to tie them.
5. Seal tightly.
6. Freeze for 6 hours or until firm.

CHEF HANNAH'S TIPS

- Use a funnel to fill the bags without spilling.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Powdered Milk Ice Pops

INGREDIENTS

- 500 ml of milk
- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/2 cup of skim milk powder

PREPARATION

1. Blend all ingredients until smooth.
2. Taste and adjust the sweetness.
3. Strain if the fruit has many seeds.
4. Pour into suitable ice-pop bags, leaving space to tie them.
5. Seal tightly.
6. Freeze for 6 hours or until firm.

CHEF HANNAH'S TIPS

- Use a funnel to fill the bags without spilling.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Paçoca Ice Pops

INGREDIENTS

- 500 ml of milk
- 1 carton of cream
- 1/2 can of sugar-free condensed milk
- 1/2 cup of sugar-free paçoca (peanut candy) (peanut candy) crumbled

PREPARATION

1. Blend all ingredients until smooth.
2. Taste and adjust the sweetness.
3. Strain if the fruit has many seeds.
4. Pour into suitable ice-pop bags, leaving space to tie them.
5. Seal tightly.
6. Freeze for 6 hours or until firm.

CHEF HANNAH'S TIPS

- Use a funnel to fill the bags without spilling.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Chocolate Popsicle

INGREDIENTS

- 2 cups of fruit or base of the recipe
- 1 cup of milk or coconut milk
- 1/3 cup of granulated sweetener
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate

PREPARATION

1. Blend the base with milk and sweetener.
2. Taste and adjust the sweetness.
3. Pour part of the mixture into the molds.
4. For filled popsicles, add the filling, then the remaining base.
5. Insert the popsicle sticks.
6. Freeze until firm, then unmold.

CHEF HANNAH'S TIPS

- Briefly run water over the outside of the mold to release the dessert.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Strawberry Popsicle

INGREDIENTS

- 2 cups of fruit or base of the recipe
- 1 cup of milk or coconut milk
- 1/3 cup of granulated sweetener
- 1 cup of strawberries chopped

PREPARATION

1. Blend the base with milk and sweetener.
2. Taste and adjust the sweetness.
3. Pour part of the mixture into the molds.
4. For filled popsicles, add the filling, then the remaining base.
5. Insert the popsicle sticks.
6. Freeze until firm, then unmold.

CHEF HANNAH'S TIPS

- Briefly run water over the outside of the mold to release the dessert.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Coconut Popsicle

INGREDIENTS

- 2 cups of fruit or base of the recipe
- 1 cup of milk or coconut milk
- 1/3 cup of granulated sweetener
- 1 cup of unsweetened shredded coconut

PREPARATION

1. Blend the base with milk and sweetener.
2. Taste and adjust the sweetness.
3. Pour part of the mixture into the molds.
4. For filled popsicles, add the filling, then the remaining base.
5. Insert the popsicle sticks.
6. Freeze until firm, then unmold.

CHEF HANNAH'S TIPS

- Briefly run water over the outside of the mold to release the dessert.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Passion Fruit Popsicle

INGREDIENTS

- 2 cups of fruit or base of the recipe
- 1 cup of milk or coconut milk
- 1/3 cup of granulated sweetener
- 1/2 cup of passion fruit pulp

PREPARATION

1. Blend the base with milk and sweetener.
2. Taste and adjust the sweetness.
3. Pour part of the mixture into the molds.
4. For filled popsicles, add the filling, then the remaining base.
5. Insert the popsicle sticks.
6. Freeze until firm, then unmold.

CHEF HANNAH'S TIPS

- Briefly run water over the outside of the mold to release the dessert.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Mango Popsicle

INGREDIENTS

- 2 cups of fruit or base of the recipe
- 1 cup of milk or coconut milk
- 1/3 cup of granulated sweetener
- 1 cup of mango ripe chopped

PREPARATION

1. Blend the base with milk and sweetener.
2. Taste and adjust the sweetness.
3. Pour part of the mixture into the molds.
4. For filled popsicles, add the filling, then the remaining base.
5. Insert the popsicle sticks.
6. Freeze until firm, then unmold.

CHEF HANNAH'S TIPS

- Briefly run water over the outside of the mold to release the dessert.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Pineapple Popsicle

INGREDIENTS

- 2 cups of fruit or base of the recipe
- 1 cup of milk or coconut milk
- 1/3 cup of granulated sweetener
- 1 cup of pineapple chopped

PREPARATION

1. Blend the base with milk and sweetener.
2. Taste and adjust the sweetness.
3. Pour part of the mixture into the molds.
4. For filled popsicles, add the filling, then the remaining base.
5. Insert the popsicle sticks.
6. Freeze until firm, then unmold.

CHEF HANNAH'S TIPS

- Briefly run water over the outside of the mold to release the dessert.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Filled Popsicle of Strawberry with Cream

INGREDIENTS

- 2 cups of fruit or base of the recipe
- 1 cup of milk or coconut milk
- 1/3 cup of granulated sweetener
- 1 cup of strawberries chopped
- 1/2 cup of creme or chocolate sugar-free for filling

PREPARATION

1. Blend the base with milk and sweetener.
2. Taste and adjust the sweetness.
3. Pour part of the mixture into the molds.
4. For filled popsicles, add the filling, then the remaining base.
5. Insert the popsicle sticks.
6. Freeze until firm, then unmold.

CHEF HANNAH'S TIPS

- Briefly run water over the outside of the mold to release the dessert.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Filled Popsicle with Coconut with Chocolate

INGREDIENTS

- 2 cups of fruit or base of the recipe
- 1 cup of milk or coconut milk
- 1/3 cup of granulated sweetener
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 1 cup of unsweetened shredded coconut
- 1/2 cup of creme or chocolate sugar-free for filling

PREPARATION

1. Blend the base with milk and sweetener.
2. Taste and adjust the sweetness.
3. Pour part of the mixture into the molds.
4. For filled popsicles, add the filling, then the remaining base.
5. Insert the popsicle sticks.
6. Freeze until firm, then unmold.

CHEF HANNAH'S TIPS

- Briefly run water over the outside of the mold to release the dessert.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Semifreddo of Chocolate

INGREDIENTS

- 300 ml of heavy whipping cream
- 150 g of 70% sugar-free chocolate
- 3 egg yolks
- 1/3 cup of granulated sweetener
- 1 tsp of vanilla

PREPARATION

1. Melt the chocolate and let cool slightly.
2. Beat the egg yolks with sweetener over a water bath until slightly thickened.
3. Stir in the chocolate.
4. Whip the cream to soft peaks.
5. Fold together gently and place into a lined mold.
6. Freeze for 5 hours; slice to serve.

