



Categories: Family Friendly. Keto. Low Carb. Sweet.

Strawberry Tart

Yield: 8

Prep time: 10 minutes

Total time: 3 hours

Ingredients

Crust:

Almond Flour | 1.5 cups

Butter | 3 Tbsp, cut into pieces

Date Lady date sugar | 3 tbsp

Strawberries | 2-4 cups, quartered

Filling:

Cream Cheese | 16 oz.

Date Lady date sugar | ½ cup

Directions

Add the crust ingredients to food processor. Pulse until smooth. Press into the bottom of a 9-inch tart pan. *Combine cream cheese and date sugar in food processor. Pulse until smooth. Spread on top of the crust. Top with strawberries. Chill for 2-3 hours before serving. You can use the sweetener of your choice, adjust macros if doing so.*

Macronutrient Breakdown

Calories: 440 kcal | Carbohydrates: 20 g | Protein: 8.7 g | Fat 34.8 g | Fiber: 6.7 g

Strawberry Tart		
Nutrition Facts		
Serving Size: 1 serving		
Amount Per Serving	% Daily Value*	
Calories	439.9 kcal	22 %
Total Fat	34.8 g	53 %
Saturated Fat	15 g	75 %
Trans Fat	0.8 g	
Cholesterol	68.7 mg	23 %
Sodium	182 mg	8 %
Total Carbohydrate	26.6 g	9 %
Dietary Fiber	6.7 g	27 %
Sugars	17.1 g	
Protein	8.7 g	17 %
Vitamin A	16 % • Vitamin C	114 %
Calcium	14 % • Iron	7 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com </>		