

Prep Time: 10 minutes | Cook Time: 0 minutes | Chill Time: 30 minutes | Total Time: 40 minutes

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Introduction

If you're following a ketogenic lifestyle, you know that dessert cravings can be the hardest part of the journey. The good news? You don't have to give up sweets entirely. This Easy Keto Fluff is the perfect solution — a light, airy, and incredibly creamy dessert that satisfies your sweet tooth without kicking you out of ketosis. With just a handful of simple ingredients and

zero baking required, this recipe is ideal for busy weeknights, potlucks, or whenever a sugar craving strikes. It's rich, fluffy, and loaded with healthy fats to keep you full and energized.

Whether you're a seasoned keto pro or just starting out, this Easy Keto Fluff will quickly become a staple in your dessert rotation. Let's dive in!

Why You'll Love This Recipe

- No baking required — just mix and chill
 - Only 5 main ingredients
 - Low carb and keto-friendly (just 3g net carbs per serving)
 - Ready in under 45 minutes
 - Customizable with your favorite keto-friendly flavors
 - Perfect for meal prep — make a big batch and enjoy all week
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Ingredients

For the Fluff Base:

- 1 cup heavy whipping cream (cold)
- 4 oz full-fat cream cheese (softened to room temperature)
- 1/2 cup powdered erythritol (or powdered allulose)
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract (optional, for depth of flavor)

Optional Add-Ins (Choose One):

- 2 tablespoons unsweetened cocoa powder (for chocolate fluff)
- 1/2 cup fresh raspberries (for berry fluff)
- 2 tablespoons peanut butter (for peanut butter fluff)
- 1 teaspoon lemon zest + 1 tablespoon lemon juice (for lemon fluff)

For Garnish:

- Sugar-free chocolate shavings
 - Fresh mint leaves
 - Chopped nuts (pecans, walnuts, or almonds)
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Equipment Needed

- Large mixing bowl (chilled in the freezer for 10 minutes)
 - Hand mixer or stand mixer with whisk attachment
 - Rubber spatula
 - Measuring cups and spoons
 - Serving glasses or bowls
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Instructions

Step 1: Chill Your Bowl and Beaters (5 minutes)

Place your mixing bowl and beaters in the freezer for about 10 minutes before starting. Cold tools help the heavy cream whip faster and hold its shape better. This small step makes a big difference in achieving the perfect fluffy texture.

Intensity: Low | Time: 5 minutes (passive)

Step 2: Whip the Heavy Cream (3-5 minutes)

Pour the cold heavy cream into your chilled bowl. Using your hand mixer on medium speed, whip the cream until soft peaks form. This should take about 3 to 5 minutes. Be careful not to over- whip — you want soft, billowy peaks, not stiff butter.

Intensity: Medium | Time: 3-5 minutes

Step 3: Prepare the Cream Cheese Mixture (2 minutes)

In a separate bowl, combine the softened cream cheese, powdered erythritol, vanilla extract, and almond extract (if using). Beat on medium speed until the mixture is smooth and creamy, with no lumps remaining. Scrape down the sides of the bowl as needed.

Intensity: Medium | Time: 2 minutes

Step 4: Combine the Mixtures (2 minutes)

Gently fold the whipped cream into the cream cheese mixture using a rubber spatula. Use a light, circular motion to preserve the airiness of the whipped cream. Continue folding until fully incorporated and the mixture is uniform in texture.

Intensity: Low | Time: 2 minutes

Step 5: Add Your Flavor (1-2 minutes)

If you’re adding cocoa powder, peanut butter, berries, or lemon, gently fold them in now. Taste and adjust sweetness by adding an extra tablespoon of powdered sweetener if desired.

Intensity: Low | Time: 1-2 minutes

Step 6: Chill the Fluff (30 minutes)

Spoon the mixture into serving glasses or a large bowl. Cover with plastic wrap and refrigerate for at least 30 minutes. Chilling allows the flavors to meld and the fluff to firm up beautifully.

Intensity: None (passive) | Time: 30 minutes

Step 7: Garnish and Serve

Before serving, top with sugar-free chocolate shavings, fresh mint, or chopped nuts. Serve cold and enjoy immediately.

Intensity: Low | Time: 1 minute

Recipe Summary Table

Step	Action	Intensity	Time
1	Chill bowl and beaters	Low	5 min
2	Whip heavy cream	Medium	3-5 min
3	Mix cream cheese base	Medium	2 min
4	Fold mixtures together	Low	2 min
5	Add flavorings	Low	1-2 min
6	Chill in refrigerator	None	30 min

Step	Action	Intensity	Time
7	Garnish and serve	Low	1 min

Total Active Time: ~15 minutes

Total Time: ~40 minutes

Nutrition Information

Per serving (recipe makes 4 servings, base recipe without optional add-ins)

Nutrient	Amount
Calories	285 kcal
Total Fat	28g
Saturated Fat	17g
Cholesterol	85mg
Sodium	95mg
Total Carbohydrates	4g
Dietary Fiber	1g
Net Carbs	3g
Sugars	1g
Protein	3g