CHEF HANNAH'S TIPS

- Remove from the freezer 10 minutes before slicing.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Chilled of Pineapple with Cream

INGREDIENTS

- 1 pineapple chopped
- 1/2 cup of granulated sweetener
- 400 ml of milk
- 2 tbsp of cornstarch
- 1 carton of cream

PREPARATION

1. Cook the pineapple with half the sweetener until tender.
2. Dissolve the cornstarch in the milk.
3. Cook with the remaining sweetener until thickened.
4. Turn off the heat and add the cream.
5. Mix in the pineapple and transfer to a serving dish.
6. Chill for at least 3 hours.

CHEF HANNAH'S TIPS

- Cooking the pineapple first prevents bitterness and improves texture.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Butter Cookies

INGREDIENTS

- 1 1/2 cup of all-purpose flour or oats
- 1/2 cup of butter
- 1/2 cup of granulated sweetener
- 1 egg
- 1/2 tsp of baking powder

PREPARATION

1. Combine the butter and sweetener.
2. Add the egg and the flavoring ingredient.
3. Add the dry ingredients to make a dough that can be shaped.
4. Shape into biscuits, rings, or cookies.
5. Arrange on a lined baking tray.
6. Bake at 180°C (350°F) for 12–18 minutes; cool before storing.

CHEF HANNAH'S TIPS

- Cookies firm up as they cool; avoid overbaking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Coconut Cookie

INGREDIENTS

- 1 1/2 cup of all-purpose flour or oats
- 1/2 cup of butter
- 1/2 cup of granulated sweetener
- 1 egg
- 1 cup of unsweetened shredded coconut
- 1/2 tsp of baking powder

PREPARATION

1. Combine the butter and sweetener.
2. Add the egg and the flavoring ingredient.
3. Add the dry ingredients to make a dough that can be shaped.
4. Shape into biscuits, rings, or cookies.
5. Arrange on a lined baking tray.
6. Bake at 180°C (350°F) for 12–18 minutes; cool before storing.

CHEF HANNAH'S TIPS

- Cookies firm up as they cool; avoid overbaking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Cinnamon Cookie

INGREDIENTS

- 1 1/2 cup of all-purpose flour or oats
- 1/2 cup of butter
- 1/2 cup of granulated sweetener
- 1 egg
- 1 tsp of ground cinnamon
- 1/2 tsp of baking powder

PREPARATION

1. Combine the butter and sweetener.
2. Add the egg and the flavoring ingredient.
3. Add the dry ingredients to make a dough that can be shaped.
4. Shape into biscuits, rings, or cookies.
5. Arrange on a lined baking tray.
6. Bake at 180°C (350°F) for 12–18 minutes; cool before storing.

CHEF HANNAH'S TIPS

- Cookies firm up as they cool; avoid overbaking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Lemon Cookie

INGREDIENTS

- 1 1/2 cup of all-purpose flour or oats
- 1/2 cup of butter
- 1/2 cup of granulated sweetener
- 1 egg
- Juice and zest of 2 lemons
- 1/2 tsp of baking powder

PREPARATION

1. Combine the butter and sweetener.
2. Add the egg and the flavoring ingredient.
3. Add the dry ingredients to make a dough that can be shaped.
4. Shape into biscuits, rings, or cookies.
5. Arrange on a lined baking tray.
6. Bake at 180°C (350°F) for 12–18 minutes; cool before storing.

CHEF HANNAH'S TIPS

- Cookies firm up as they cool; avoid overbaking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Orange Cookie

INGREDIENTS

- 1 1/2 cup of all-purpose flour or oats
- 1/2 cup of butter
- 1/2 cup of granulated sweetener
- 1 egg
- 1/2 cup of orange juice and zest of the casca
- 1/2 tsp of baking powder

PREPARATION

1. Combine the butter and sweetener.
2. Add the egg and the flavoring ingredient.
3. Add the dry ingredients to make a dough that can be shaped.
4. Shape into biscuits, rings, or cookies.
5. Arrange on a lined baking tray.
6. Bake at 180°C (350°F) for 12–18 minutes; cool before storing.

CHEF HANNAH'S TIPS

- Cookies firm up as they cool; avoid overbaking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Peanut Cookie

INGREDIENTS

- 1 1/2 cup of all-purpose flour or oats
- 1/2 cup of butter
- 1/2 cup of granulated sweetener
- 1 egg
- 1/2 cup of roasted peanuts and ground
- 1/2 tsp of baking powder

PREPARATION

1. Combine the butter and sweetener.
2. Add the egg and the flavoring ingredient.
3. Add the dry ingredients to make a dough that can be shaped.
4. Shape into biscuits, rings, or cookies.
5. Arrange on a lined baking tray.
6. Bake at 180°C (350°F) for 12–18 minutes; cool before storing.

CHEF HANNAH'S TIPS

- Cookies firm up as they cool; avoid overbaking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Paçoca Cookie

INGREDIENTS

- 1 1/2 cup of all-purpose flour or oats
- 1/2 cup of butter
- 1/2 cup of granulated sweetener
- 1 egg
- 1/2 cup of sugar-free paçoca (peanut candy) (peanut candy) crumbled
- 1/2 tsp of baking powder

PREPARATION

1. Combine the butter and sweetener.
2. Add the egg and the flavoring ingredient.
3. Add the dry ingredients to make a dough that can be shaped.
4. Shape into biscuits, rings, or cookies.
5. Arrange on a lined baking tray.
6. Bake at 180°C (350°F) for 12–18 minutes; cool before storing.

CHEF HANNAH'S TIPS

- Cookies firm up as they cool; avoid overbaking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Chocolate Cookie

INGREDIENTS

- 1 1/2 cup of all-purpose flour or oats
- 1/2 cup of butter
- 1/2 cup of granulated sweetener
- 1 egg
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 1/2 tsp of baking powder

PREPARATION

1. Combine the butter and sweetener.
2. Add the egg and the flavoring ingredient.
3. Add the dry ingredients to make a dough that can be shaped.
4. Shape into biscuits, rings, or cookies.
5. Arrange on a lined baking tray.
6. Bake at 180°C (350°F) for 12–18 minutes; cool before storing.

