

Lemon Curd Tarts

Ingredients

Pastry

1 cup almond meal
1 cup dedicated coconut
2 eggs
1 Tbsp. melted butter or
coconut oil

Lemon Curd

4 eggs -2eggs and 2 yolks
1/4 cup of melted butter or
ghee
1/2 a cup of lemon juice and the
zest of one
1/4 to 1/2 a cup of honey
depending on desired
sweetness

Method

Method for Pastry

Mix ingredients together , this will be a little sticky

Wrap with cling wrap then place into fridge and chill for an hour .

To roll out place between sheets of baking paper and roll to a thickness
of about 3 mm thick

Use an egg ring or large scone cutter to cut out tart casings

U can use a special tart tray or use a muffin tray , and just lightly press
into the tops of indents .

Cook for 10 minutes or until brown

Method for Lemon Curd

Beat eggs together then add to the lemon juice, sweetener , and melted
butter

Place in saucepan and cook over med heat until it coats the back of
spoon or slightly thickens .

Place in a container and sit in fridge until this sets , about 2 hours .

When set place into little tarts , this makes about 12-14 .

* If you have trouble with the curd setting , add a Tbsp. of dissolved
gelatin.

