



PEPPERMINT CRISP TART

PREPARATION TIME: 20 minutes | COOKING TIME: 20 minutes | SERVINGS: 12

BASE

1½ cups (180g) almond flour
3 Tbsp (45ml) desiccated coconut
3 Tbsp (45ml) erythritol
⅓ cup (80ml) melted coconut oil
1 tsp (5ml) vanilla extract

CARAMEL

5 Tbsp (75ml) butter
5 Tbsp (75ml) cream
2 Tbsp (30ml) erythritol
½ tsp (2.5ml) vanilla extract
Pinch of salt

FILLING

1½ cups (375ml) cream
¼ tsp (1.25ml) peppermint extract, or more to taste
Sugar-free mint chocolate, grated, for serving (optional)

1. Preheat the oven to 180°C. Line a cake tin with baking paper.
2. For the base, combine the almond flour, desiccated coconut and erythritol in a mixing bowl. Stir in the coconut oil and vanilla extract. Transfer the mixture to the prepared cake tin and pat down evenly. Bake for 10 minutes. Leave to cool.
3. For the caramel, melt the butter in a frying pan over a medium heat. Continue to simmer until it turns light brown. Add the cream and erythritol while whisking. Once the caramel has thickened (about 45 seconds), remove from the heat and continue to whisk until it has cooled a little. Stir in the vanilla extract and salt.
4. For the filling, whip the cream until it forms stiff peaks. Fold in the peppermint extract and caramel. Taste and adjust for sweetness and peppermint flavour. Be careful because the peppermint flavour is strong and can easily overpower the other ingredients.
5. Pour the filling onto the base and smooth it out. Top with the grated chocolate, if using.

NUTRITION (per serving)

Protein	Net Carbs	Fibre	Fat	Calories
4.1g (5%)	2.3g (5%)	1g	31.6g (90%)	307kcal

