

# Low-Carb Chocolate & Coconut Custard Tarts

Hands-on 45 minutes Overall 3-4 hours

**Nutritional values (per tart):** Total carbs: 14.6 g, Fiber: 6.2 g, **Net carbs: 8.5 g**, Protein: 12.8 g,  
Fat: 53.4 g, Calories: 548 kcal,

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



## Ingredients (makes 6 tarts)

### Crust:

- 1 1/2 cups [almond flour](#) (150 g/ 5.3 oz)
- 1/2 cup [cacao powder](#), plus more for dusting (43 g/ 1.5 oz)
- 1/3 cup [powdered Erythritol](#) or [Swerve](#) (53 g/ 1.9 oz)
- 6 tbsp butter or virgin [coconut oil](#), melted (85 g/ 3 oz)

### Custard & Topping:

- 1 can full-fat [coconut milk](#) (450 ml/ 15.2 fl oz)
- 6 egg yolks
- 1 large egg
- 1 1/2 tsp sugar-free [vanilla extract](#) (*you can [make your own](#)*)
- 4 tsp [powdered Erythritol](#) or [Swerve](#) (16 g/ 0.6 oz) - *add sweetener to taste if needed*
- pinch of [pink Himalayan salt](#)
- 2 ounces of [90% dark chocolate](#) (57 g)
- 1/2 cup unsweetened [flaked coconut](#) (15 g/ 0.5 oz)

## Instructions

- Preheat oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional).
- Place almond flour, cacao, Erythritol and melted butter together in a bowl and mix well. Spray one large of four individual tart pans with olive oil or coconut oil spray.
- Divide the crust mixture between 6 tart pans (12 cm /5 inch each) and press into pan using the back of a dessert spoon. I have learned over the years to finish off around the edges using a 1/4 cup measure. The edge of the measuring cup helps to create a nice angle to the bottom of the tart.
- Prick all over the base of the tarts with a fork and bake for 12 to 15 minutes until cooked but no scorched (be careful with chocolate crusts as it's hard on the colour when they are about to get burnt).

- Remove from oven and cool completely. Melt the dark chocolate in a jug in the microwave or a double-boiler.
- Paint a thin layer of chocolate inside the tart shell and place in the fridge to set (not only is this a delicious addition, but it helps to stop any sogginess of the tart shell). Sit the remaining melted chocolate aside to use to garnish the finished tarts.
- Meanwhile, place the coconut milk in a medium saucepan and add the sweetener, salt and vanilla. Heat gently until just below a simmer and remove from heat.
- Beat the egg yolks and egg in a bowl and very slowly add them to the hot coconut milk, whisking well the whole time. Return to the stove over a medium heat and cook for about 10 to 15 minutes, until thickened, stirring constantly.
- Once the custard has thickened, strain it through a fine sieve and then set aside to cool with a sheet of cling wrap on the surface to avoid a skin forming.
- Once cool, but not set, spoon into the tart shells and refrigerate until set.
- To decorate, place a piece of paper over half of the tart and dust the balance with cacao powder.
- Add some coconut shavings and then re-melt the dark chocolate. Using a spoon, drizzle the chocolate over the tarts.
- These tarts can be stored in the fridge for up to 5 days. Enjoy!

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