

Keto Raspberry & Lemon Cups

Hands-on 10 minutes Overall 1 hour 10 minutes

Nutritional values (per cup): Total carbs: 11.7 g, Fiber: 7.3 g, **Net carbs: 4.4 g**, Protein: 3.1 g,

Fat: 27.9 g, Calories: 290 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 6 servings)

Raspberry Layer:

- 1/2 cup coconut butter (125 g/ 4.4 oz) - *you can make your own*
- 1 cup freeze-dried raspberries (20 g/ 0.7 oz)
- 1 tbsp confectioners Swerve *or* powdered Erythritol (10 g/ 0.4 oz)
- 1 tbsp melted virgin coconut oil (15 ml)
- 1/4 cup + 1 tbsp coconut milk (75 ml/ 2.5 fl oz)
- 1 tsp unsweetened vanilla extract

Lemon Layer:

- 1/2 cup coconut butter (125 g/ 4.4 oz) - *you can make your own*
- 2 tbsp fresh lemon juice (30 ml)
- 1 tbsp confectioners Swerve *or* powdered Erythritol (10 g/ 0.4 oz)
- Optional:* 1 tsp fresh lemon zest

Instructions

1. Combine the raspberry layer ingredients in a food processor and blend until smooth.
2. In a small bowl stir together the lemon layer ingredients.
3. Divide the lemon mixture between 6 muffin cups, top with raspberry mixture pressing down to combine the two. Freeze for 1 hour. Store in an airtight container, frozen for up to 1 month or covered and chilled for up to 7 days. Enjoy!

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