

Coconut Cream Key Lime Pie



by
DR. JOCKERS

comments
36

shares
94



[FDA Disclaimer](#)

[Affiliate Disclosure](#)

[Privacy Policy](#)

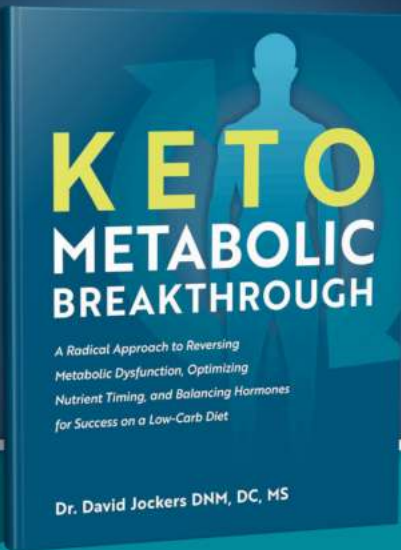


Coconut Cream Key Lime Pie

Coconut cream key lime pie is a recipe made by my wife Angel. Check out Angel's [website](#), [instagram](#) and [facebook page](#) where she shares stories and pics about our life.

She also has a great [YouTube channel](#) you can check out as well. I love this recipe and I think you guys will really enjoy it!

If you enjoy recipes like this, you may be interested in my advanced nutrition and recipe book the [Keto Metabolic Breakthrough](#).



KETO
METABOLIC
BREAKTHROUGH

ORDER TODAY ON

amazon
BARNES&NOBLE
INDIE BOUND™



6 votes

PRINT

Coconut Cream Key Lime Pie Recipe

prep: 20 mins

cook: 20 mins

inactive: 3 hours

total: 3 hours, 40 mins

author: angel jockers

yield: 16 pie slices

Filling Ingredients:

- 21 oz full-fat [coconut milk](#)
- 10 oz [coconut cream](#)
- 1/4 tsp. sea salt
- 1 Tbsp. grass-fed [gelatin](#)
- 1 tsp. vanilla extract
- Juice of 1 lime or 2 tbsp of organic [lime juice](#)
- 2-4 squirts of lemon-flavored [stevia](#) (or to desired taste)

**If you like this sweeter, use 4 full dropper squirts and if you like the sweetness milder you can use 2. If you don't want added sweetness, you can avoid using the stevia all together.

Grain-Free Crust:

- 1 1/2 cup fine [shredded coconut](#), unsweetened
- 1/4 cup [coconut flour](#) (optional)
- 1 tsp. [chia seeds](#)
- 1 tsp. [hemp seeds](#)
- 3 Tbsp. melted butter or coconut oil

Coconut Whipped Cream:

- 5.6 oz [coconut cream](#), refrigerated
- 1 1/2 tsp of lime juice
- 20 drops of [lemon flavored stevia](#)
- Dash of sea salt

Key Lime Pie Instructions

Step #1: In a medium bowl, mix shredded coconut, coconut flour (optional), chia seeds, hemp seeds, and butter (or coconut oil).

Step #2: Spread and form mixture into a pie pan. Place in freezer for 15-30 minutes for the crust to firm.

Step #3: In a saucepan over medium heat, add coconut milk and coconut cream, bring to a boil and stir until lumps are gone.

Step #4: Once boiling, reduce heat to a summer and sprinkle in gelatin. Continue to stir for about 10 minutes until thickened.

Step #5: Remove from heat and stir in lime or lime juice, stevia (or other sweetener), sea salt, and vanilla extract.

Step #6: Pour over coconut crust and refrigerate for 3 hours or over night.

Step #7: In a medium bowl, make the coconut whipped cream by adding coconut cream, lime juice, stevia and sea salt together and mix until whipped.

Step #8: Top the pie with whipped cream and enjoy!

Notes

***The nutrition info for this recipe is based on the linked ingredients above** *

Nutritional info does not include optional ingredients. *

courses: dessert

Nutrition Facts

Serving Size 1 slice

Amount Per Serving

Calories 206

% Daily Value

Total Fat 21 g 32%

Total Carbohydrates 4.5 g 2%

Dietary Fiber 1 g 4%

Amount Per Serving

Sugars 0.5 g

Protein 2 g

4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Dr Jockers Comments

This key lime pie is a low-carb, fat burning, ketogenic dessert recipe that helps to reduce inflammation and improves metabolic function. It is easy to make and tastes wonderful. I know you will love it!

