

Foodnity Recipes

# Keto Rhubarb Custard Pie – Low-Carb Delight

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| **20 min** Prep time | **35 min** Cook time | **55 min** Total time |
| **6** Servings | **Easy** Difficulty | **American** Cuisine |

## Ingredients

### Crust

- [ ] 1 1/2 cups almond flour
- [ ] 1/4 cup erythritol
- [ ] 1/4 tsp salt
- [ ] 1/3 cup unsalted butter, cold and cubed
- [ ] 1 large egg

### Filling

- [ ] 3 cups rhubarb, sliced into 1/4-inch pieces
- [ ] 1/4 cup erythritol
- [ ] 2 tbsp lemon juice
- [ ] 4 large eggs
- [ ] 1 cup heavy cream
- [ ] 1/2 cup unsweetened almond milk
- [ ] 1 tsp vanilla extract
- [ ] 1/4 tsp ground nutmeg

## Instructions

1. Preheat the oven to 350°F (175°C). Combine almond flour, erythritol, and salt in a bowl; cut in the cold butter until the mixture resembles coarse crumbs.
2. Add the egg, mix quickly to form a dough, press into a 9-inch pie pan, and chill for 30 minutes. Meanwhile, toss rhubarb with erythritol and lemon juice; let it sit.
3. Blind-bake the crust: line with parchment, add pie weights, bake 12-15 minutes until lightly golden. Remove weights and parchment.
4. Whisk eggs, cream, almond milk, vanilla, and nutmeg together. Pour over the macerated rhubarb, then transfer the filling into the pre-baked crust.
5. Bake for 25-30 minutes until the custard is set but still gently jiggles in the center. Cool 10 minutes, dust with powdered erythritol, and serve warm.

### Nutrition per serving

| 280 kcal | 6 g | 7 g | 22 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- If the crust looks too pale, give it an extra minute under the broiler.
- A pinch of sea salt in the custard heightens the sweet-tart balance.
- For extra aroma, add a thin slice of orange zest to the rhubarb maceration.