

# Keto Strawberry Mini Clafoutis

Hands-on 10 minutes Overall 35 minutes

**Nutritional values (per serving):** Total carbs: 9.5 g, Fiber: 3.9 g, **Net carbs: 5.7 g,**

Protein: 10.3 g, Fat: 30.6 g, Calories: 341 kcal,

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



## Ingredients (makes 2 servings)

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- 1 large egg
- 2 tbsp butter, [ghee](#) or virgin [coconut oil](#), melted (28 g/ 1 oz)
- 1/4 cup unsweetened [almond milk](#) (60 ml)
- 1/2 tsp sugar-free [vanilla extract](#)
- 2 tbsp [powdered Erythritol](#) or [Swerve](#) (20 g/ 0.7 oz)
- 1/2 cup + 2 tbsp [almond flour](#) (62 g/ 2.2 oz)
- 1/4 tsp [gluten-free baking powder](#)
- 3-4 sliced fresh strawberries (70 g/ 2.5 oz)
- Optional:* clotted cream, full-fat yogurt or [coconut cream](#), to serve

## Instructions

1. Place the egg, melted butter, almond milk and vanilla extract in a bowl and whisk until well combined. Add the powdered Erythritol, almond flour and baking powder and whisk again.
2. Divide the mixture between 2 ramekins (the ramekins I used are about 1 cup/ 240 ml each).
3. Top with sliced strawberries. Place in the oven and bake at 175 °C/ 350 °F for about 25 minutes or until set.
4. Remove from the oven and let it cool for a few minutes before serving.
5. To serve, top with clotted cream, heavy whipping cream or coconut cream.
6. Eat immediately or refrigerate for up to 3 days.

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