

A pudding-like mixture fills this Keto Summer Fruit Tart. Use any type of summer fruit you like for a simple but delightful dessert that will be the star on any table.

Servings - 12

**Prep Time - 35 Mins | Cook Time - 10 Mins | Cool Time - 1 Hr | Chill Time - 1 Hr
| Total Time - 2 Hrs 45 Mins**

Difficulty - Easy



Cuisine - French

RECIPE

KETO SUMMER FRUIT TART

EQUIPMENT

[Mixing Bowls](#)

[Balloon Whisk](#)

[Cup and Spoon Measures](#)

[Rolling Pin](#)

[11 inch Non-Stick Fluted Flan Tin](#)

[Spatula](#)

INGREDIENTS

Pastry

[1/4 Cup FHALL Low Carb All-Purpose White Flour](#)

[1/4 Tsp Himalayan Salt \(Ground\)](#)

[1/4 Cup Vegetable Shortening](#)

[1 Tbsp Monk-Fruit/Erythritol blend sweetener](#)

4 to 5 tablespoons cold water

Filling

[1/4 Cup Monk-Fruit/Erythritol blend sweetener](#)

[2 Tbsp FHALL Low Carb Gluten-Free White Flour](#)

[200 ml Almond Milk \(unsweetened\)](#)

[150 g Double/Heavy Cream](#)

2 Large eggs at room temperature

[1/2 Tsp Vanilla Essence](#)

2 Cups fresh strawberries

[2 Tbsp Vanilla Syrup, sugar free](#)

1/2 Cup fresh blueberries

[2 Tbsp Rum](#)

NOTE: For Gluten Free option, replace the FHALL Low Carb all purpose flour with FHALL Gluten-Free flour, plus one Tsp baking soda. This flour is also low carb.

METHOD

Pastry

In a medium bowl, stir together the flour, sweetener and salt. Cut in shortening until mixture resembles fine crumbs.

Sprinkle 1 tablespoon of the water over part of the mixture; gently toss with a fork.

Repeat until the dough is moistened, and then form into a ball.

On a lightly floured surface, flatten dough. Roll out dough to form a circle about 13 inches in diameter.

Ease pastry into an 11-inch tart pan with removable bottom, being careful not to stretch pastry. Trim the pastry evenly with a knife at the edge of the pan. Prick pastry well with a fork.

Bake in a 450 C/230 F or Fan 210/Gas 8 temperature oven for 10 minutes or until golden brown.

Allow the pastry to cool.

Filling

In a heavy medium saucepan, combine sweetener and flour; stir in the almond milk, cream and eggs.

Cook and stir with a balloon whisk over medium heat, whisking constantly until the mixture is thickened and bubbly. Cook and stir for 2 minutes more.

Remove from the heat and stir in the vanilla with a spatula. Cover the surface with cling film and refrigerate until thoroughly chilled.

Spread cooled filling in the tart shell. Arrange the fruit in the filling, and sprinkle the remaining berries on top.

Mix syrup and rum and brush on fruit. Cover and refrigerate for up to 1 hour and serve.

SERVING SUGGESTIONS

Delicious served with lots of fresh cream or [Keto Rich Vanilla Ice Cream](#).

STORAGE

Store at room temperature for 1 to 2 days or up to 7 days in the refrigerator.

NUTRITION FACTS

Per serving : 90 g | Calories 223 | Protein 6.3 g | Fat 18.2 g | Carbs 9.2 g | Fiber 3.4 g

Net Carbs : 5.8 g

LOW CARB - KETO - SUGAR FREE - GLUTEN FREE - VEGETARIAN

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