

Low-Carb Chocolate & Lime Tarts

Hands-on 15 minutes Overall 1 hour

Nutritional values (per tart): Total carbs: 16.8 g, Fiber: 10.6 g, Net carbs: 6.2 g,

Protein: 11.1 g, Fat: 36.1 g, Calories: 397 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 6-12 servings)

Base:

1 1/4 cups of almond flour (125 g/ 4.4 oz)

3 tbsp whey protein powder or egg white protein powder (18 g/ 0.6 oz)

1 medium egg

1 1/2 tbsp coconut oil (20 g/ 0.7 oz)

Optional: 2 1/2 tbsp erythritol or Swerve (25 g/ 0.9 oz)

Filling:

3 large ripe avocados (600 g/ 1.3 lb)

2 tbsp Erythritol, Swerve or other keto-friendly sweetener to taste (20 g/ 0.7 oz) - see note below

2 tbsp virgin coconut oil, soft but not melted

juice of 1 1/2 limes (about 1/4 cup/ 60 ml)

1/3 cup raw cacao (29 g/ 1 oz)

1/8 tsp sea salt

Decoration:

2-3 squares dark 99% chocolate (unsweetened chocolate), shaved (15 g/ 0.5 oz) - or use 85-90% dark chocolate

zest from 1/2 lime

Note: One whole tart can be served for breakfast, while half of the tart will be enough when served after a meal. If you just started following a low-carb diet, then you may find some recipes not sweet enough. You can add a few extra drops of stevia or a little more erythritol or Swerve to suit your palate.

Instructions

1. Make the low carb tart bases as per the recipe here (Just make 6 tarts instead of 8 tarts, 12 cm /5 inch each).
2. Once the crusts are baked and golden, remove from the oven and

allow to cool.

3. Meanwhile, prepare the filling. Remove the skins and stones from the avocados. Place the avocado meat, sweetener (start with 1 tablespoon and adjust to taste), coconut oil, lime juice, salt and cacao in large mixing bowl.
4. Using a hand blender, blitz until smooth. Taste and adjust the sweetness to your palate.
5. Divide the chocolate filling into 6 and fill each of the keto tart crusts. Spread evenly across the base to the edges using a spatula.
6. Place in the fridge to set for at least an hour until set. Option to place in the freezer for 45 minutes if in a hurry.
7. Grate the dark chocolate and lime zest. Remove the keto chocolate tarts from the fridge or freezer and top with grated chocolate and lime zest. Keep in the fridge until ready to serve. Option to remove them 5 minutes before serving if you prefer a softer filling. I like mine straight from the fridge. Pairs well with this keto vanilla soft scoop ice cream, full-fat plain Greek yogurt or coconut yogurt. One tart can be served for breakfast, while half of the tart will be enough when served as a dessert.

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