CHEF HANNAH'S TIPS

- Cookies firm up as they cool; avoid overbaking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Cornmeal Cookie

INGREDIENTS

- 1 1/2 cup of all-purpose flour or oats
- 1/2 cup of butter
- 1/2 cup of granulated sweetener
- 1 egg
- 1 cup of fine cornmeal fine
- 1/2 tsp of baking powder

PREPARATION

1. Combine the butter and sweetener.
2. Add the egg and the flavoring ingredient.
3. Add the dry ingredients to make a dough that can be shaped.
4. Shape into biscuits, rings, or cookies.
5. Arrange on a lined baking tray.
6. Bake at 180°C (350°F) for 12–18 minutes; cool before storing.

CHEF HANNAH'S TIPS

- Cookies firm up as they cool; avoid overbaking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Sweet Tapioca Starch Cookie

INGREDIENTS

- 1 1/2 cup of all-purpose flour or oats
- 1/2 cup of butter
- 1/2 cup of granulated sweetener
- 1 egg
- 1/2 tsp of baking powder

PREPARATION

1. Combine the butter and sweetener.
2. Add the egg and the flavoring ingredient.
3. Add the dry ingredients to make a dough that can be shaped.
4. Shape into biscuits, rings, or cookies.
5. Arrange on a lined baking tray.
6. Bake at 180°C (350°F) for 12–18 minutes; cool before storing.

CHEF HANNAH'S TIPS

- Cookies firm up as they cool; avoid overbaking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Melt-in-Your-Mouth Cookie of Condensed Milk

INGREDIENTS

- 2 cups of cornstarch
- 4 tbsp of butter
- 1/3 cup of granulated sweetener

PREPARATION

1. Combine the butter and sweetener.
2. Add the egg and the flavoring ingredient.
3. Add the dry ingredients to make a dough that can be shaped.
4. Shape into biscuits, rings, or cookies.
5. Arrange on a lined baking tray.
6. Bake at 180°C (350°F) for 12–18 minutes; cool before storing.

CHEF HANNAH'S TIPS

- Cookies firm up as they cool; avoid overbaking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Melt-in-Your-Mouth Cookie with Coconut

INGREDIENTS

- 2 cups of cornstarch
- 4 tbsp of butter
- 1/3 cup of granulated sweetener
- 1 cup of unsweetened shredded coconut

PREPARATION

1. Combine the butter and sweetener.
2. Add the egg and the flavoring ingredient.
3. Add the dry ingredients to make a dough that can be shaped.
4. Shape into biscuits, rings, or cookies.
5. Arrange on a lined baking tray.
6. Bake at 180°C (350°F) for 12–18 minutes; cool before storing.

CHEF HANNAH'S TIPS

- Cookies firm up as they cool; avoid overbaking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Melt-in-Your-Mouth Cookie of Lemon

INGREDIENTS

- 2 cups of cornstarch
- 4 tbsp of butter
- 1/3 cup of granulated sweetener
- Juice and zest of 2 lemons

PREPARATION

1. Combine the butter and sweetener.
2. Add the egg and the flavoring ingredient.
3. Add the dry ingredients to make a dough that can be shaped.
4. Shape into biscuits, rings, or cookies.
5. Arrange on a lined baking tray.
6. Bake at 180°C (350°F) for 12–18 minutes; cool before storing.

CHEF HANNAH'S TIPS

- Cookies firm up as they cool; avoid overbaking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Doughnut Cookie with Coconut

INGREDIENTS

- 1 1/2 cup of all-purpose flour or oats
- 1/2 cup of butter
- 1/2 cup of granulated sweetener
- 1 egg
- 1 cup of unsweetened shredded coconut
- 1/2 tsp of baking powder

PREPARATION

1. Combine the butter and sweetener.
2. Add the egg and the flavoring ingredient.
3. Add the dry ingredients to make a dough that can be shaped.
4. Shape into biscuits, rings, or cookies.
5. Arrange on a lined baking tray.
6. Bake at 180°C (350°F) for 12–18 minutes; cool before storing.

CHEF HANNAH'S TIPS

- Cookies firm up as they cool; avoid overbaking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Doughnut Cookie of Cinnamon

INGREDIENTS

- 1 1/2 cup of all-purpose flour or oats
- 1/2 cup of butter
- 1/2 cup of granulated sweetener
- 1 egg
- 1 tsp of ground cinnamon
- 1/2 tsp of baking powder

PREPARATION

1. Combine the butter and sweetener.
2. Add the egg and the flavoring ingredient.
3. Add the dry ingredients to make a dough that can be shaped.
4. Shape into biscuits, rings, or cookies.
5. Arrange on a lined baking tray.
6. Bake at 180°C (350°F) for 12–18 minutes; cool before storing.

CHEF HANNAH'S TIPS

- Cookies firm up as they cool; avoid overbaking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Doughnut Cookie of Orange

INGREDIENTS

- 1 1/2 cup of all-purpose flour or oats
- 1/2 cup of butter
- 1/2 cup of granulated sweetener
- 1 egg
- 1/2 cup of orange juice and zest of the casca
- 1/2 tsp of baking powder

PREPARATION

1. Combine the butter and sweetener.
2. Add the egg and the flavoring ingredient.
3. Add the dry ingredients to make a dough that can be shaped.
4. Shape into biscuits, rings, or cookies.
5. Arrange on a lined baking tray.
6. Bake at 180°C (350°F) for 12–18 minutes; cool before storing.

CHEF HANNAH'S TIPS

- Cookies firm up as they cool; avoid overbaking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Doughnut Cookie of Milk

INGREDIENTS

- 1 1/2 cup of all-purpose flour or oats
- 1/2 cup of butter
- 1/2 cup of granulated sweetener
- 1 egg
- 1/2 tsp of baking powder

PREPARATION

1. Combine the butter and sweetener.
2. Add the egg and the flavoring ingredient.
3. Add the dry ingredients to make a dough that can be shaped.
4. Shape into biscuits, rings, or cookies.
5. Arrange on a lined baking tray.
6. Bake at 180°C (350°F) for 12–18 minutes; cool before storing.

CHEF HANNAH'S TIPS

- Cookies firm up as they cool; avoid overbaking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Chocolate Cookie

INGREDIENTS

- 1 1/2 cup of all-purpose flour or oats
- 1/2 cup of butter
- 1/2 cup of granulated sweetener
- 1 egg
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 1/2 tsp of baking powder

PREPARATION

1. Combine the butter and sweetener.
2. Add the egg and the flavoring ingredient.
3. Add the dry ingredients to make a dough that can be shaped.
4. Shape into biscuits, rings, or cookies.
5. Arrange on a lined baking tray.
6. Bake at 180°C (350°F) for 12–18 minutes; cool before storing.

