



Pink Lemon Meringue Stems

(Recipe makes 4 servings)

This “legal” ketogenic dessert is as beautiful as it is delicious!

Ingredients

- 4 eggs, separated
- 1 cup raspberries, washed
- 1 cup heavy whipping cream, or pure coconut cream
- 1 lemon, juiced, plus finely grated rind
- 2 T. flavorless powdered collagen, by Vital Proteins or Great Lakes Gelatin
- ¼ teaspoon Cream of Tartar
- 1 teaspoon Himalayan Pink sea salt

Method

Pudding

1. Sprinkle gelatin over ¼ cup water in a small sauce pan – heat and stir till dissolved, then set aside.
2. Buzz raspberries in a blender with just enough water to puree.
3. Transfer raspberry puree to a heat-resistant bowl and mix thoroughly with egg yolks only.
4. Stir in cream and lemon peel.
5. Warm the pink lemon cream in a double-boiler – stir until it starts to thicken.
6. Remove from heat and add the gelatin, stirring thoroughly till it starts to cool.
7. Divide mixture into 4 tall stemware glasses, and allow to “set” for an hour in the frig.

Meringue

1. Combine egg whites with Cream of Tartar in a mixing bowl.
2. Using an electric mixer, blend on high till the whites are stiff and hold their peaks.
3. Divide the meringue between the 4 stemware glasses, and spread with artful peaks.
4. Top with pink chunks of sea salt.

Enjoy right away, or store in frig for later!