

Low Carb Chocolate Orange Prutella Tarts

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Ingredients:

- 100g Almond flour
- 40g Coconut oil
- 30g Sukrin sugar free icing sugar
- 40g Grated rind of 1 orange
- 2 tbsp Chocolate orange Prutella



Orange you glad we've got the perfect recipe for a mouth-wateringly macro-friendly Prutella Tart? Ready in under 30 minutes, we know you are going to LOVE these luxuriously delicious delights!

Cooking method

- 1 Preheat your oven to 170°C
- 2 In a bowl, rub the coconut oil into the almond flour using the tips of your fingers and thumbs. Once fully combined stir in the icing sugar.
- 3 Add the liquid egg and use a fork to mix everything together.
- 4 Now get your hands in and squeeze the mixture together. It will be crumbly, but the less you play with the mixture the nicer it will turn out.
- 5 Roll the pastry out until it's the thickness you desire. Using a small cup or cookie cutter, cut the pastry into circles and press into a mini tart tin. If you get any cracks just use the left over pastry to 'patch up' the holes.
- 6 Bake for 12-15 minutes. The thicker your pastry the longer it will take to cook.
- 7 Leave to cool then spoon in the Prutella and sprinkle with orange rind.

Makes:
14 Tarts

84
CALORIES

4.6g
PROTEIN

8.4g
CARBS

5g
FAT

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