

More than 1 hour

Serves 8

Share

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

- 1 packet (400g) shortcrust pastry, defrosted
- Honey
- 1 tub (230g) medium fat cream cheese
- 2 cups (500ml) PnP lemon meringue double cream yoghurt
- 4 eggs, separated
- ¼ cup (60ml) maple syrup
- ½ cup (75g) cake flour
- Juice (120ml) and grated peel of 2 lemons
- 400g xylitol or Sweetly sugar substitute
- Pinch cream of tartar

Method

1. Preheat oven to 180°C.
2. Grease a 23cm round loose-bottomed tart tin.
3. Line tin with pastry, prick with a fork and blind-bake for 15 minutes.
4. Allow to cool completely before brushing with a thin layer of honey.
5. Reduce oven to 150°C.
6. Combine cream cheese, yoghurt, egg yolks, maple syrup, flour and grated peel and juice of lemons until smooth.
7. Pour into pastry shell and bake for 20-25 minutes – it should still be a little wobbly in the centre. Cool completely, then chill overnight in the fridge.
8. Combine xylitol or Sweetly sugar substitute, egg whites and cream of tartar in a glass bowl.
9. Gently heat over a pot of simmering water, whisking for 8 minutes or until sugar dissolves and is no longer foamy.

10. Spoon meringue topping over set tart filling, forming peaks with the back of a spoon.
11. Toast with a blowtorch before serving.

[Browse more recipes here.](#)