CHEF HANNAH'S TIPS

- Cookies firm up as they cool; avoid overbaking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Chocolate with Peanut Cookie

INGREDIENTS

- 1 1/2 cup of all-purpose flour or oats
- 1/2 cup of butter
- 1/2 cup of granulated sweetener
- 1 egg
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 1/2 cup of roasted peanuts and ground
- 1/2 tsp of baking powder

PREPARATION

1. Combine the butter and sweetener.
2. Add the egg and the flavoring ingredient.
3. Add the dry ingredients to make a dough that can be shaped.
4. Shape into biscuits, rings, or cookies.
5. Arrange on a lined baking tray.
6. Bake at 180°C (350°F) for 12–18 minutes; cool before storing.

CHEF HANNAH'S TIPS

- Cookies firm up as they cool; avoid overbaking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Coconut Cookie

INGREDIENTS

- 1 1/2 cup of all-purpose flour or oats
- 1/2 cup of butter
- 1/2 cup of granulated sweetener
- 1 egg
- 1 cup of unsweetened shredded coconut
- 1/2 tsp of baking powder

PREPARATION

1. Combine the butter and sweetener.
2. Add the egg and the flavoring ingredient.
3. Add the dry ingredients to make a dough that can be shaped.
4. Shape into biscuits, rings, or cookies.
5. Arrange on a lined baking tray.
6. Bake at 180°C (350°F) for 12–18 minutes; cool before storing.

CHEF HANNAH'S TIPS

- Cookies firm up as they cool; avoid overbaking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Banana with Cinnamon Cookie

INGREDIENTS

- 1 1/2 cup of all-purpose flour or oats
- 1/2 cup of butter
- 1/2 cup of granulated sweetener
- 1 egg
- 2 bananas ripe mashed or sliced
- 1 tsp of ground cinnamon
- 1/2 tsp of baking powder

PREPARATION

1. Combine the butter and sweetener.
2. Add the egg and the flavoring ingredient.
3. Add the dry ingredients to make a dough that can be shaped.
4. Shape into biscuits, rings, or cookies.
5. Arrange on a lined baking tray.
6. Bake at 180°C (350°F) for 12–18 minutes; cool before storing.

CHEF HANNAH'S TIPS

- Cookies firm up as they cool; avoid overbaking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Oat with Apple Cookie

INGREDIENTS

- 1 1/2 cup of all-purpose flour or oats
- 1/2 cup of butter
- 1/2 cup of granulated sweetener
- 1 egg
- 2 apples chopped or sliced
- 1/2 tsp of baking powder

PREPARATION

1. Combine the butter and sweetener.
2. Add the egg and the flavoring ingredient.
3. Add the dry ingredients to make a dough that can be shaped.
4. Shape into biscuits, rings, or cookies.
5. Arrange on a lined baking tray.
6. Bake at 180°C (350°F) for 12–18 minutes; cool before storing.

CHEF HANNAH'S TIPS

- Cookies firm up as they cool; avoid overbaking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Paçoca Cookie

INGREDIENTS

- 1 1/2 cup of all-purpose flour or oats
- 1/2 cup of butter
- 1/2 cup of granulated sweetener
- 1 egg
- 1/2 cup of sugar-free paçoca (peanut candy) (peanut candy) crumbled
- 1/2 tsp of baking powder

PREPARATION

1. Combine the butter and sweetener.
2. Add the egg and the flavoring ingredient.
3. Add the dry ingredients to make a dough that can be shaped.
4. Shape into biscuits, rings, or cookies.
5. Arrange on a lined baking tray.
6. Bake at 180°C (350°F) for 12–18 minutes; cool before storing.

CHEF HANNAH'S TIPS

- Cookies firm up as they cool; avoid overbaking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Coffee Cookie

INGREDIENTS

- 1 1/2 cup of all-purpose flour or oats
- 1/2 cup of butter
- 1/2 cup of granulated sweetener
- 1 egg
- 2 tbsp of instant coffee dissolved in 2 spoons of hot water
- 1/2 tsp of baking powder

PREPARATION

1. Combine the butter and sweetener.
2. Add the egg and the flavoring ingredient.
3. Add the dry ingredients to make a dough that can be shaped.
4. Shape into biscuits, rings, or cookies.
5. Arrange on a lined baking tray.
6. Bake at 180°C (350°F) for 12–18 minutes; cool before storing.

CHEF HANNAH'S TIPS

- Cookies firm up as they cool; avoid overbaking.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Dessert Bar of Banana with Oat

INGREDIENTS

- 1 cup of rolled oats
- 1/2 cup of nuts or peanuts
- 1/3 cup of unsweetened peanut butter
- 1/3 cup of granulated sweetener or tapioca fiber
- 2 bananas ripe mashed or sliced

PREPARATION

1. Mix the oats with the dry ingredients.
2. Add peanut butter and the specified flavoring.
3. Stir until a moist dough forms.
4. Press into a small lined pan.
5. Bake for 15 minutes at 180°C (350°F), or chill until firm, depending on the desired texture.
6. Cool and slice into bars.

CHEF HANNAH'S TIPS

- Press the mixture firmly so the bars do not crumble.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Dessert Bar with Coconut with Peanut

INGREDIENTS

- 1 cup of rolled oats
- 1/2 cup of nuts or peanuts
- 1/3 cup of unsweetened peanut butter
- 1/3 cup of granulated sweetener or tapioca fiber
- 1 cup of unsweetened shredded coconut
- 1/2 cup of roasted peanuts and ground

PREPARATION

1. Mix the oats with the dry ingredients.
2. Add peanut butter and the specified flavoring.
3. Stir until a moist dough forms.
4. Press into a small lined pan.
5. Bake for 15 minutes at 180°C (350°F), or chill until firm, depending on the desired texture.
6. Cool and slice into bars.

CHEF HANNAH'S TIPS

- Press the mixture firmly so the bars do not crumble.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Dessert Bar of Chocolate with Nuts

INGREDIENTS

- 1 cup of rolled oats
- 1/2 cup of nuts or peanuts
- 1/3 cup of unsweetened peanut butter
- 1/3 cup of granulated sweetener or tapioca fiber
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 3/4 cup of nuts chopped

PREPARATION

1. Mix the oats with the dry ingredients.
2. Add peanut butter and the specified flavoring.
3. Stir until a moist dough forms.
4. Press into a small lined pan.
5. Bake for 15 minutes at 180°C (350°F), or chill until firm, depending on the desired texture.
6. Cool and slice into bars.

