

# Lemon Ice Box Cake

Ratio 4.85:1

Net CHO 4.85/PRO 4/FAT43/KCAL 403]

## Ingredients

Keto shortbread cookies	Two 16g cookies (32g total)
Lemon curd	45g
Heavy cream, whipped	60g



**Equipment needed:** gram scale, small bowl, rubber spatula, ramekin or glass container (as serving vessel), whisk or hand mixer

1. Gather and weigh all ingredients.
2. In a small bowl, whip the whipping cream until it forms medium-stiff peaks (not butter, but not too soft or runny).
3. In the serving vessel, crumble one of the 16g cookies in the bottom, zero scale then weigh 22.5g (half of the curd) on top of the cookies, zero scale again then weigh 30g of the whipped cream on top of the curd. Repeat the process for two layers in the vessel.
4. For best results, wrap in plastic and refrigerate overnight or enjoy immediately.



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