

Toasted Cream Keto Tarts

Hands-on 15 minutes Overall 3 hours

Nutritional values (per tart): Total carbs: 1.7 g, Fiber: 0.4 g, **Net carbs: 1.3 g**, Protein: 3.1 g,

Fat: 11.7 g, Calories: 124 kcal,

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



Ingredients (makes 24 tarts)

Toasted Cream:

500 ml cream (17 fl oz)

1/4 tsp [baking soda](#)

1 tbsp [Sukrin Gold](#), [Swerve](#) or [Erythritol](#) (10 g/ 0.4 oz)

1/4 tsp [cinnamon](#)

Tart Shells:

1 1/2 cups shredded low-moisture mozzarella cheese (170 g/ 6 oz)

1 heaped tbsp cream cheese (30 g/ 1.1 oz)

3/4 cup + 1 tbsp [almond flour](#) (80 g/ 2.8 oz)

1 large egg

1 tbsp [Sukrin Gold](#), [Swerve](#) or other brown sugar substitute (10 g/ 0.4 oz)

1/4 tsp [cinnamon](#)

olive oil or [coconut oil](#) spray for greasing

Note: If you're dairy-free, this recipe should work with [coconut milk](#) too although we haven't tested it. Instead of the Fat Head dough base, you can use [this keto pie crust](#).

Instructions

1. Start by making the toasted cream. For that you'll need a pressure cooker or an [Instant Pot](#).
2. Pour the cream into a jug and add the bicarb soda. Mix well and then pour into jars that will fit on the steam rack of your pressure cooker.
3. Screw the lids on to finger-tight. Place about 2.5 cm/ 1 inch of cold water in the base of the pressure cooker and insert the steam rack. Stand the jars of cream on the rack, lock the pressure cooker and set to *high* for two hours.
4. Allow cream to cool inside the pressure cooker until cool enough to handle. Remove from pressure cooker and marvel at the toffee

colour. Place jars in fridge until chilled.

5. Preheat oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional). Place the mozzarella and cream cheese together in a microwaveable bowl.
6. Microwave on high for 1 minute. Stir well. Microwave on high for a further 30 seconds.
7. Add almond flour, egg, sweetener and cinnamon and stir well until combined.
8. Roll out between two sheets of silicone paper. Using a cookie cutter, or a glass, cut out circles slightly larger than your mini-muffin holes. Repeat until you use all of the dough.
9. Spray your muffin tray with olive oil or grease with coconut oil. Gently push the dough into the muffin holes and use your fingertip to press the dough into place. Bake for 12-15 minutes.
10. Remove from oven and let cool.
11. Whip cream with 1 tablespoon of Sukrin Gold and pipe into tart shells. Dust with the last of the cinnamon.
12. Devour in wonder. Store in a container in the refrigerator for up to 4 days.

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