Coconut provides medium chain fats that are easier on the digestive system and turn into **ketones** with fewer steps than long-chain fatty acids. This makes the process of using fat as your fuel source easier on the body and turns you into a lean, mean fat burning machine.

In this key lime pie, we use grass-fed beef gelatin for this recipe which provides high quality collagen peptides in a gelatinous form that thickens the recipe. The [collagen](#) protein provides key amino acids that support healthy intestinal lining, joints, skin, nails and bones.

We used stevia in this recipe as it is a healthy natural [sweetener](#) that does not impact your blood sugar and has nutritional value. If you don't do well with stevia, you can also try the Honest keto maple syrup [here](#) or the Lakanto brand keto maple syrup [here](#). Both of these are made from natural ingredients and do not contain anything that elevated blood sugar levels.

This coconut cream key lime pie is totally worth the time and effort to make because I know you will LOVE IT like I do! Let us know your experience with this recipe in the comments section below!!

Coconut Cream Key Lime Pie



Inflammation Crushing Ebundle

The [Inflammation Crushing Ebundle](#) is designed to help you improve your brain, liver, immune system and discover the healing strategies, foods and recipes to burn fat, reduce inflammation and Thrive in Life!

As a doctor of natural medicine, I have spent the past 20 years studying the best healing strategies and worked with hundreds of coaching clients, helping them overcome chronic health conditions and optimize their overall health.

In our **Inflammation Crushing Ebundle**, I have put together my very best strategies to reduce inflammation and optimize your healing potential. Take a look at what you will get inside these valuable guides below!

Our Inflammation Crushing E-Bundle!



The *Inflammation Crushing Ebundle* is designed to help you **Improve Your Brain, Liver, Immune system** and Discover the Healing Strategies, Foods and Recipes to **Burn Fat, Reduce Inflammation and Thrive in Life!**

DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH

Was this article helpful?

Yes

No



Dr. Jockers

Dr David Jockers is passionate about seeing people reach their health potential in mind, body and spirit. He is the host of the popular “Dr Jockers Functional Nutrition” podcast and the author of the best-selling books, “The Keto Metabolic Breakthrough” and “The Fasting Transformation.”

Categories

Desserts

Recipes

Let's Improve Your Health Today!

Get instant access to **2 FREE eBooks** when you subscribe to Dr. Jockers' newsletter.



"Join my tribe today to discover hidden strategies to improve your energy, brain, digestion & metabolism."

— DR. DAVID JOCKERS



[Get Access](#)

100% privacy, I will never spam you!



Comments

comments

Comments

Sandra Thomas

August 25, 2018 at 7:21 am

How much maple syrup would you use?

[Reply](#)

Dr. Jockers

August 30, 2018 at 2:53 pm

To taste Sandra! This would add more liquid to the recipe so you may need to change the proportions of the other ingredients to keep the same consistency!

[Reply](#)

Cheryl Bailey

August 25, 2018 at 4:56 pm

Looks great but the recipe instructions don't mention the lime juice when telling when and how to mix everything. I'm assuming you put it in the filling after it is taken off the stove and at the same time when adding the stevia, sea salt and vanilla? Same with the

whipped coconut cream – mention of lime juice is left out. Thank you for the recipe however!!

[Reply](#)

jennifer

August 25, 2018 at 4:59 pm

Sounds great-I love key lime pie!

Any substitutions for beef gelatin if I'm a vegan?

Thanks for all you give to us, Dr. Jocker!

[Reply](#)

Dr. Jockers

August 30, 2018 at 1:09 pm

You may be able to use ground chia seeds pre soaked in water but I have never tried this!

[Reply](#)

Cecily

July 15, 2020 at 8:10 am

Agar agar!

[Reply](#)

Patrick

July 14, 2020 at 9:34 am

Can size or volume measurements would be helpful?

[Reply](#)

Geri

July 14, 2020 at 12:30 pm

I agree Patrick. I'm not sure how many ounces a "small can of coconut cream" would be!

