



linea monk fruit recipe book
holiday 2020



SWEETEN THE HOLIDAY SEASON WITH LLINEA™

Thank you for downloading the 2020 llinea™ monk fruit holiday recipe booklet. We are excited to share these cozy, low-carb recipes that use llinea™ monk fruit's pure, simple sweetness. Whether it's a warming Hot Toddy, silky pumpkin bar or a festive Keto Egg Nog, the whole family will love the results.

Bon Appetit!



CONVERSION TABLES FOR MEASURING SWEETNESS EQUIVALENCE

sugar	llinea™ monk fruit
1 cup	3 tsp
1/2 cup	1 tsp + 1/2 tsp
1/3 cup	1 tsp
1/4 cup	1/2 tsp + 1/4 tsp
1/8 cup	1/4 tsp + 1/8 tsp

sugar	llinea™ monk fruit
1 tbsp	18 drops
1/2 tbsp	9 drops
1 tsp	6 drops
1/2 tsp	3 drops

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hot chocolate



yield
2 cups

prep time
5 minutes

cook time
NA

total time
5 minutes

INGREDIENTS

- 2 cups milk of choice (dairy, coconut, soy, almond)
- ¼ cup water
- ⅛ cup baking cocoa
- ¼ teaspoon vanilla extract
- ¾ teaspoon llinea™ monk fruit

STEPS

1. Add milk and water to medium saucepan, whisk on low heat for 3 minutes.
2. Add cocoa and llinea™ monk fruit, whisking until dissolved.
3. Once heated to desire, add vanilla and serve.
4. Optional, add no sugar added whipped cream.



whipped cream



yield	prep time	cook time	total time
4 servings	5 minutes	NA	5 minutes

INGREDIENTS

- $\frac{3}{4}$ cup whipping cream
- $\frac{1}{4}$ vanilla extract
- $\frac{1}{4}$ teaspoon llinea™ monk fruit

STEPS

1. Chill a metal bowl in freezer for 10 minutes.
2. Add whipping cream and vanilla to bowl.
3. Whip with an electric mixer on medium for 2 minutes, add llinea™ monk fruit.
4. Continue to whip on medium for 2-4 minutes, until light and fluffy (checking periodically to make sure it does not overwhip).





hot toddy

yield
1 cup

prep time
5 minutes

cook time
NA

total time
5 minutes

INGREDIENTS

- 1 Tea Sachet of choice (we like cinnamon black tea)
- 8 oz boiling water
- ¼ slice of lemon
- 2 tablespoons Whiskey or Brandy
- 6 drops linea™ monk fruit

STEPS

1. Brew tea according to instructions.
2. Add the juice of 1/4 slice lemon.
3. Stir in 2T whiskey or brandy and 6 drops of linea™ monk fruit



mocha



yield	prep time	cook time	total time
1 large mocha	2 minutes	3 minutes	5 minutes

INGREDIENTS

- 1 tablespoon - cocoa powder
- 2 few drops of vanilla
- 4 oz. of steamed non-sweetened almond/soy/oat/cashew milk with a little foam
- 5 oz. of hot strong coffee or 2 shots of espresso 6-12
- 6-12 drops llinea™ monk fruit (to personal taste)

STEPS

- 1. Whisk quickly and serve.
- 2. *Optional a dash of cinnamon on top*
- 3. Enjoy! Yum!



keto almond joys {vegan, gluten-free}



yield	prep time	cook time	additional time	total time
12	15 minutes	10 minutes	1 hours 30 minutes	1 hours 55 minutes

INGREDIENTS

- 1 cup blanched almond flour
- $\frac{3}{4}$ cup unsweetened, shredded coconut (if using a blender, see recipe notes)
- $\frac{1}{2}$ cup unsweetened coconut cream
- $1\frac{1}{2}$ teaspoons [linea monk fruit](#) (plus a few more drops to taste, if needed)
- 1 teaspoon vanilla extract
- $1\frac{1}{2}$ cups sugar-free chocolate chips (like Lily's)
- 20-24 whole almonds, roasted and salted
- 1 teaspoon sea salt flakes or shredded coconut for topping (optional)

STEPS

1. In a mixing bowl, combine the almond flour, shredded coconut, coconut cream, linea monk fruit, and vanilla. Mix until all of the ingredients are well incorporated and turn into a thick dough, almost paste-like. (See notes if using a blender).
2. Spoon out about one tablespoon of the dough. Use your hands to shape it into a flat oval, about 1/2-inch thick, and create a slight indent in the center with your finger (for the almonds).
3. Place the keto almond joys on a freezer-safe dish or cutting board lined with parchment paper or wax paper. Gently press 1-2 almonds onto the top of each oval. Freeze for at least an hour.



