



KEY LIME PIE

Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Protein	28.2 gm pureed macadamia nut (crust)	3 (-18 gm fat)
	----- 10.5 gm raw egg (crust)	----- 0.7 (-0.7 gm fat)
Fat	10 gm butter (crust)	2
	----- 11.3 gm butter (filling)	----- 6 (-18.7 gm)
Carbohydrate	9.2 gm key lime juice	0.8
	----- 0.7 gm Bob's Red Mill® coconut flour	----- 0.5
Other	4 gm erythritol	
	----- 1 tsp. Da Vinci sugar free vanilla syrup	

DIRECTIONS

- In a small bowl, melt the butter for the crust.
- Add the erythritol, pureed macadamia nuts, coconut flour and raw egg.
- Grease a ramekin or muffin pan with nonstick cooking spray.
- Scoop the crust mixture into the greased mold and press down to cover the bottom.
- Bake in a preheated 350-degree oven for 20-25 minutes.
- While the crust is baking, melt the butter for the filling in a separate small bowl.
- Add the fresh squeezed key lime juice.
- Stir to mix the butter and lime juice, then add in the heavy cream while continuing to stir.
- Sweeten with sugar free vanilla syrup; stir until smooth.
- Once the crust is baked and fully cooled, scoop the filling mixture into the mold, spreading evenly overtop of the crust.
- Place in the refrigerator for a few hours to slightly firm.
- Serve chilled.

VARIATIONS

- Butter in the filling is very flexible and can be adjusted or omitted as needed.
- Key lime juice is different than regular lime juice by providing a less sour taste. The carbohydrate exchange for fresh key lime juice is 11.5 gm.
- Alternative artificial sweeteners can be used such as liquid stevia, liquid saccharin, or liquid monk fruit; though, the flavor will slightly different.