CHEF HANNAH'S TIPS

- Press the mixture firmly so the bars do not crumble.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Brazilian Chocolate Biscuit Fudge

INGREDIENTS

- 1 can of sugar-free condensed milk
- 1 tbsp of butter
- 1 packet of sugar-free biscuits broken

PREPARATION

1. Heat condensed milk, butter, and flavoring together.
2. Cook to a soft brigadeiro consistency.
3. Turn off the heat and add the broken biscuits.
4. Spread into a lined pan.
5. Chill until set.
6. Cut into squares and dust with powdered milk, cocoa, or sugar-free paçoca.

CHEF HANNAH'S TIPS

- Break the biscuits into medium pieces to preserve their characteristic texture.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Brazilian Chocolate Biscuit Fudge of Powdered Milk

INGREDIENTS

- 1 can of sugar-free condensed milk
- 1 tbsp of butter
- 1 packet of sugar-free biscuits broken
- 1/2 cup of skim milk powder

PREPARATION

1. Heat condensed milk, butter, and flavoring together.
2. Cook to a soft brigadeiro consistency.
3. Turn off the heat and add the broken biscuits.
4. Spread into a lined pan.
5. Chill until set.
6. Cut into squares and dust with powdered milk, cocoa, or sugar-free paçoca.

CHEF HANNAH'S TIPS

- Break the biscuits into medium pieces to preserve their characteristic texture.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Brazilian Chocolate Biscuit Fudge of Paçoca

INGREDIENTS

- 1 can of sugar-free condensed milk
- 1 tbsp of butter
- 1 packet of sugar-free biscuits broken
- 1/2 cup of sugar-free paçoca (peanut candy) (peanut candy) crumbled

PREPARATION

1. Heat condensed milk, butter, and flavoring together.
2. Cook to a soft brigadeiro consistency.
3. Turn off the heat and add the broken biscuits.
4. Spread into a lined pan.
5. Chill until set.
6. Cut into squares and dust with powdered milk, cocoa, or sugar-free paçoca.

CHEF HANNAH'S TIPS

- Break the biscuits into medium pieces to preserve their characteristic texture.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Banana Baked with Cinnamon

INGREDIENTS

- 4 units or servings of banana
- 2 tbsp of granulated sweetener
- 1 tsp of ground cinnamon
- 1 tbsp of butter
- 2 bananas ripe mashed or sliced
- 1 tsp of ground cinnamon

PREPARATION

1. Prepare the fruit, peeling or removing seeds as needed.
2. Arrange in a baking dish or frying pan.
3. Sprinkle with sweetener and cinnamon.
4. Dot with small pieces of butter.
5. Bake at 190°C (375°F) or grill until tender and golden.
6. Serve warm, plain or with sugar-free cream.

CHEF HANNAH'S TIPS

- Very ripe fruit needs less sweetener.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Caramelized Banana

INGREDIENTS

- Main recipe ingredients
- Granulated sweetener to taste
- 1 pinch of salt or spices, quando aplicável
- 2 bananas ripe mashed or sliced

PREPARATION

1. Gather all the ingredients.
2. Prepare the main ingredient.
3. Mix the base ingredients.
4. Add the indicated flavoring.
5. Cook, bake, or refrigerate until the desired texture is reached.
6. Garnish and serve.

CHEF HANNAH'S TIPS

- Adjust the sweetener to taste and use good-quality ingredients.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Banana with Cream of Cinnamon

INGREDIENTS

- 4 units or servings of banana
- 2 tbsp of granulated sweetener
- 1 tsp of ground cinnamon
- 1 tbsp of butter
- 2 bananas ripe mashed or sliced
- 1 tsp of ground cinnamon

PREPARATION

1. Prepare the fruit, peeling or removing seeds as needed.
2. Arrange in a baking dish or frying pan.
3. Sprinkle with sweetener and cinnamon.
4. Dot with small pieces of butter.
5. Bake at 190°C (375°F) or grill until tender and golden.
6. Serve warm, plain or with sugar-free cream.

CHEF HANNAH'S TIPS

- Very ripe fruit needs less sweetener.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Baked Apple with Cinnamon

INGREDIENTS

- 4 units or servings of apple
- 2 tbsp of granulated sweetener
- 1 tsp of ground cinnamon
- 1 tbsp of butter
- 2 apples chopped or sliced
- 1 tsp of ground cinnamon

PREPARATION

1. Prepare the fruit, peeling or removing seeds as needed.
2. Arrange in a baking dish or frying pan.
3. Sprinkle with sweetener and cinnamon.
4. Dot with small pieces of butter.
5. Bake at 190°C (375°F) or grill until tender and golden.
6. Serve warm, plain or with sugar-free cream.

CHEF HANNAH'S TIPS

- Very ripe fruit needs less sweetener.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Apple Stuffed with Coconut and Cinnamon

INGREDIENTS

- Main recipe ingredients
- Granulated sweetener to taste
- 1 pinch of salt or spices, quando aplicável
- 2 apples chopped or sliced
- 1 cup of unsweetened shredded coconut
- 1 tsp of ground cinnamon

PREPARATION

1. Gather all the ingredients.
2. Prepare the main ingredient.
3. Mix the base ingredients.
4. Add the indicated flavoring.
5. Cook, bake, or refrigerate until the desired texture is reached.
6. Garnish and serve.

CHEF HANNAH'S TIPS

- Adjust the sweetener to taste and use good-quality ingredients.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Baked Pear with Cinnamon

INGREDIENTS

- 4 units or servings of pear
- 2 tbsp of granulated sweetener
- 1 tsp of ground cinnamon
- 1 tbsp of butter
- 2 pears ripe
- 1 tsp of ground cinnamon

PREPARATION

1. Prepare the fruit, peeling or removing seeds as needed.
2. Arrange in a baking dish or frying pan.
3. Sprinkle with sweetener and cinnamon.
4. Dot with small pieces of butter.
5. Bake at 190°C (375°F) or grill until tender and golden.
6. Serve warm, plain or with sugar-free cream.

CHEF HANNAH'S TIPS

- Very ripe fruit needs less sweetener.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Pineapple Baked with Cinnamon

INGREDIENTS

- 4 units or servings of pineapple
- 2 tbsp of granulated sweetener
- 1 tsp of ground cinnamon
- 1 tbsp of butter
- 1 cup of pineapple chopped
- 1 tsp of ground cinnamon

PREPARATION

1. Prepare the fruit, peeling or removing seeds as needed.
2. Arrange in a baking dish or frying pan.
3. Sprinkle with sweetener and cinnamon.
4. Dot with small pieces of butter.
5. Bake at 190°C (375°F) or grill until tender and golden.
6. Serve warm, plain or with sugar-free cream.