*steps continued on the next page

keto almond joys {cont.}



yield	prep time	cook time	additional time	total time
12	15 minutes	10 minutes	1 hours 30 minutes	1 hours 55 minutes

STEPS

4. With a double boiler setup on the stovetop (or your own version- I use a small pan on top of a pot of boiling water), melt the chocolate chips in the top pan. As the chocolate melts, stir it frequently, and remove it from the heat as soon as all the chocolate is melted. Pour the chocolate into a shallow dish.
5. Remove the almond joys from the freezer. Place one at a time into the melted chocolate and use a spoon or spatula to smooth the chocolate over the entire candy. Lift it out, letting any excess chocolate drop off, and place it back onto the parchment-lined surface. Sprinkle sea salt or shredded coconut on top.
6. Repeat with each of the keto almond joys. Return them to the freezer for at least 30 minutes to set and harden the chocolate.
7. Store them in an air-tight container in the refrigerator.

*ingredients and first steps on the previous page

*notes on the next page



keto almond joys {cont.}



yield	prep time	cook time	additional time	total time
12	15 minutes	10 minutes	1 hours 30 minutes	1 hours 55 minutes

NOTES

You can also mix the filling in a blender, but be sure to set aside about half of the shredded coconut. Stir the remaining half in after blending so that the shreds of coconut don't break down in the blender.

Make sure to use parchment or wax paper (or a baking mat) to line your tray/plate/cutting board before freezing the almond joys. This helps prevent the chocolate from sticking to the surface.

Optional swaps:

- 1/2 teaspoon of coconut flavor or almond flavor for the vanilla (or addition to the vanilla)
- I love Maldon sea salt flakes on these, but coconut flakes or chopped almonds are delicious too

Fun for kids: To make almond joy "pops," insert a thin popsicle stick into each of the almond joys before freezing them. Coat with chocolate and decorate!



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keto peanut butter fudge



yield	prep time	additional time	total time
12 servings	5 minutes	2 hours	2 hours 5 minutes

INGREDIENTS

- 1 cup natural, unsweetened peanut butter
- 1/3 cup coconut oil
- 3 tablespoons cocoa powder
- 2 teaspoons llinea™ monk fruit
- 2 teaspoons vanilla
- 1/3 cup salted and roasted peanuts (optional)

STEPS

1. Prepare a square or rectangular freezer-safe dish (smaller sizes will give you taller fudge pieces- I use a 8" x 6" Pyrex dish) by lining it with a sheet of parchment paper. Leave excess paper hanging over the edges so you can easily lift the fudge out later.
2. In a saucepan over medium heat, combine all of the ingredients (except for the roasted peanuts). Whisk the mixture together as it melts. (Taste it at this time and add a few more drops of sweetener if needed based on your preference).
3. Cook the fudge for about five minutes, or just until it begins to boil, whisking the mixture frequently. Immediately remove it from the stovetop. Stir in most of the peanuts, setting a few aside to sprinkle on top later.
4. Pour the fudge into the prepared dish. Sprinkle the peanuts on top. Place the dish in the freezer and freeze for at least two hours (or overnight) to set the fudge.
5. To cut, remove the dish from the freezer. Gently loosen the fudge from the dish, and holding the parchment paper, lift it out of the dish and set it on a cutting board. Cut into small, 1-inch squares. Transfer the fudge squares onto a dish to serve or place them back into the freezer.



keto peanut butter fudge (cont.)



yield	prep time	additional time	total time
12 servings	5 minutes	2 hours	2 hours 5 minutes

NOTES

The keto peanut butter fudge should be kept chilled, preferably frozen. Store it in the freezer and serve it frozen (or at least refrigerated) to prevent it from losing its shape and melting.

Optional add-ins: You can swap the roasted peanuts for other add-ins like low-carb white chocolate chips, unsweetened shredded coconut, or omit the peanuts altogether and sprinkle some Maldon sea salt on top.

You can easily swap almond butter (or other nut/seed butters) for the peanut butter, if desired.



