

CARNIVORE

Dessert Collection

WHERE SIMPLICITY MEETS INDULGENCE
A CELEBRATION OF PURITY AND PLEASURE.

CACAO BUTTER MOUSSE

A rich, silky blend of raw cacao, whipped cream, and butter for a pure chocolate experience without guilt.

410 kcal | Protein: 7g | Fat: 42g | Carbs: 2g

CREAM CHEESE SOUFFLÉ

Baked to perfection — airy and light with the tang of cream cheese and a hint of natural sweetness from cream.

380 kcal | Protein: 10g | Fat: 36g | Carbs: 2g

BUTTERED EGG CUSTARD

A classic comfort: slow-baked egg and cream custard finished with melted grass-fed butter.

420 kcal | Protein: 12g | Fat: 38g | Carbs: 1g

YOGURT CREAM PANNA COTTA

Smooth cultured yogurt and cream fused into a luscious, slightly tangy panna cotta with a buttery finish.

390 kcal | Protein: 8g | Fat: 36g | Carbs: 2g

COTTAGE CHEESE CHEESECAKE CUPS

Whipped cottage cheese and cream cheese blended with eggs and baked into creamy single-serve cheesecakes.

440 kcal | Protein: 20g | Fat: 38g | Carbs: 2g

MARA

THE HOUSE OF CONSCIOUS LIVING



CACAO CREAM BUTTER FUDGE

A decadent mix of raw cacao, cream, and butter, chilled to a firm, silky fudge texture that melts in the mouth.

450 kcal | Protein: 6g | Fat: 46g | Carbs: 2g

CREAM CHEESE & YOGURT PARFAIT

Layered cream cheese and yogurt, gently whipped with cream for a cool, satiating treat.

400 kcal | Protein: 9g | Fat: 38g | Carbs: 2g

GOLDEN EGG & BUTTER CRÈME

A warm, velvety dessert made from eggs and butter whisked into cream — pure simplicity, pure luxury.

430 kcal | Protein: 10g | Fat: 40g | Carbs: 1g

FROZEN CACAO CREAM

An ice-cream-like delight made from raw cacao, whipped cream, and butter — no sugar, just natural decadence.

460 kcal | Protein: 8g | Fat: 44g | Carbs: 2g

COTTAGE BUTTER SOUFFLÉ

Cottage cheese folded into whipped eggs and butter, baked into a golden, cloud-like perfection.

420 kcal | Protein: 15g | Fat: 37g | Carbs: 1g