

Keto Triple Berry Clafoutis

Hands-on 10 minutes Overall 40-45 minutes

Nutritional values (per serving): Total carbs: 7.9 g, Fiber: 3 g, **Net carbs: 4.9 g**, Protein: 6.9 g,
Fat: 16.5 g, Calories: 198 kcal,

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



Ingredients (makes 8 servings)

- 4 large eggs
- 1 cup [coconut milk](#) (240 ml / 8 fl oz) - I used [Aroy-D](#)
- 1/4 cup granulated [Erythritol](#) or [Swerve](#) (50 g/ 1.8 oz)
- 1 cup [almond flour](#) (100 g/ 3.5 oz)
- 1/2 tsp [vanilla powder](#) or 1-2 tsp unsweetened [vanilla extract](#) (you can [make your own](#))
- 1/8 tsp salt
- 2 tsp [ghee](#) or [coconut oil](#) for greasing
- 2 cups fresh or frozen berries: blackberries, raspberries and blueberries (300 g/ 10.6 oz)
- 1 tbsp powdered [Erythritol](#) or [Swerve](#) for dusting - I used [Sukrin icing](#)

Instructions

1. Preheat the oven to 175 °C/ 350 °F. Place all the ingredients apart from the ghee and berries [into a blender](#): eggs, coconut milk, Erythritol, almond flour, vanilla powder and salt.
2. Pulse until smooth for just a few seconds. Alternatively, mix in a bowl with a whisk.
3. Grease a [9 to 10-inch flan dish](#) with ghee and pour in the mixture. Add the berries: blackberries, raspberries and blueberries (wild blueberries contain less carbs than cultivated blueberries). Transfer into the oven and bake for 35-40 minutes.
4. The pie is ready when the top is golden brown and set. You can also test it by inserting a toothpick in centre. If it comes out clean, the pie is ready. Remove from the oven and let it cool down for 5 minutes.
5. Dust with powdered Erythritol, slice and serve. Try with a scoop of my [No-Churn Keto Vanilla Ice Cream](#). Let it cool down and store in the fridge for up to 3 days.

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