

# Healthy Low-Carb Raspberry Lemon Loaf

Hands-on 10 minutes Overall 1 hour 10 minutes

**Nutritional values (per serving, 1 slice):** Total carbs: 7.1 g, Fiber: 2.8 g, Net carbs: 4.3 g,

Protein: 5.8 g, Fat: 14.1 g, Calories: 169 kcal,

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



## Ingredients (10 servings)

### Loaf:

3 large eggs  
1 large egg white  
juice and zest from 1 lemon  
1/4 cup melted butter, ghee or virgin coconut oil (60 ml/ 2 fl oz)  
1 1/2 cups almond flour (150 g/ 5.3 oz)  
3/4 cup powdered Swerve (108 g/ 3.8 oz)  
1/4 tsp sea salt  
1 tsp baking powder  
1 cup fresh raspberries (120 g/ 4.2 oz)

### Glaze & topping:

1/2 cup powdered Swerve (80 g/ 2.8 oz)  
juice and zest from 1 lemon  
1/2 cup fresh raspberries (62 g/ 2.2 oz)

*Note: The glaze is very sweet and may be too sweet for those who are used to low-carb eating. Alternatively, you can use the glaze in our [Low-Carb Lemon Cake](#) which is made with melted coconut butter, coconut oil, lemon juice and lemon zest (sweetener can be skipped or used to taste).*

6. Bake for 1 hour or until a toothpick inserted into the center comes out clean. Once cooked, remove from the oven, set aside and let cool before adding the glaze.
7. To make the glaze simply mix together the ingredients in a small bowl until smooth. (See tips above for sweetener-free option).
8. Pour over the cooled loaf.
9. Sprinkle with the reserved raspberries.
10. Slice and serve! Store covered in the refrigerator for up to 5 days.

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## Instructions

1. Preheat oven to 175 °C/ 350 °F (conventional), or 155 °C/ 310 °F (fan assisted) and line a loaf pan with parchment paper.
2. In a large bowl whisk together the dry cake ingredients. In another bowl, beat the eggs using a hand mixer.
3. Add the melted butter (or ghee), lemon juice, and lemon zest. Add the dry ingredients.
4. Gently fold in the raspberries and mix using a spatula.
5. Pour into the loaf pan lined with parchment paper and spread evenly using a spatula.