[Reply](#)

Dr. Jockers

July 14, 2020 at 1:49 pm

Yes we updated it to use these cans <https://amzn.to/38W0tMC>

[Reply](#)

mary

July 14, 2020 at 10:08 am

Recipe needs editing as noted by comments above- waiting for corrections

[Reply](#)

Dr. Jockers

July 14, 2020 at 1:49 pm

We updated those! Here is the coconut cream <https://amzn.to/38W0tMC>

[Reply](#)

clarise Boudreaux

July 14, 2020 at 4:31 pm

Thank. My qyestion was whete can i get coconut cream. I'm glad to be part of your tribe.

[Reply](#)

Kayla Richie

July 14, 2020 at 1:38 pm

Any substitution suggestions for the chia and hemp seeds in the crust?

[Reply](#)

Dr. Jockers

July 14, 2020 at 1:49 pm

You can do almonds or almond flour!

[Reply](#)

Silvia

July 14, 2020 at 7:14 pm

As a Hashimoto sufferer, and on the mend only now I have addressed mthfr and have a functional doctor who did blood tests for food intolerances, cane sugar, green beans, pineapple, black beans. I have lost 12 lbs/6 kilos. I am paleo and avoid all gluten, soy, dairy and white sugar. I have been using stevia for 2 or 3 years once a day in a mild coffee with coconut cream. I was using a a magnesium complex at night to help sleep, this contained stevia. For the last 8 months I could not understand why I had to keep getting up at night

to go for a pee, it was often twice. Consequently my sleep was trashed. My doctor suggested a bladder xray, they said all was fine. Friends said to expect this at my age, 70 but I disagreed. Then I saw an article that was 2017 and its well known that stevia is a bladder irritant. I kept saying to the doctor, I feel that something is aggravating my bladder, she of course wanted to give me anti biotics that I refused. Now I avoid all stevia.....I wont even have it my morning coffee, now getting 8 hours asleep uninterrupted!

[Reply](#)**Dr. Jockers**

July 15, 2020 at 3:50 pm

Great to hear that you figured this out! You can always try monk fruit sweetener for this!

[Reply](#)**Kathleen**

July 8, 2023 at 8:19 am

Magnesium relaxes everything and makes your kidneys work better. When you lay down and have that extra relaxation your blood pressure drops and kidneys kick in. Have same issues especially since only one kidney but generally the magnesium helps me to go back to sleep. I try to use magnesium chloride called remag from Dr Carolyn Dean because it is better on kidneys since it's ionized and very small molecules for absorption. B6, ashwaganda, help with sleep also.

[Reply](#)**Helen Nock**

July 12, 2023 at 11:02 am



There's no like tick...thank you

[Reply](#)**Craig West**

July 15, 2020 at 12:08 am

Any thoughts on lemon juice with powdered stevia?

[Reply](#)**Dr. Jockers**

July 15, 2020 at 3:51 pm

Yes you can do that!

[Reply](#)**Varun Sharma**

July 15, 2020 at 12:43 am



Amazing coconut cream key lime pie recipe. It's yummy dessert.

[Reply](#)**Mia Doucet**

July 17, 2020 at 2:26 pm

So — to be clear — how many ounces of full-fat coconut milk does the recipe require?
Thanks.

[Reply](#)

Dr. Jockers

July 18, 2020 at 7:11 am

21 oz

[Reply](#)**JesusIsTheWay**

July 21, 2020 at 2:46 pm



Had to seriously tweak this recipe to get it to work. The picture included with the recipe doesn't support the Finished product if you stick to the recipe.

–2 tbs of gelatin (and it never thickened on the stove...it set up after being refrigerated overnight)

–3/4 c of real, fresh squeezed key lime juice only (added after boiling the coconut/gelatin combo); no lemon juice

–Left out the vanilla...vanilla and citrus isn't our "thing"

–used only 2 droppers of lemon stevia (we prefer tart key lime rather than sweet)

–added a tiny pinch of spirulina powder to give a green "key lime" hue but you could also use a tiny pinch of turmeric if you'd prefer a yellow "lemony" hue; without either the pie filling is white

–Strongly recommend the coconut flour for the crust bc it came out perfectly with it... probably a bit crumbly without it

–added a tiny dash of pink Himalayan salt to the crust

All this being said, the pie wasn't bad but certainly not a home run. It's good enough to warrant being tweaked a little further to give it a stronger key lime flavor.

