

KETORETS
BY RAHUL KAMRA

DESSERT

RECIPE BOOK

**CELEBRATE LIGHTNESS
INSIDE AND OUT**

To help you stay on track with your health goals while still enjoying the flavours you love, here are some delicious keto recipes specially curated for your sweet cravings throughout 2025 and 2026. These treats are low-carb, guilt-free, and perfect for satisfying your dessert moods without breaking your diet routine.



ALMOND HALWA



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Ingredients

- 150 ml unsweetened almond milk
- 20 ml cream
- 125 grams almond flour
- 30 grams ghee
- Cardamom powder
- Stevia
- Garnish: roughly chopped almonds

PREPS :

Roast almond flour on low heat until lightly browned; mix in ghee, then add almond milk in two additions; once it binds, add cream and cardamom, cook 2 minutes, take off heat, stir in stevia, and garnish with chopped almonds.



CHOCOLATE ICE CREAM



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Ingredients

- 40 g Lindt 85% dark chocolate
- 40 g cream cheese
- 50 g fresh cream
- ½ tsp vanilla essence
- 4 sachets stevia

PREPS :

Melt chocolate and let it cool slightly; blend with cream cheese, cream, stevia, and vanilla; hand-blend over an ice bath for ~12 minutes, garnish with Lindt/cocoa, and refrigerate for 3 hours to set.



CHOCOLATE MOUSSE

Ingredients

- 30 g Lindt 85%
- 60 ml cream
- 2–3 sachets stevia

PREPS :

Melt dark Lindt chocolate, fold in cream and stevia until smooth, then chill until set.

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CHOCOLATE TEA CAKE

Ingredients

- 75 g almond flour
- 30 g Lindt 85% dark chocolate
- 2 tbsp unsweetened cocoa powder
- 30 ml almond milk
- 2 eggs
- 20 g butter
- ½ tsp baking powder
- 4 sachets stevia

PREPS :

Whisk eggs, almond flour, almond milk, cocoa, and melted chocolate; add butter, baking powder, and stevia; pour into a greased microwave-safe bowl, microwave 2–3 minutes, cool slightly, then slice.

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TIL KE LADDOO



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Ingredients

- 50 g almond flour
- 70 g roasted sesame seeds
- 50 g roasted peanuts
- 100 g fresh cream
- 4 tsp monkfruit sweetener

PREPS :

Coarsely grind peanuts and roast sesame; sauté almond flour in ghee, then mix in peanuts, coconut flour, and sesame; add sweetener and cream, combine well, cool, roll into laddoos, and coat with sesame.



COCONUT LADDOO



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Ingredients

- 50 g coconut flour
- 30 ml coconut cream
- ¼ tsp cardamom powder
- 2–3 sachets stevia

PREPS :

Combine coconut flour, coconut cream, cardamom, and stevia; roll into laddoos and coat with extra coconut flour.



NEW YORK BAKED CHEESECAKE



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Ingredients

- 100 g cream cheese
- 30 g unsalted butter
- 1 egg
- 40 g sour cream
- 5 g stevia
- ½ tsp lemon zest
- 3–4 drops vanilla essence
- 30 g almond flour

PREPS :

Beat cream cheese with butter; add stevia, egg, sour cream, lemon zest, vanilla, and almond flour; pour into a pan set in a water bath and bake at 150 °C for ~40 minutes; cool completely and refrigerate 3 hours.



CHOCO & PEANUT BUTTER FUDGE



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Ingredients

- 30 g butter
- 40 g Lindt 85% dark chocolate
- 30 g unsweetened peanut butter
- 30 ml cream
- 3–4 pellets stevia

PREPS :

Gently melt butter and dark chocolate; stir in stevia, cream, and peanut butter; cook 5 minutes until smooth, cool, spread into a dish, and freeze for ~2 hours.



SHEER KHORMA



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Ingredients

- 200 g konjac noodles
- 20 ml ghee
- 30 g soaked almonds
- 30 g chironji
- 30 g almond flour
- 500 ml almond milk
- 100 ml cream
- 3–4 saffron strands & ½ tsp cardamom powder
- 3–4 sachets stevia
- Roasted almonds & chironji for garnish

PREPS :

Rinse konjac noodles and briefly soak with stevia; sauté in ghee, add nuts and almond flour; pour in almond milk with saffron and cardamom, simmer, then stir in cream; adjust sweetness and garnish with roasted almonds and chironji.



COCONUT VANILLA PUDDING



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Ingredients

- 75 g coconut flour
- 25 g fresh cream
- 50 ml coconut milk
- 3–4 drops vanilla essence
- 1 sachet stevia
- Roasted almonds for garnish

PREPS :

Whisk coconut flour with cream and coconut milk until smooth; add vanilla and stevia, then garnish with roasted almonds.

EXPLORE THE KETORETS METHOD

If you loved these recipes and want to understand how the Ketorets Method can help you transform your health, metabolism, and energy, start here:

[THE KETORETS METHOD VIDEO](#)

You can also watch the video explaining the Ketorets Method in detail.

Have questions about your own journey, or want to discuss if this method is right for you?

Simply WhatsApp us and mention “**Recipe Book Query**”, we’d love to connect.

☎ +91 8591930850

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