



Low carb lemon meringue

Way easier to make than you think, using stevia makes this a low sugar dessert and you'd never know it. Serves 8. Per serve: Cal: 181; Fat: 18.3g; Pro: 2.5g; Carbs: 2.1g

Serves: 8, Prep time: 00:15, Cook time: 00:30

Instructions

Preheat oven to 140 degrees C. Line a baking tray with non stick baking paper (or grease with melted coconut oil/butter).

To make lemon curd filling, place the stevia, whole egg and egg yolk into a small mixing bowl and whisk until combined. Pour the egg mixture into a small pan. Add the lemon zest, lemon juice and butter. Place pan on low-medium heat and stir the egg mixture constantly until it is thick and bubbles start to appear. Transfer to small bowl and set aside to cool.

To make roulade, place the egg whites in a clean bowl and beat until soft peaks form. Add the second measure of stevia one tablespoon at a time, beating in between each addition. Add the vanilla extract and beat until combined. Fold in the tapioca flour.

Spoon mixture into an even layer on the baking pan and smooth out. Bake in preheated oven for 15 minutes or until it is slightly coloured. Cool the roulade on the baking tray. Use your fingers to gently pull the cooled roulade away from the baking paper.

Spread out a clean tea towel on a workbench. Turn the roulade out onto the tea towel (place meringue side face down). Carefully remove the baking paper, careful not to rip the roulade.

Spread the lemon filling on top, followed by the whipped cream.

Gently roll up the roulade, starting at the small side, until it is rolled into a log shape (hopefully better than mine above). Use tea towel to help roll up the roulade, and use spatula to carefully transfer onto a serving dish.

Ingredients

- 0.5 cups Equal Natural Sweetener (Stevia)
- 1 Eggs
- 1 Egg yolk
- 2 tablespoon Lemon zest
- 0.25 cups Lemon juice
- 60 grams Butter, salted, chopped
- 5 Eggs, white
- 0.75 cups Equal Natural Sweetener (Stevia)
- 0.5 teaspoon Unsweetened vanilla extract
- 1 teaspoon Tapioca (Arrowroot) flour
- 1 cups Cream, standard, whipped