

Foodnity Recipes

Keto Rhubarb Custard Pie

Low-carb keto rhubarb custard pie with a buttery almond crust and creamy tangy filling, perfect for a sugar-free dessert.

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 cup unsalted butter, melted
- [ ] 1 large egg
- [ ] Pinch of salt

Filling

- [ ] 4 large eggs
- [ ] 1 cup heavy cream
- [ ] 1/2 cup unsweetened almond milk
- [ ] 1/3 cup erythritol
- [ ] 1 tsp vanilla extract
- [ ] 1 tbsp lemon zest
- [ ] 2 cups rhubarb, trimmed and sliced thin
- [ ] Optional: 1 tbsp butter melted for drizzling

Instructions

1. Preheat oven to 350°F (175°C). In a bowl combine almond flour, erythritol, salt, melted butter, egg and mix until a crumbly dough forms.
2. Press the dough evenly into a 9-inch pie pan, ensuring a thin, even layer. Place parchment paper on top and fill with pie weights or dried beans.
3. Bake the crust for 12-15 minutes, until lightly golden. Remove weights and parchment, then set aside.
4. While crust bakes, whisk together eggs, heavy cream, almond milk, erythritol, vanilla, and lemon zest until smooth.
5. Arrange sliced rhubarb over the baked crust, pour the custard mixture over it, and drizzle melted butter if using. Bake for 20-25 minutes, until the custard is set but still slightly wobbly in the center.
6. Let the pie cool on a wire rack for 30 minutes, then slice and serve. For an added touch, try a dollop of whipped cream or a sprinkle of toasted almond slivers.

Nutrition per serving

320 kcal	9 g	8 g	26 g
Calories	Protein	Carbs	Fat

Tips & notes

- Avoid over-mixing the crust dough; it can become dense.
- If rhubarb releases too much liquid, sprinkle a little extra erythritol before baking.
- For extra caramelization, broil the top for 1-2 minutes at the end.