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keto pumpkin cheesecake bars

{gluten-free, dairy optional}

yield	prep time	cook time	additional time	total time
16 bars	20 minutes	1 hour 5 minutes	4 hours	5 hours 25 minutes

INGREDIENTS

MAPLE SHORTBREAD CRUST

- 1 cup almond flour
- 3 tablespoons coconut flour
- ¼ teaspoon ground cinnamon
- pinch of salt
- ⅓ cup coconut oil (or grass-fed butter), melted and slightly cooled
- ½ teaspoon [l|inea™ monk fruit](#)
- ½ teaspoon vanilla extract
- ¼ teaspoon maple extract (optional)

PUMPKIN CHEESECAKE FILLING

- 8 oz. cream cheese or dairy-free cream cheese substitute (like Kite Hill), at room temperature
- ½ cup pumpkin purée
- 2 ¼ teaspoons [l|inea™ monk fruit](#)
- 2 teaspoons vanilla extract
- 1 ½ teaspoons ground cinnamon
- ½ teaspoon ground nutmeg
- ⅛ teaspoon ground cloves
- ⅛ teaspoon ground ginger (optional)
- 2 eggs at room temperature

*steps on the next page



keto pumpkin cheesecake bars (cont.)



yield	prep time	cook time	additional time	total time
16 bars	20 minutes	1 hour 5 minutes	4 hours	5 hours 25 minutes

STEPS

MAPLE SHORTBREAD CRUST

1. Preheat the oven to 350°F. Prepare a square dish (I use an 8 x 8") by greasing it with some coconut oil. Place one strip of parchment paper in the dish, leaving overhang on two of the sides. Place a second strip of parchment paper the opposite way, overlapping the first, leaving overhang.
2. In a medium bowl, whisk together the almond flour, coconut flour, cinnamon, and salt. Pour in the coconut oil, vanilla extract, maple extract, and the liquid monk fruit sweetener. Whisk the mixture together until it's well-combined and crumbly.
3. Pour the crust mixture into the prepared dish, pressing it into the bottom of the dish in an even layer (I use the base of a measuring cup to flatten it).
4. Bake at 350°F for 10 minutes. Remove from the oven and let it cool while you prepare the pumpkin cheesecake bar filling.

PUMPKIN CHEESECAKE FILLING

1. Turn the oven down to 250°F. In a medium bowl (or in the bowl of a standup mixer), beat together the cream cheese and pumpkin purée for 2-3 minutes, or until it's smooth.
2. Add the vanilla, liquid monk fruit, and spices. Mix about 2 minutes longer, scraping down the bowl with a rubber spatula as needed.
3. Drop in one egg at a time, mixing each on low speed for about 10 seconds. Scrape the bowl and mix another 30 seconds, or until everything is well-combined.
4. Pour the pumpkin cheesecake batter into the baking dish to form the cheesecake layer over the pre-baked shortbread crust. Smooth out the top with a spatula.

[*ingredients on the previous page](#)

[*continued steps and notes on the next page](#)



keto pumpkin cheesecake bars (cont.)



yield	prep time	cook time	additional time	total time
16 bars	20 minutes	1 hour 5 minutes	4 hours	5 hours 25 minutes

STEPS

PUMPKIN CHEESECAKE FILLING (CONT.)

5. Bake at 250°F for 50-60 minutes or until the center appears firm and not too jiggly. Check it after 45 minutes of baking - if there are cracks starting to form, remove it from the oven.
6. Cool the cheesecake for 30 minutes on the stovetop, then refrigerate for at least 4 hours, preferably overnight. Tip: Freeze the cheesecake to get cleaner cheesecake bar cuts (see notes for cutting tips).

When ready to cut the cheesecake, remove it from the

7. fridge (if in freezer, let it defrost 30 minutes), gently loosen the parchment paper from the dish, and lift the cheesecake out. Place it on a cutting board. Make 4 cuts across and 4 cuts the opposite way to get 16 pumpkin cheesecake bars.



NOTES

To get extra clean cuts, freeze the pumpkin cheesecake and cut it slightly frozen. Cleaning your knife in between cuts always helps, too.

Use room temperature ingredients to help prevent any cream cheese lumps.



