

Low-Carb Raspberry & Pistachio Tarts

Hands-on 15 minutes Overall 1 hour



Nutritional values (per serving, 1/2 tart): Total carbs: 12.1 g, Fiber: 5.6 g, **Net carbs: 6.5 g**,

Protein: 14.3 g, Fat: 39.7 g, Calories: 442 kcal,

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

Ingredients (makes 4 medium tarts)

Crust:

1 recipe [Sweet Keto Pie Crust](#), make according to it's directions except use four [4.75" \(12 cm\) mini tart pans](#)

Cake:

1 cup + 1 tbsp [almond flour](#) (107 g/ 3.8 oz)
4 tbsp unsalted butter (50 g/ 1.8 oz)
1/3 cup + 2 tbsp granulated [Swerve](#) or [Erythritol](#) (72 g/ 2.5 oz)
1 large egg
1 egg yolk
1 tsp unsweetened almond extract
2 tbsp [pistachio paste/butter](#) (44 g/ 1.6 oz)

Avocado-Pistachio Frosting:

1 medium avocado (150 g/ 5.3 oz)
2/3 cup + 1 tbsp powdered [Swerve](#) or [Erythritol](#) (115 g/ 4.1 oz)
1/2 cup heavy whipping cream (120 ml/ 4 fl oz)

Topping:

15 fresh raspberries (30 g/ 1.1 oz)

Note: You can make your own [pistachio butter](#) by blending raw unsalted [pistachios](#) with water until a paste forms. If using store-bought make sure there is no sugar added.

Instructions

1. Make the crust [according to its directions here](#) except use four [4.75" \(12 cm\) mini tart pans](#). Preheat the oven to 160 °C/ 320 °F (conventional), or 140 °C/ 285 °F (fan assisted).
2. Make the cake by processing all of the cake ingredients in a [food processor](#) until combined.
3. Fill the tart pans with the batter. Using foil cover the edges of the tarts so they won't burn.

4. Bake the tarts for 30 minutes until the cake is set. Remove from the oven and allow to cool on a wire rack. Remove the tarts from the pans before frosting.
5. While the tarts are baking make the frosting by beating the avocado, powdered sweetener and heavy cream in a [stand mixer](#) fitted with the whisk attachment on high for 3-4 minutes. The frosting should be stiff and easily pipeable.
6. Transfer the frosting to a piping bag or a plastic baggie and snip off the corner. Pipe the frosting onto the tarts then top with fresh raspberries. *Note: To prevent the avocado from browning, add some lemon or lime juice to the frosting, and keep in an airtight container in the fridge for up to 4 days.*

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