

Low-Carb Blackberry & Lemon Mini Tarts

Hands-on 20 minutes Overall 2-3 hours

Nutritional values (per serving, 1 mini tart): Total carbs: 5.7 g, Fiber: 2.9 g, **Net carbs: 2.8 g**,

Protein: 4.4 g, Fat: 16.2 g, Calories: 178 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 10 mini tarts)

Crust:

1 cup [macadamia nuts](#) (135 g/ 4.7 oz)

3/4 cup [shredded coconut](#) (55 g/ 2 oz)

1 large egg

Filling & topping:

1 cup [coconut milk](#) such as [Aroy-D](#) or heavy whipping cream (240 ml/ 8 fl oz)

juice from 1/2 lemon

zest from 1/2 organic lemon

1/4 cup [powdered Erythritol](#) or [Swerve](#) (40 g/ 1.4 oz)

Optional: 10-15 drops [Stevia](#) extract

1 tbsp [gelatin powder](#) (11 g/ 0.4 oz)

2-3 tbsp water

1 cup blackberries, fresh or frozen (144 g/ 5.1 oz)

Instructions

1. Start by preparing the topping. Pour the coconut milk (or cream) into a sauce pan.
2. Finely zest the lemon. Make sure you use organic, unwaxed lemons.
3. Add the lemon zest and lemon juice.
4. Add Erythritol, and optionally stevia. Mix well and bring to a boil. Take off the heat.
5. Mix the gelatine (or agar powder) with 2-3 tbsp water and add to the coconut milk. Mix until dissolved. Set aside to cool down & thicken.
6. Place in the fridge if needed. The topping should resemble yogurt before adding on top of the crust - not too runny and not too stiff. You will need to mix it with a spoon before adding on the crust. (Note: For a very smooth custard, use an immersion blender and

pulse until smooth. Note that this will only affect the look as the only reason you get clumps is the thickened gelatin.)

7. Meanwhile, preheat the oven to 180 °C/ 355 °F (fan assisted), or 200 °C/ 400 °F (conventional). Place the macadamia nuts in a blender. Pulse until smooth or roughly chopped - it depends on what consistency you prefer. When done, transfer into a mixing bowl.
8. Place the desiccated coconut into the blender and pulse again. You don't need to get a completely smooth consistency.
9. Place the nut & coconut mixture into a bowl and add the egg.
10. Process until well combined.
11. Place the batter into small muffin molds lined with paper cups or use silicon molds. You will need to distribute the batter evenly (I used 1 1/2 - 2 tbsp per piece). (Note: Do not make the same mistake as I did. If you press the batter directly into the molds (that are not made from silicon), the crust will be very difficult to remove. I had to use a knife to release the tart crust from the edges and twist each one of them. Avoid all this trouble by using silicon molds or paper cups.)
12. Press the batter into the molds and transfer into the oven for just 7-10 minutes.
13. When done, remove from the oven and set aside.
14. When the topping is ready, spoon equal amounts of it on top of each tart.
15. Add 3 blackberries on each one of them and place in the fridge until set (30-60 minutes).
16. Enjoy! To store, keep in the fridge for up to 5 days.

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