



Keto Strawberry Toaster Pastries

Active Time: 45 minutes | Total Time: 1 hour | Serves: 8

Nutrition Information Per Serving

215.8 calories, 11.31 g carbohydrate, 2.38 g fiber, 2.93 g NET carbs, 4.08 g protein, 20.77 g fat

Ingredients

- 4 Tbsp(s) Keto Sweet
- 1/2 tsp(s) Bob's Red Mill Xanthan Gum
- 1 1/4 cup(s) Miracle Mix
- 1 cup frozen organic strawberries
- 1 large pastured egg
- 1 Tbsp fresh lemon juice
- 1 large pastured egg yolk
- 7 Tbsp(s) grass-fed butter
- 1 tsp grass-fed beef gelatin
- 1/2 Tbsp(s) organic apple cider vinegar
- 2 ounce(s) organic whole cream cheese

Preparation

1. Make the crust. Add the Miracle Mix, xanthan gum, and sea salt to a food processor. Pulse to combine.
2. Add the 7 Tbsp. cold butter and 2 oz. cream cheese. Pulse for 3 seconds. Add one egg, 2 Tbsp. Keto Sweet and vinegar and pulse just until it forms a dough ball (do not over-process).
3. Place dough on a piece of cling wrap and wrap tightly. Refrigerate.
4. While the dough sets, make the strawberry filling. Put the lemon juice in a small bowl or ramekin. Sprinkle the gelatin over and let bloom.
5. In a small saucepan, add the strawberries, water, and 2 Tbsp. Keto Sweet. Bring to medium heat and simmer for 15 minutes, stirring occasionally and breaking up strawberries. Add the bloomed gelatin to the warm strawberries and stir to incorporate. You may leave the strawberry filling chunky, or puree in a small food processor, if desired.
6. Preheat oven to 400 F. Remove dough from refrigerator. Place dough between two pieces of greased parchment paper and roll out to roughly 1/4 inch thickness. Use a cookie cutter to cut out 16 rectangles. If dough becomes too soft and difficult to work with, transfer the baking sheet to the freezer for a few minutes.
7. Place the dough rectangles on a large, parchment-lined baking sheet. Place 1 Tbsp. of strawberry filling in the center of the dough. Place another rectangle of dough on top. Using a fork, go around the outside edge and press to seal. Cut a few small slits across the top to allow air to escape during baking.
8. In a small ramekin, add the last egg yolk and 1 tsp. water. whisk to combine. Using a pastry brush, brush the outsides of the pastry.
9. Transfer to the preheated oven. Bake 13-15 minutes to golden.
10. Let cool on the pan for 10 minutes to set, then serve.

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