

# RASPBERRY LEMON KETO PIES

Recipe by Maria Fernanda López (purelyhealthyliving.net)  
and featured on MariGoldBars.com

*"You are going to love this recipe for the summer! Raspberries are in season and they are one of the best low carb fruits with a lot of antioxidants to offer, they created a lovely synergy with the Lemon Coconut Fat Bombs!" - Maria Fernanda López*

(Serves 12)

## INGREDIENTS:

- 5 Lemon Coconut Fat Bombs Marigold
- 1/2 cup of coconut flour
- 1/3 cup granulated monk fruit or erythritol
- 2 tbsp of grass fed beef gelatin (optional)
- 5 scoops of your favorite protein powder
- 1/2 cup of frozen raspberries
- 2 cups of water or nut milk

## DIRECTIONS:

1. In a mixing bowl add the protein, monk fruit, coconut flour and beef gelatin.
2. Add the the liquid and mix well.
3. Pour the mix in twelve silicone muffin cups and top with raspberries.
4. Finally add the crumbled Fat Bombs and freeze!

**Nutritional Facts (per serving) 110 kcal**  
(Information provided by Purely Healthy Living)

Fat: 7.1g  
Carbs: 6.8g  
Fiber: 3.7g  
Protein: 5.5



Featuring MariGold  
Lemon Coconut Fat Bombs!  
(MariGoldBars.com)

