



Healthy Keto with  
Jim Colbourne  
MOVING TO AN HEALTHIER LIFESTYLE

# Sex in a Pan

*2.75g NET Carbs (Low Carb Keto)*

Its a 4 layer Low Carb Keto Dessert with a pecan layer, cream cheese layer, CHOCOLATE layer and with a whipped cream layer. All the flavors plus monkfruit as the sweetener instead of sugar. Absolutely Delicious!

## INGREDIENTS

### •Pecan Crust•

1 1/2 cups blanched fine almond flour  
1/2 cup pecan meal  
1/4 cup monkfruit  
1/3 cup melted salted butter

### •Cheesecake Layer•

8oz room temperature cream cheese  
1/3 cup monkfruit  
1/2 teaspoon vanilla extract  
1/2 cup room temperature heavy whipping cream

### •Chocolate Pudding Layer•

1 cup heavy whipping cream

## Instructions:

1. Use 9x9 or 7x11 or 8x10 dish.
2. Blend pecans in a blender or food processor to a very fine texture.
3. Add almond flour, monkfruit and butter to pecan mixture and blend.
4. Layer in the pan and bake on 350F for 12-15mins. You want a light brown color along the sides before removing from oven.
5. Cream cheese layer - Add cream cheese and heavy whipping cream to bowl and mix with hand mixer, try and mix until its smooth.
6. Then add monkfruit, vanilla extract and mix until completely smooth.



Yields 16 servings 1 serving = Net Carbs per serving: 2.75g net carbs Fiber: 3g Fat: 30g Protein: 5.5 Net Calories: 311.5

1 cup unsweetened almond milk  
1/2 cup monkfruit  
4 large egg yolks  
1/2 teaspoon xanthan gum  
1/3 cup unsweetened cocoa powder  
3 tablespoons unsalted butter, cut into pieces  
1/2 teaspoon vanilla extract

### •Whipped Cream Topping•

1 cup heavy whipping cream  
1/4 cup powdered erythritol  
1/2 teaspoon vanilla extract

### Add to top of dessert

1 tablespoon unsweetened cocoa powder  
1/2-ounce sugar free semisweet dark chocolate shavings

7. Chocolate layer – Add heavy whipping cream, almond milk, monkfruit, butter and vanilla to a small pot over medium heat. Bring to a boil then slowly add cocoa powder and reduce heat if needed. Once all cocoa is added and mixed will. Add 1/2 cup of this mixture to a bowl with the 4 egg yolks, mix while adding slowly. Once fully mixed, reduce heat to pot then add egg mixture and stir, then add the xanthan gum very slowly while continuously stirring to help thicken mixture, mixture must be at a boil for the xanthan gum to work the best, same as thickening gravy. Once thicken remove from heat.



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8. Whipped cream – Add all ingredients to bowl and use hand mixer and mix until a thick texture is formed. When peaks are formed in the whipped cream.

9. Add cream cheese layer to the pecan layer, then add chocolate layer, then add whipped cream layer, sprinkle chocolate toppings to the top of the whipped cream. Refrigerate for 2-3hrs or overnight. Cut into 16 pieces and enjoy!