

Low-Carb Blueberry Frangipane Tart

Hands-on 20 minutes Overall 1 hour 5 minutes



Nutritional values (per serving, 1 slice): Total carbs: 12.4 g, Fiber: 6 g, **Net carbs: 6.4 g**,

Protein: 12.5 g, Fat: 43.8 g, Calories: 484 kcal,

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

Ingredients (makes 8 servings)

Crust:

1/2 cup melted butter *or ghee* (120 ml/ 4 fl oz)

1 cup [coconut flour](#) (120 g/ 4.2 oz)

1 cup [almond flour](#) (120 g/ 4.2 oz)

1 large egg

1 tsp [cinnamon](#)

Frangipane:

1 stick + 1 tbsp butter, softened (125 g/ 4.5 oz)

1/2 cup + 2 tbsp granulated [Erythritol](#) *or Swerve* (120 g/ 4.2 oz)

1 1/4 cups [almond flour](#) (125 g/ 4.5 oz)

3 large eggs

1 tbsp [sesame seed flour](#) *or coconut flour* (8 g/ 0.3 oz)

1 tsp [vanilla powder](#) *or* 2-3 tsp sugar-free [vanilla extract](#)

1 tsp fresh lemon zest

1/2 cup fresh *or* frozen blueberries (75 g/ 2.6 oz)

- Spoon into the tart crust and smooth the top. Scatter the fresh blueberries evenly over the top of the tart and push them down into the frangipane filling to hold them in place. Bake for about 35 minutes.
- Serve warm or cold with tea or coffee. It also tastes great with a dollop of crème fraîche, whipped cream, coconut cream or full-fat yogurt.
- Store, wrapped in cling wrap, in the fridge for up to 4 days.

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Instructions

- Preheat oven to 180° C/ 355° F (fan assisted), or 200° C/ 400° F (conventional). Start by preparing the crust. Melt the butter.
- Mix all of the crust ingredients together in a mixing bowl until well combined.
- Press into a greased 22 cm/ 8.7 " tart pan. I use a measuring cup around the edges to get a good defined angle in the base of the crust. Bake for 10 minutes.
- While the crust bakes, prepare the frangipane filling. Place the butter and sweetener in the bowl of your stand mixer and beat until light and fluffy.
- Add the eggs, almond flour, sesame flour, vanilla and lemon zest and mix on low to combine well.