AMERICAN · DESSERT

Keto Key Lime Pie with Homemade Condensed Milk

110 min · plus about 5 hours chilling · Makes 8 × 1 slice (1/8 pie) · 531 kcal a portion

Video 6:27 · KetoFocus

Vegetarian · Gluten-free ingredients

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The 'condensed milk' is cream and butter simmered with a sugar-free sweetener, in a nut-flour crust: about 6 g net carbs a slice, with no sugar added.

Diet notes: Keto (5.7 g net carbs a serve).

Ingredients

16 · MAKES 8 × 1 SLICE (1/8 PIE)

- [ ] 3 tbsp **unsalted butter**, for the condensed milk
- [ ] ½ cup **powdered sugar-free sweetener**, for the condensed milk
- [ ] 16 oz (2 cups) **heavy whipping cream**, for the condensed milk
- [ ] 4 tsp **lime zest**
- [ ] 4 **egg yolks**
- [ ] ½ cup **fresh lime juice** (4 limes or about 20 key limes)
- [ ] 1 cup **almond flour**, for the crust
- [ ] 3 tbsp **coconut flour**
- [ ] 1 tsp **xanthan gum**
- [ ] ½ tsp **salt**
- [ ] ½ cup **cold unsalted butter**, cubed, for the crust
- [ ] 1 oz **cream cheese**, softened
- [ ] 1 **egg**
- [ ] 1½ tsp **rice vinegar** (or apple cider vinegar)
- [ ] ½ cup **heavy cream**, for the whipped cream
- [ ] 2 tbsp **powdered sugar-free sweetener**, for the whipped cream

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Make the condensed milk: bring the butter, cream and powdered sweetener to the boil in a saucepan, then simmer on low for 30 minutes until thick. Pour into a jar, cool 30 minutes, then chill about 2 hours (it can be made days ahead). 0:55
2. Whisk the lime zest with the egg yolks by hand for about 2 minutes until pale green. Stir in the condensed milk, then whisk in the lime juice very slowly in a thin stream so it doesn't curdle. Leave 30 minutes to thicken. 1:56
3. For the crust, pulse the almond flour, coconut flour, xanthan gum and salt in a food processor. Add the cold butter cubes, cream cheese, egg and vinegar and pulse just until it comes together. 4:02
4. Roll the dough between two sheets of baking paper to 0–¼ inch thick and chill 15 minutes. Flip it into the pie plate, peel off the paper, press it in and fold the edges. 4:46
5. Bake the crust at 350°F for 8 minutes, then cool it 20 minutes and turn the oven down to 325°F. 5:22
6. Pour in the lime filling and bake 15–20 minutes, until the edges are just set and the centre wobbles like jelly. Chill at least 3 hours or overnight to set. 5:31
7. Beat the ½ cup cream with 2 tbsp powdered sweetener to stiff peaks and dollop it on the pie. 5:55

> **Tip** Add the lime juice slowly or the filling curdles. The condensed milk keeps for weeks in the fridge or freezer. Keep the pie chilled; it is rich, so a thin slice goes a long way.

The method is a summary in our words — the video shows every step.

One portion, 1 slice (1/8 pie), gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
531 kcal	7.4 g	8.6 g	2.9 g	53 g	210 mg
2,220 kJ	15% of a day	5.7 g net · 3.5 g sugars	10% of a day	30 g saturated	9% of a day
		3% of a day		68% of a day	

Energy from net carbs 4% · protein 6% · fat 90% — fits keto: 5.7 g net carbs, 90% of the energy from fat

High in (20%+ of a day) Vitamin A 55% · Vitamin E 32%

Source of (10–19%) Selenium 19% · Omega-3 19% · Vitamin B12 18% · Magnesium 11%

Recipe and video: KetoFocus (@KetoFocus) on YouTube — youtube.com/watch?v=UOOBL0od-7s, published 4 April 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-key-lime-pie-condensed-milk