

Keto Spiced Berry Pop Tarts

Hands-on 15 minutes Overall 1 hour



Nutritional values (per pop tart): Total carbs: 10 g, Fiber: 3.1 g, **Net carbs: 6.9 g,**

Protein: 17.5 g, Fat: 27.6 g, Calories: 350 kcal,

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

Ingredients (makes 4 pop tarts)

Dough:

1 1/2 cups shredded mozzarella (170 g/ 6 oz) - use low-moisture, part-skim, shredded mozzarella cheese; not fresh mozzarella

2 tbsp cream cheese (30 g/ 1.1 oz)

1 large egg, room temperature

3/4 cup + 1 tbsp [almond flour](#) (80 g/ 2.8 oz)

3 tbsp [Erythritol](#) or other granulated low-carb sweetener (30 g/ 1.1 oz)

Optional: 1/2 tsp [vanilla powder](#) or [cinnamon](#)

Optional: 1 egg, whisked with 1 tbsp water or [almond milk](#) (for egg wash)

Filling & frosting:

6 tbsp [Mulled Wine Berry Jam](#) (120 g/ 4.2 oz)

2 tbsp cream cheese (30 g/ 1 oz)

1 tbsp butter, room temperature (14 g/ 0.5 oz)

1 tsp powdered [Erythritol](#) or [Swerve](#)

1/8 tsp sugar-free [vanilla extract](#)

1 1/2 tsp unsweetened [almond milk](#)

Instructions

1. Prepare the [Mulled Wine Berry Jam](#) as per our recipe. Making the jam will take an extra hour so it's best to prepare it in advance. Place to one side whilst you make the dough.
2. Preheat the oven to 180 °C/ 355 °F (fan assisted), or 200 °C/ 400 °F (conventional).
3. Place the mozzarella and cream cheese in a heatproof bowl. Warm in the microwave on high for 60 seconds. Stir with a spatula and then heat for a further 30 seconds.
4. Add the egg and almond flour and mix well to combine. You may need to get your hands involved and do a little kneading here. Roll into 6 balls. *Note: If the dough is too sticky, place it in the fridge for 10 to 20 minutes, or until you can roll without it being too sticky. Don't refrigerate it for too long or it will become too hard to roll and fold. If it does, pop back in the microwave for 10 to 15 seconds.*
5. Roll each ball between two sheets of greaseproof or 1 sheet and a silicone mat. Trim edges to form rectangles of equal size (approximately 10 x 7 cm/ 4 x 2 1/2 inches). Re-roll any dough scraps to make the 4th pop tart (2 rectangles per pop tart).
6. Add approximately 1 1/2 tablespoons (30 g/ 1.1 oz) of the [Mulled Wine Berry Jam](#) in the centre of 4 of the rectangles leaving about 1 1/2 cm (1/2 inch) of pastry round the edge. Make sure there are no excess juices — use just the thick part of the jam to prevent the dough from getting soggy.
7. Place the second sheet of pastry on top and seal by gently pressing the edges with a fork. You can optionally brush with a little egg wash for a glossy pastry like I did.
8. Pierce a small air hole in the top of the pastry with a sharp knife. Not so big the filling seeps out when cooking.
9. Bake in the oven for 15 to 20 minutes until golden.
10. To make the cream cheese frosting, mix all the ingredients together in a bowl using an electric whisk. Spoon into a piping bag with a fine nozzle. *Note: Option to make double the amount to make it easier to whisk. I made this into a frosting that can be drizzled. For a thicker frosting, you can leave out the almond milk.*
11. Serve! If enjoying these keto pop tarts with cream cheese frosting, it's best to let them fully cool to prevent the frosting melting. If serving with ice cream or yoghurt, they can be enjoyed warm, fresh from the oven. These pop tarts taste the best when served straight from the oven, but they can be stored in the refrigerator covered for up to four days.

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