CHEF HANNAH'S TIPS

- Very ripe fruit needs less sweetener.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Grilled Pineapple with Coconut

INGREDIENTS

- 4 units or servings of pineapple
- 2 tbsp of granulated sweetener
- 1 tsp of ground cinnamon
- 1 tbsp of butter
- 1 cup of pineapple chopped
- 1 cup of unsweetened shredded coconut

PREPARATION

1. Prepare the fruit, peeling or removing seeds as needed.
2. Arrange in a baking dish or frying pan.
3. Sprinkle with sweetener and cinnamon.
4. Dot with small pieces of butter.
5. Bake at 190°C (375°F) or grill until tender and golden.
6. Serve warm, plain or with sugar-free cream.

CHEF HANNAH'S TIPS

- Very ripe fruit needs less sweetener.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Banana of Sliceable Sweet Preserve

INGREDIENTS

- 6 bananas ripe chopped
- 1/2–3/4 cup of granulated sweetener
- 1/2 cup of water
- 1 cinnamon stick
- 3 cloves

PREPARATION

1. Put the fruit and water in a heavy-bottomed saucepan.
2. Add sweetener and spices.
3. Cook over low heat until the fruit softens.
4. Stir occasionally and reduce the syrup.
5. For a creamy version, mash or blend some of the fruit.
6. Cool and store in a clean jar in the refrigerator.

CHEF HANNAH'S TIPS

- The texture firms as it cools; avoid reducing the syrup too much.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Banana Creamy Sweet Preserve

INGREDIENTS

- 6 bananas ripe chopped
- 1/2–3/4 cup of granulated sweetener
- 1/2 cup of water
- 1 cinnamon stick
- 3 cloves

PREPARATION

1. Put the fruit and water in a heavy-bottomed saucepan.
2. Add sweetener and spices.
3. Cook over low heat until the fruit softens.
4. Stir occasionally and reduce the syrup.
5. For a creamy version, mash or blend some of the fruit.
6. Cool and store in a clean jar in the refrigerator.

CHEF HANNAH'S TIPS

- The texture firms as it cools; avoid reducing the syrup too much.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Pumpkin with Coconut Sweet Preserve

INGREDIENTS

- 1 kg of pumpkin in cubes
- 1/2–3/4 cup of granulated sweetener
- 1/2 cup of water
- 1 cinnamon stick
- 3 cloves
- 1 cup of unsweetened shredded coconut

PREPARATION

1. Put the fruit and water in a heavy-bottomed saucepan.
2. Add sweetener and spices.
3. Cook over low heat until the fruit softens.
4. Stir occasionally and reduce the syrup.
5. For a creamy version, mash or blend some of the fruit.
6. Cool and store in a clean jar in the refrigerator.

CHEF HANNAH'S TIPS

- The texture firms as it cools; avoid reducing the syrup too much.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Pumpkin of Sliceable Sweet Preserve

INGREDIENTS

- 1 kg of pumpkin in cubes
- 1/2–3/4 cup of granulated sweetener
- 1/2 cup of water
- 1 cinnamon stick
- 3 cloves

PREPARATION

1. Put the fruit and water in a heavy-bottomed saucepan.
2. Add sweetener and spices.
3. Cook over low heat until the fruit softens.
4. Stir occasionally and reduce the syrup.
5. For a creamy version, mash or blend some of the fruit.
6. Cool and store in a clean jar in the refrigerator.

CHEF HANNAH'S TIPS

- The texture firms as it cools; avoid reducing the syrup too much.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Guava Paste Homemade

INGREDIENTS

- 1 kg of guavas ripe without seeds
- 1/2–3/4 cup of granulated sweetener
- 1/2 cup of water
- 1 cinnamon stick
- 3 cloves

PREPARATION

1. Put the fruit and water in a heavy-bottomed saucepan.
2. Add sweetener and spices.
3. Cook over low heat until the fruit softens.
4. Stir occasionally and reduce the syrup.
5. For a creamy version, mash or blend some of the fruit.
6. Cool and store in a clean jar in the refrigerator.

CHEF HANNAH'S TIPS

- The texture firms as it cools; avoid reducing the syrup too much.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Guava Creamy Sweet Preserve

INGREDIENTS

- 1 kg of guavas ripe without seeds
- 1/2–3/4 cup of granulated sweetener
- 1/2 cup of water
- 1 cinnamon stick
- 3 cloves

PREPARATION

1. Put the fruit and water in a heavy-bottomed saucepan.
2. Add sweetener and spices.
3. Cook over low heat until the fruit softens.
4. Stir occasionally and reduce the syrup.
5. For a creamy version, mash or blend some of the fruit.
6. Cool and store in a clean jar in the refrigerator.

CHEF HANNAH'S TIPS

- The texture firms as it cools; avoid reducing the syrup too much.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Fruit Compote of Apple

INGREDIENTS

- 6 apples peeled and sliced
- 1/2–3/4 cup of granulated sweetener
- 1/2 cup of water
- 1 cinnamon stick
- 3 cloves

PREPARATION

1. Put the fruit and water in a heavy-bottomed saucepan.
2. Add sweetener and spices.
3. Cook over low heat until the fruit softens.
4. Stir occasionally and reduce the syrup.
5. For a creamy version, mash or blend some of the fruit.
6. Cool and store in a clean jar in the refrigerator.

CHEF HANNAH'S TIPS

- The texture firms as it cools; avoid reducing the syrup too much.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Fruit Compote of Pera

INGREDIENTS

- 6 pears peeled and sliced
- 1/2–3/4 cup of granulated sweetener
- 1/2 cup of water
- 1 cinnamon stick
- 3 cloves

PREPARATION

1. Put the fruit and water in a heavy-bottomed saucepan.
2. Add sweetener and spices.
3. Cook over low heat until the fruit softens.
4. Stir occasionally and reduce the syrup.
5. For a creamy version, mash or blend some of the fruit.
6. Cool and store in a clean jar in the refrigerator.

