

Healthy Keto Raspberry Meringue Pots

Hands-on 30 minutes Overall 2 hours 30 minutes

Nutritional values (per serving): Total carbs: 5.6 g, Fiber: 1.6 g, **Net carbs: 4.1 g,**

Protein: 5.5 g, Fat: 5.2 g, Calories: 90 kcal,

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



Ingredients (makes 6 servings)

Raspberry Curd

- 2 cups frozen raspberries (300 g/ 10.5 oz)
- 1 tbsp lemon juice (15 ml)
- 1 tsp fresh lemon zest
- 1/2 cup [powdered Erythritol](#) or [Swerve](#) (80 g/ 2.8 oz)
- 15-20 drops [liquid stevia](#)
- 4 large egg yolks
- 1 tsp [gelatine powder](#), bloomed in 2 tbsp of cold water
- 1 tsp butter, [ghee](#) or virgin [coconut oil](#) (14 g/ 0.5 oz)

Meringue

- 4 large egg whites
- 1/3 cup [powdered Erythritol](#) or [Swerve](#) (53 g/ 1.9 oz)
- 1/4 tsp [cream of tartar](#)

Garnish

- 4-6 [freeze-dried raspberries](#)

Instructions

1. Place the raspberries, stevia and lemon zest into a saucepan.
2. Add lemon juice and bring to the boil. Simmer for five minutes.
3. Place the raspberry mixture in a fine mesh sieve and push through until smooth, discarding the seeds.
4. Return the raspberry puree to your cleaned saucepan, add the sweetener and set aside.
5. Separate the egg yolks and whites. Whisk the egg yolks and then add the bloomed gelatine. Whisk well until no lumps remain.
6. Add the egg yolk mixture to the raspberries and mix well.
7. Heat over a medium heat until the mixture starts to bubble, stirring continuously. Once you see bubbles, remove from the heat, add

butter and stir until melted.

8. Set your glasses, jars or ramekins out (I used [4 oz/ 120 ml jars](#)). Pour the raspberry curd evenly into your jars and place in refrigerator to set for approx. 1.5 hours. Preheat oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional).
9. Place egg whites in the bowl of your [electric mixer](#) and beat with a whisk attachment. Slowly add cream of tartar to whisking egg whites. One teaspoon at a time, add the sweetener, making sure to beat well in-between additions. Whisk until stiff peaks form.
10. Remove set curd from fridge and spoon meringue on top, adding height and swirls to taste.
11. Place on a baking tray and cook for 15 - 18 minutes, until the meringue is browned to your taste.
12. Remove and let cool. Crumble the freeze-dried raspberries on top for garnish.
13. Return to fridge until ready to eat. Eat immediately if not able to cover. Otherwise, store covered in the refrigerator, for up to two days.

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