

## CARAMEL PECAN TARTS



	Ingredients	Exchanges
Protein	11.7 gm NOW Real Food® almond flour	2 (-3.3 gm fat)
	4.5 gm raw egg	0.5 (-0.3 gm fat)
	10.4 gm dry roasted pecans	1.2 (-6.6 gm fat)
Fat	10 gm butter (in crust)	2
	9.8 gm butter (in filling)	4 (-10.2 gm)
Carbohydrates	1.6 gm Bob's Red Mill® coconut flour	1.3
	2-3 drops liquid artificial sweetener 1 Tbsp. Walden Farms® caramel syrup Dash ground cinnamon	

### DIRECTIONS

- Melt the butter (in crust) in a small bowl.
- Add the almond flour, raw egg, and coconut flour to the melted butter.
- Sweeten with liquid artificial sweetener and ground cinnamon. Stir to combine.
- Grease a miniature muffin pan/mold with nonstick cooking spray.
- Bake the crusts for 15-20 minutes until golden brown.
- Remove from the oven and allow to fully cool before removing from pan.
- In a separate bowl, melt the butter (in filling).
- Add the roasted pecans and caramel syrup. Stir to combine.
- Scoop the filling into the tart crusts, dividing evenly.
- Serve.

*Recipe developed by Chef Paige Vondran*

### VARIATIONS

- Adjust the sweetener according to personal preference.
- Other keto-approved almond flours can be used.
- Smart Balance can be used in place of butter.
- This recipe can be frozen, but will be fragile when reheating.
- If personal meal plan requires heavy cream, it can be whipped and served over top of this recipe.