CHEF HANNAH'S TIPS

- The texture firms as it cools; avoid reducing the syrup too much.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Fruit Compote of Pineapple

INGREDIENTS

- 1 pineapple in cubes
- 1/2–3/4 cup of granulated sweetener
- 1/2 cup of water
- 1 cinnamon stick
- 3 cloves

PREPARATION

1. Put the fruit and water in a heavy-bottomed saucepan.
2. Add sweetener and spices.
3. Cook over low heat until the fruit softens.
4. Stir occasionally and reduce the syrup.
5. For a creamy version, mash or blend some of the fruit.
6. Cool and store in a clean jar in the refrigerator.

CHEF HANNAH'S TIPS

- The texture firms as it cools; avoid reducing the syrup too much.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Fruit Compote of Strawberry

INGREDIENTS

- 500 g of strawberries
- 1/2–3/4 cup of granulated sweetener
- 1/2 cup of water
- 1 cinnamon stick
- 3 cloves

PREPARATION

1. Put the fruit and water in a heavy-bottomed saucepan.
2. Add sweetener and spices.
3. Cook over low heat until the fruit softens.
4. Stir occasionally and reduce the syrup.
5. For a creamy version, mash or blend some of the fruit.
6. Cool and store in a clean jar in the refrigerator.

CHEF HANNAH'S TIPS

- The texture firms as it cools; avoid reducing the syrup too much.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Papaya Green Sweet Preserve

INGREDIENTS

- 1 papaya green medium grated or in cubes
- 1/2–3/4 cup of granulated sweetener
- 1/2 cup of water
- 1 cinnamon stick
- 3 cloves

PREPARATION

1. Put the fruit and water in a heavy-bottomed saucepan.
2. Add sweetener and spices.
3. Cook over low heat until the fruit softens.
4. Stir occasionally and reduce the syrup.
5. For a creamy version, mash or blend some of the fruit.
6. Cool and store in a clean jar in the refrigerator.

CHEF HANNAH'S TIPS

- The texture firms as it cools; avoid reducing the syrup too much.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Coconut with Pineapple Sweet Preserve

INGREDIENTS

- 1 pineapple in cubes
- 1/2–3/4 cup of granulated sweetener
- 1/2 cup of water
- 1 cinnamon stick
- 3 cloves
- 1 cup of unsweetened shredded coconut

PREPARATION

1. Put the fruit and water in a heavy-bottomed saucepan.
2. Add sweetener and spices.
3. Cook over low heat until the fruit softens.
4. Stir occasionally and reduce the syrup.
5. For a creamy version, mash or blend some of the fruit.
6. Cool and store in a clean jar in the refrigerator.

CHEF HANNAH'S TIPS

- The texture firms as it cools; avoid reducing the syrup too much.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Brazilian French Toast Baked

INGREDIENTS

- 4 units or servings of pineapple
- 2 tbsp of granulated sweetener
- 1 tsp of ground cinnamon
- 1 tbsp of butter

PREPARATION

1. Prepare the fruit, peeling or removing seeds as needed.
2. Arrange in a baking dish or frying pan.
3. Sprinkle with sweetener and cinnamon.
4. Dot with small pieces of butter.
5. Bake at 190°C (375°F) or grill until tender and golden.
6. Serve warm, plain or with sugar-free cream.

CHEF HANNAH'S TIPS

- Very ripe fruit needs less sweetener.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Brazilian French Toast in the Air Fryer

INGREDIENTS

- 6 slices of pão amanhecido
- 1 cup of milk
- 2 eggs
- 1/3 cup of granulated sweetener
- 1 tsp of cinnamon
- 1 tsp of vanilla

PREPARATION

1. Mix milk, half the sweetener, and vanilla.
2. Beat the eggs in a separate bowl.
3. Quickly dip the bread in milk, then in eggs.
4. Place on a baking sheet or in an air fryer basket.
5. Bake at 200°C (390°F) until golden on both sides.
6. Finish with cinnamon and the remaining powdered sweetener.

CHEF HANNAH'S TIPS

- Day-old bread absorbs liquid without falling apart.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Brazilian Cream Doughnut Baked with Cream

INGREDIENTS

- 4 units or servings of pineapple
- 2 tbsp of granulated sweetener
- 1 tsp of ground cinnamon
- 1 tbsp of butter

PREPARATION

1. Prepare the fruit, peeling or removing seeds as needed.
2. Arrange in a baking dish or frying pan.
3. Sprinkle with sweetener and cinnamon.
4. Dot with small pieces of butter.
5. Bake at 190°C (375°F) or grill until tender and golden.
6. Serve warm, plain or with sugar-free cream.

CHEF HANNAH'S TIPS

- Very ripe fruit needs less sweetener.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Baked with Dulce de Leche Churros

INGREDIENTS

- 4 units or servings of pineapple
- 2 tbsp of granulated sweetener
- 1 tsp of ground cinnamon
- 1 tbsp of butter
- 1/2 cup of sugar-free dulce de leche

PREPARATION

1. Prepare the fruit, peeling or removing seeds as needed.
2. Arrange in a baking dish or frying pan.
3. Sprinkle with sweetener and cinnamon.
4. Dot with small pieces of butter.
5. Bake at 190°C (375°F) or grill until tender and golden.
6. Serve warm, plain or with sugar-free cream.

CHEF HANNAH'S TIPS

- Very ripe fruit needs less sweetener.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free in the Air Fryer Churros

INGREDIENTS

- 1 cup of water
- 2 tbsp of butter
- 1 cup of all-purpose flour
- 2 eggs
- 1/3 cup of granulated sweetener
- Cinnamon
- Sugar-free dulce de leche for serving

PREPARATION

1. Boil water with butter and some of the sweetener.
2. Add all the flour at once and stir until the dough pulls away from the pan.
3. Cool slightly, then incorporate the eggs.
4. Transfer to a piping bag and shape.
5. Bake or air-fry at 200°C (390°F) until golden.
6. Coat in sweetener and cinnamon; serve with sugar-free dulce de leche.

CHEF HANNAH'S TIPS

- Pipe churros to an even thickness so they bake uniformly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Molten Chocolate Cake

INGREDIENTS

- 100 g of 70% sugar-free chocolate
- 2 tbsp of butter
- 2 eggs
- 2 egg yolks
- 2 tbsp of granulated sweetener
- 2 tbsp of almond flour
- 1 tsp of vanilla

PREPARATION

1. Melt the chocolate and butter together.
2. Beat the eggs, yolks, and sweetener.
3. Stir in the melted chocolate.
4. Add almond flour and vanilla.
5. Divide among greased ramekins.
6. Bake at 200°C (390°F) for 10–12 minutes and serve immediately.

