

Low-Carb Raspberry Meringue Pie

Hands-on 30 minutes Overall 3-4 hours

Nutritional values (per serving): Total carbs: 9.9 g, Fiber: 3.6 g, **Net carbs: 6.3 g,**

Protein: 12.1 g, Fat: 19.3 g, Calories: 248 kcal,

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



Ingredients (makes 8 servings)

Pie crust

- 1 3/4 cup [almond flour](#) (175 g/ 6.2 oz)
- 1/4 cup vanilla or plain whey protein or egg white protein powder ([Jay Robb](#)) or plant-based such as [NuZest](#) (25 / 0.9 oz)
- 1/4 cup [powdered Erythritol](#) or [Swerve](#) (40 g/ 1.8 oz)
- 1 large egg
- 2 tbsp virgin [coconut oil](#) or [ghee](#) (30 g/ 1.1 oz)

Raspberry curd filling

- 2 cups raspberries, fresh or frozen (300 g/ 10.6 oz)
- 1 tbsp fresh lemon juice or water
- 1 tsp fresh lemon zest
- 1/2 cup [powdered Erythritol](#) or [Swerve](#) (80 g/ 2.8 oz)
- 15-20 drops [liquid Stevia](#) extract
- 4 large egg yolks
- 1 tbsp [arrowroot powder](#) or 1 tsp [gelatin powder](#)
- 1 tbsp butter or [ghee](#) (15 g/ 0.5 oz)

Meringue topping

- 4 large egg whites
- 1/4 [cream of tartar](#)
- 1/3 cup [powdered Erythritol](#) or [Swerve](#) (50 g/ 1.9 oz)
- pinch [sea salt](#) or [pink Himalayan salt](#)

Instead of the listed sweeteners, you can try [other healthy low-carb sweeteners from this list](#). The reason I'm using both [Erythritol](#) and [stevia](#) is to mask the aftertaste some of the sweeteners may have.

Tip

If you cannot eat raspberries, try strawberries. This recipe works the same as long as you add a 1/4 cup more water to the strawberries.

Instructions

1. First, prepare the raspberry curd filling. Place the raspberries into a saucepan. Add the stevia, ...
2. ... lemon zest and lemon juice (or water). Bring to a boil, reduce the heat and simmer for about 5 minutes.
3. Place the mixture into a fine-mesh sieve and push through using a spoon or a spatula.
4. Discard the seeds, place the smooth raspberry mixture back in the pan and add the powdered Erythritol and set aside.
5. Meanwhile, separate the egg whites from the egg yolks. Place the egg yolks into a bowl and mix with arrowroot powder until smooth. Make sure there are no lumps before you add it to the blended raspberries. *If using gelatin powder, dissolve it in 2 tablespoons of water before mixing with the egg yolks and raspberries.*
6. Add the egg yolk mixture to the raspberries and process well. Bring to boil over low-medium heat while stirring at all times.
7. When you see bubbles, cook for one more minute and take off the heat. Add the butter and stir until smooth. Transfer the curd into a bowl and cover with plastic wrap pressing it tightly to the surface of the curd to prevent a skin from forming on top. Chill in the fridge for 1 1/2 - 2 hours.
8. Meanwhile, prepare the pie crust. Preheat the oven to 175 °C/ 350 °F. Mix all the dry ingredients - the almond flour, whey protein and powdered Erythritol.
9. Add the egg and coconut oil and process well.
10. Place the dough into a non-stick [pan with a removable bottom](#) and press up the sides to create a "bowl" shape. Use a [dough roller](#) if needed. *Ideally, use a [baking sheet as lining for the bottom](#) to ensure that the crust doesn't get stuck to it.*
11. Place baking paper on top and use [ceramic baking beans](#) to weight the dough down. You will need them to prevent the dough from rising and creating air bubbles, especially if you are making a large pie. Place the pie into the preheated oven

and bake for about 12-15 minutes and keep an eye on it, as the almond flour may easily get burnt. When done, remove from the oven and let it chill down. Using a sharp knife, slightly lift the edges of the crust. Reduce the temperature in the oven to 160 °C/ 320 °F.

12. Place the egg whites in a mixer and add cream of tartar throughout the beating process. I'm using my [Kenwood mixer](#).
13. Add powdered Erythritol and beat until the egg whites form into firm peaks.
14. Remove the raspberry curd from the fridge and place on top of the baked pie crust.
15. Spread the curd evenly and top with beaten egg white meringue.
16. Place in the oven and bake for 18-20 minutes. When done, set aside and let it cool down before placing the pie in the fridge. Once chilled, the pie can be served. Enjoy!

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