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keto eggnog {low-carb + dairy optional}



yield	prep time	cook time	additional time	total time
8 servings	5 minutes	10 minutes	4 hours	4 hours 15 minutes

INGREDIENTS

- 2½ cups unsweetened vanilla macadamia milk (or almond milk)
- 1 14-oz. can unsweetened full-fat coconut milk (or heavy cream)
- 7 large eggs, separated (choose organic, pasture-raised eggs when possible)
- 1 to 1½ teaspoons [llinea monk fruit](#) (see recipe notes)
- 1½ teaspoons vanilla extract
- 1 teaspoon ground cinnamon (plus more for serving)
- 1 teaspoon ground nutmeg
- ½ teaspoon salt
- ½ to ¾ cup bourbon, optional (can also use brandy, rum, or whiskey)

STEPS

1. In a medium saucepan set on the stovetop over medium heat, combine the macadamia milk, coconut cream (or heavy cream), llinea monk fruit, vanilla, salt, nutmeg, and cinnamon. Use a whisk to stir the mixture well. Heat for about 5-7 minutes. It should be warm but not too hot-- do not let it come to a boil.
2. Separate the eggs, placing the egg yolks in a small mixing bowl. Set the egg whites aside for later, if you plan on frothing the eggnog. Whisk the egg yolks until they are smooth.
3. When the milk mixture is heated, scoop out about a 1/2 cup and slowly drizzle it into the egg yolks, whisking vigorously to temper the eggs. Slowly pour the egg yolk mixture into the saucepan with the milk, whisking to combine.



*steps continued on the next page

keto eggnog {low-carb + dairy optional}



yield	prep time	cook time	additional time	total time
8 servings	5 minutes	10 minutes	4 hours	4 hours 15 minutes

STEPS

- Over medium heat, cook the eggnog for about 3 minutes longer, to heat it and allow it to thicken. Do not let it come to a boil or you risk overheating and scrambling the eggs or curdling the milk. Remove the warm eggnog from the stovetop and whisk in the bourbon (optional). Taste and adjust for sweetness, adding more monk fruit if needed. Serve warm, if desired (if not, move on to the next step).
- Transfer the eggnog to a large bowl or pitcher and chill it in the refrigerator for at least 4 hours, preferably overnight. It will thicken slightly as it chills. Serve in individual glasses with a cinnamon stick or a sprinkle of ground cinnamon.
- For frothier eggnog: Whip the egg whites in a separate bowl until they become firm. Fold the egg whites into the chilled eggnog and serve with a sprinkle of ground cinnamon or nutmeg, and/or a cinnamon stick.

*ingredients and first steps on the previous page

*notes on the next page





keto eggnog {low-carb + dairy optional}

yield	prep time	cook time	additional time	total time
8 servings	5 minutes	10 minutes	4 hours	4 hours 15 minutes

NOTES

Make sure the eggnog doesn't ever reach a full boil or get too hot, otherwise the eggs will scramble or the milk will curdle and you will end up with chunks in the eggnog. Just a few minutes on the stove is all it takes to thicken the eggnog. If using a candy thermometer, the temperature should not go above 160°F.

If adding alcohol, taste the eggnog afterward and add more monk fruit as needed (I usually add about 1/2 teaspoon more).

For thicker eggnog, replace 1/2 cup to 1 cup of the nut milk for more coconut cream or heavy cream.

Salvage overcooked eggnog by pouring the mixture through a fine-mesh strainer. Discard any bits of cooked egg or curdled milk.



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ABOUT LLINEA™ MONK FRUIT

IT'S AN AMAZING LITTLE MELON

We are excited to bring you llinea™ monk fruit. Enjoy adding it to your favorite beverages and foods where just a little bit of pure sweetness of the monk fruit simply creates a better flavor.

Just 6 drops of llinea™ monk fruit equals the sweetness in one teaspoon of sugar.

Traditionally, monk fruit was dried at harvest and then crushed and added to boiling water to create a healthy tea-like drink. There was so much interest in this unique fruit that back in the 1930s the president of the National Geographic Society, Dr. Gilbert Grosvenor, approved a grant for an expedition to locate the plant in its native habitat in Asia. That support resulted in honoring Grosvenor with the monk fruit scientific name, *Siraitia grosvenorii*. Despite the interest, it was another 80 years or so before the fruit became more broadly available than the dried fruit sold in Asian food markets around the world.

And so today, whether added to a cup of coffee or tea, a pitcher of sweet tea or refreshing lemonade, a healthy smoothie or a get-going-in-the-morning bowl of oatmeal, there are all kinds of ways to easily add sweetness with llinea™ monk fruit. Experiment. Enjoy. Let us know your favorites.

ZERO CALORIE NATURAL SWEETNESS FROM FRUIT