CHEF HANNAH'S TIPS

- The ideal texture has firm edges and a molten center.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Chocolate Brownie

INGREDIENTS

- 180 g of 70% sugar-free chocolate
- 3 eggs
- 1/2 cup of butter
- 1/2 cup of granulated sweetener
- 3/4 cup of all-purpose flour
- 3 tbsp of cocoa 100%
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate

PREPARATION

1. Melt the chocolate and butter together.
2. Beat eggs and sweetener just until combined.
3. Stir in the melted chocolate.
4. Add flour, cocoa, and the indicated flavoring.
5. Spread into a lined pan.
6. Bake at 180°C (350°F) for 20–25 minutes, keeping the center moist.

CHEF HANNAH'S TIPS

- Brownies continue to set after baking; do not overbake.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Chocolate with Walnut Brownie

INGREDIENTS

- 180 g of 70% sugar-free chocolate
- 3 eggs
- 1/2 cup of butter
- 1/2 cup of granulated sweetener
- 3/4 cup of all-purpose flour
- 3 tbsp of cocoa 100%
- 3 tbsp of cocoa 100% or 120 g of 70% sugar-free chocolate
- 3/4 cup of walnuts chopped

PREPARATION

1. Melt the chocolate and butter together.
2. Beat eggs and sweetener just until combined.
3. Stir in the melted chocolate.
4. Add flour, cocoa, and the indicated flavoring.
5. Spread into a lined pan.
6. Bake at 180°C (350°F) for 20–25 minutes, keeping the center moist.

CHEF HANNAH'S TIPS

- Brownies continue to set after baking; do not overbake.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Paçoca Brownie

INGREDIENTS

- 180 g of 70% sugar-free chocolate
- 3 eggs
- 1/2 cup of butter
- 1/2 cup of granulated sweetener
- 3/4 cup of all-purpose flour
- 3 tbsp of cocoa 100%
- 1/2 cup of sugar-free paçoca (peanut candy) (peanut candy) crumbled

PREPARATION

1. Melt the chocolate and butter together.
2. Beat eggs and sweetener just until combined.
3. Stir in the melted chocolate.
4. Add flour, cocoa, and the indicated flavoring.
5. Spread into a lined pan.
6. Bake at 180°C (350°F) for 20–25 minutes, keeping the center moist.

CHEF HANNAH'S TIPS

- Brownies continue to set after baking; do not overbake.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Alfajor

INGREDIENTS

- 1 1/2 cup of all-purpose flour
- 1/2 cup of cornstarch
- 1/2 cup of butter
- 1/3 cup of granulated sweetener
- 2 egg yolks
- Sugar-free dulce de leche
- 150 g of 70% sugar-free chocolate

PREPARATION

1. Mix butter, sweetener, and egg yolks.
2. Add flour and cornstarch to make a soft dough.
3. Roll out and cut into circles.
4. Bake at 180°C (350°F) until the edges begin to brown.
5. Sandwich two cookies with sugar-free dulce de leche.
6. Dip in melted chocolate and let set.

CHEF HANNAH'S TIPS

- Do not overbrown the cookie discs; alfajores should remain soft.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Brazilian Spiced Honey Cake

INGREDIENTS

- 2 eggs
- 1/2 cup of milk
- 1/3 cup of granulated sweetener
- 1/4 cup of honey with no added sugar or tapioca fiber
- 1 1/2 cup of all-purpose flour
- 2 tbsp of cocoa
- Cinnamon and ground cloves
- 150 g of 70% sugar-free chocolate

PREPARATION

1. Mix eggs, milk, sweetener, and honey or a substitute.
2. Add flour, cocoa, and spices.
3. Add the baking powder and stir.
4. Bake in small molds at 180°C (350°F) until set.
5. Cool and fill with sugar-free dulce de leche, if desired.
6. Coat in chocolate and let dry.

CHEF HANNAH'S TIPS

- Fresh spices give a much richer aroma.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Brazilian Plantain and Cheese Dessert

INGREDIENTS

- 2 plantains ripe
- 150 g of Brazilian grilling cheese
- 1 tbsp of butter
- 2 tbsp of granulated sweetener
- 1 tsp of cinnamon

PREPARATION

1. Slice the plantains and cheese.
2. Brown the plantains in butter.
3. Grill the cheese until golden.
4. Arrange plantain and cheese on a plate.
5. Mix sweetener and cinnamon.
6. Sprinkle on top and serve hot.

CHEF HANNAH'S TIPS

- Very ripe plantains provide extra flavor and natural sweetness.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Layered Guava and Cheese Dessert

INGREDIENTS

- 400 g of cream cheese
- 1 carton of cream
- 1/2 cup of granulated sweetener
- 1 packet of clear gelatin
- 250 g of sugar-free guava paste
- 1/3 cup of water

PREPARATION

1. Beat cream cheese, cream, and sweetener together.
2. Hydrate and dissolve the gelatin.
3. Fold into the cream mixture and transfer to a serving dish.
4. Chill until set.
5. Melt the sugar-free guava paste with water.
6. Cool the syrup, pour over the cream, and refrigerate again.

CHEF HANNAH'S TIPS

- Let the syrup cool before pouring it over the cream.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Strawberry Meringue

INGREDIENTS

- 3 egg whites
- 1/2 cup of powdered erythritol
- 1 tsp of lemon juice
- 300 g of strawberries
- 300 ml of heavy cream whipped with sweetener

PREPARATION

1. Beat the egg whites until foamy.
2. Gradually add erythritol and beat to stiff peaks.
3. Add the lemon juice.
4. Bake small meringues in a low oven until dry.
5. Layer meringues, cream, and strawberries.
6. Serve immediately after assembling, or refrigerate briefly.

CHEF HANNAH'S TIPS

- Assemble shortly before serving to preserve the crunch.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.

Sugar-Free Meringue Cookies

INGREDIENTS

- 3 egg whites in room temperature
- 1/2 cup of powdered erythritol
- 1 tsp of lemon juice
- 1/2 tsp of vanilla

PREPARATION

1. Beat the egg whites until stiff and foamy.
2. Gradually add the powdered erythritol.
3. Add the lemon juice and vanilla; beat to stiff peaks.
4. Pipe or shape on a lined tray.
5. Bake at 100°C (210°F) for 1–1½ hours, until dry.
6. Switch off the oven and let cool inside.

CHEF HANNAH'S TIPS

- Use a completely clean, dry bowl so the egg whites whip properly.
- Use a cooking sweetener suitable for this preparation method.
- Store well sealed and follow the recommended refrigeration time, when applicable.