

KETO LEMON CURD

NUTRITION INFO

[Total Servings = 25 servings]

Per Serving of 20 g ;

Total Carb = 0.7 g

Dietary Fiber = 0

Net Carb = 0.7 g

Calories = 60

Total Fat = 5.7 g

Protein = 1.8 g

INGREDIENTS

Egg Yolks = 16 large (Note: Using egg yolks makes the texture thicker and more golden in color. But if you prefer the texture to be less thick, you can just reduce the amount of egg yolks and add some whole eggs)

Fresh Lemon Juice = 120 ml / 1/2 cup (About 3 to 4 lemons)

Lemon Zest = 3 lemons

Allulose = 200 g / 1 cup (<https://amzn.to/3IbZY7W>) (Note: Allulose is the best option as it does not crystallize when chilled. If you can't get hold of Allulose then you can try Stevia liquid or any other keto friendly sweetener)

Cold Cubed Unsalted Butter = 85 g / 3/8 cup

NOTE : In the video, I doubled the recipe to make extra for my sister who loves this lemon curd with the Keto Walnut Bread I made for her.

DIRECTIONS

1. Add all the ingredients (except the butter) into a sauce pan and whisk to combine.
2. Turn on the heat of the stove to low and cook, stirring constantly.
3. Once the mixture thickens and coats the back of the spoon, it is ready.
4. Turn off the heat and remove the pan.
5. Add the cold cubed butter and stir until the butter has melted.
6. Sieve the lemon curd to remove the lemon zest and rough lumps.
7. Store in clean and dry jars in the refrigerator for up to 2 weeks or frozen for months.
8. This lemon curd is rich, thick, mildly sweet and silky-smooth.
9. It is great on bread, toasted bread, waffles, pancakes, crackers, ice cream and many other options.

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