

Coconut Cream Pie

Hands On Time: 20 minutes

Total Time: 30 minutes, plus chilling time

Serves 10

If you love the combination of lush, creamy coconut filling and pillow-y whipped cream topping, then you will adore this pie.

It has all of the delicious flavors and textures that coconut cream pie lovers have come to expect, without the sugars and grains.

Enjoy!



INGREDIENTS:

Crust:

- 1 ½ cups of almond flour
- 3.5 ounces of butter
- ¼ cup of **Sukrin Bake**
- ¼ cup of desiccated coconut

Coconut Filling:

- 1 can of coconut cream
- 1 cup of heavy cream
- 4 egg yolks
- ¾ cup **Sukrin Bake**
- 2 teaspoons of vanilla
- 2 teaspoons of powdered gelatin
- 2 Tablespoons cold water

Cream Topping:

- 1 cup of heavy cream
- 2 Tablespoons **Sukrin Bake**

3 Tablespoons of shredded or flaked coconut - toasted

METHOD:

Pre-heat oven to 350° F, fan forced.

To make the crust: grease and line a tart pan.

Melt the butter and then add it to the dry ingredients in a mixing bowl and stir until combined.

Press in a thin layer around the base and sides of your tart pan.

Bake for 12 minutes.

Remove from the oven and cool.

To make the filling: place the coconut cream, cream, egg yolks, Sukrin Bake and vanilla into a saucepan and whisk to combine.

Heat gently over med-high heat until the mixture thickens slightly.

Meanwhile, sprinkle the gelatin powder over the cold water and leave to bloom for a minute.

Scrape the bloomed gelatin mixture into the hot custard and stir until dissolved.

Remove the custard from the heat and let cool.

Pour the cooled and thickened custard into the pie crust and refrigerate until set.

Whip your cream and Sukrin Bake until thick and then spread over the top of the pie.

Scatter the toasted coconut over the top and serve.

NUTRITIONAL INFORMATION:



Nutritional data (per serving)

Net Carbs	Protein	Fat	Calories
6.9 grams	9.6 grams	51 grams	528 kcal

Calories from carbs **5.3%**, protein **7.3%**, fat **87.4%**.

• Total Carbs **11.2 grams** • Fiber **4.2 grams** • Sugars **3 grams**

• Saturated Fat **31.5 grams** • Sodium **24.9 mg**(1.1 %RDA)

• Magnesium **63.3 mg**(15.8 %RDA) • Potassium **335 mg**(16.8 %EMR)

Ingredients (makes 10 servings)

1 ½ cups of almond flour 150 grams
(blanched ground almonds,
almond meal)

3 ½ fl oz of Butter, without 99.4
salt grams

1 ¼ cup, granulated of 250 grams
allulose, natural low-carb
sweetener

1 ½ cups of coconut, dried, 112.5
desiccated, shredded grams
(organic, unsweetened)

14 fl oz of coconut cream, 420 grams
creamed coconut milk
(organic, unsweetened)

2 cup of Cream, fluid, heavy 480 grams
whipping

4 large of egg yolk, fresh 68 grams

2 tsp of Vanilla extract 8.4 grams

4 ¼ envelopes of Original 7.2 grams
Gelatine, Unflavored (Knox)
(Knox)

2 tbsp of water, still 29.6
grams

Add all to Basket