

LEMON CREAM PIE

By Dr. Cindy Tanzar

This recipe boasts a very smooth and creamy filling with a fresh whipped lemony flavor. It really is quite delicious and pretty easy to make. Perfect for a special occasion, this pie is low-carb and weight-loss friendly... within reason! You can serve this pie to anyone, regardless of whether they are watching their weight or not, and they'll never know it's low-carb. The crust is unique with shredded coconut mixed in for a great texture, but not a strong coconut flavor. Enjoy!

Makes 8 servings.



INGREDIENTS

CRUST

- 6 Tbsp Kerry Gold butter, softened
- 3/4 cup Swerve granular
- 3/4 cup dried shredded coconut (unsweetened)
- 3/4 cup fine almond flour
- Pinch of pink Himalayan salt

FILLING

- 1/2 cup Kerry Gold butter



- 1/2 Swerve Granular
- Zest from 3 lemons (use a zester, not a grater -zest before juicing)
- 1/2 cup fresh lemon juice
- 6 pastured egg yolks

- 1-1/2 cups organic heavy whipping cream
- 1/4 tsp xanthan gum*
- 1 Tbsp Swerve Confectioners (can use Granular, let it dissolve in the cream)

INSTRUCTIONS

CRUST

Preheat the oven to 350°F. Combine the butter, Swerve, coconut, almond flour and salt in a medium bowl and mix until a dough forms.

Press the dough into a pie plate, going all the way up the sides.

Bake for 15 minutes, or until golden brown.

NOTE: The crust may slide down a bit on the sides during baking. Once removed from the oven, it will remain soft for about 10 minutes before hardening. So, wait 5 minutes and press the crust back into shape. Let it cool and harden before filling. If there is butter on the top of the crust after sitting, dab it up with a paper towel. (The butter should absorb on its own.)

FILLING

Melt the butter in a small saucepan on low heat. Remove from heat and whisk in Swerve, lemon juice and lemon zest until dissolved.

Whisk in the egg yolks and return to the stove over low heat, whisking continually until the curd thickens (thick enough to coat a spoon, but thin enough to pour through a strainer). Remove from heat and strain in to a bowl and chill.

In a large bowl, whip the heavy cream, xanthan gum and Swerve until stiff peaks form.

Fold 1/3 of the whipped cream mixture into the chilled lemon curd until combined. Then add the lightened lemon curd into the remaining whipped cream and gently fold together until fully combined, but still fluffy.



Spoon the filling into the cooled pie crust. Garnish with additional whipped cream and lemon zest, if desired. Serve chilled. Keeps for one week in the refrigerator.

*Xanthan gum is available in small packets at Health Nut Nutrition or in bags in the healthy food department at Kroger or Walmart. A little goes a long way, so you will have it a long time.