[Reply](#)**Dr. Jockers**

July 22, 2020 at 3:33 pm

Thanks for the suggestions on this. We are having our recipe girl Chene look into this.

Reply

Melissa

April 7, 2022 at 11:19 pm

I am in the middle of making this and I don't see how this makes a crust. I have to add a ton more coconut oil I guess...I used 3 tbs butter as that is all I had left in the fridge lol. But anyway...this is not at all formable. How did other people get this to work without adding a lot more?

Also I am not sure how this will come out...the measurements for the coconut cream are not matching regular cans and it is hard to measure it right..

Reply

Dr. Jockers

April 10, 2022 at 2:51 pm

Sorry you are having problems here, be sure to watch the video on this recipe page which walks you through the steps.

Reply

Anthony Pantaleone

August 11, 2020 at 9:44 am



Very good recipe! Thank you very much for sharing Dr. Jocker! I found that taking it out of the freezer (after the initial 4 hour or overnight setting) and transferring to the refrigerator (for 24 hours) provides a more creamy consistency and also improves the taste. I

also substituted liquid monk fruit sweetener since I have issues with stevia. Just curious how long do you think it would stay covered in the refrigerator after the transfer?

[Reply](#)

Dr. Jockers

August 11, 2020 at 1:09 pm

Great to hear that! Thanks for the suggestions. I would recommend eating it within 3-5 days if you have it in the refrigerator.

[Reply](#)

Anthony Pantaleone

August 12, 2020 at 7:57 am

Thank you!!!

[Reply](#)

Sam

October 13, 2020 at 11:21 am



How can we change the flavor of this yummy pie to chocolate instead of lime/lemon. I would really love to try that out.

[Reply](#)

Dr. Jockers

October 14, 2020 at 10:18 am

Yes you can try that out and let us know how you made it!

[Reply](#)

Sandy Leschen

October 19, 2020 at 7:10 am



Basically I only changed the flavorings: Here are the ingredients, all else was the same. I added the cocoa to the coconut cream when I heated it before adding the gelatin. I think I would use a bit less gelatin next time though...

Coconut Chocolate Cream Pie Recipe

Filling Ingredients:

- 1 13 oz can full-fat coconut milk
- 10 oz 100% coconut cream
- 1/4 tsp. sea salt
- 1 Tbsp. grass-fed gelatin
- 1 tsp. vanilla extract
- 2/3 cup cacao powder
- 1/4 cup Lakanto Maple syrup
- 3-4 squirts of chocolate flavored stevia (or to desired taste)

**If you like this sweeter, use 4 full dropper squirts and if you like the sweetness more mild you can use 2. If you don't want added sweetness, you can avoid using the stevia all together.

Grain-Free Crust:

- 1 1/2 cup fine shredded coconut, unsweetened
- 1/4 cup coconut flour (optional)
- 1 tsp. chia seeds
- 1 tsp. hemp seeds
- 3 Tbsp. melted butter or coconut oil

Coconut Whipped Cream:

- 5.6 oz coconut cream, refrigerated
- 20 drops of chocolate flavored stevia
- Dash of sea salt

[Reply](#)

Dr. Jockers

October 19, 2020 at 12:42 pm

Thanks for sharing this Sandy!!

[Reply](#)**Carol Robinson**

July 12, 2023 at 9:51 am

The cans of coconut milk and cream gave guar gum in them. I use guar gum free kind. Does this recipe account for that Dr. Jockers? I'm unable to use thickeners such as those.

[Reply](#)**Jill Cohn, DC**

July 12, 2023 at 1:29 pm

The latest discovery is stevia is an anti-fertility entity. Evidently the women of the ancient Latino cultures knew this. Its wide approval by US Government for use in processed foods should have tipped us off.

[Reply](#)**Leave a Reply**

Your email address will not be published. Required fields are marked *

Comment *

Name ***Email *****Website**☐

Save my name, email, and website in this browser for the next time I comment.

Recipe Rating**Post Comment****Let's Improve Your Brain Health Today!**

This image-rich 42 page, research based guide will show you the best strategies and protocols

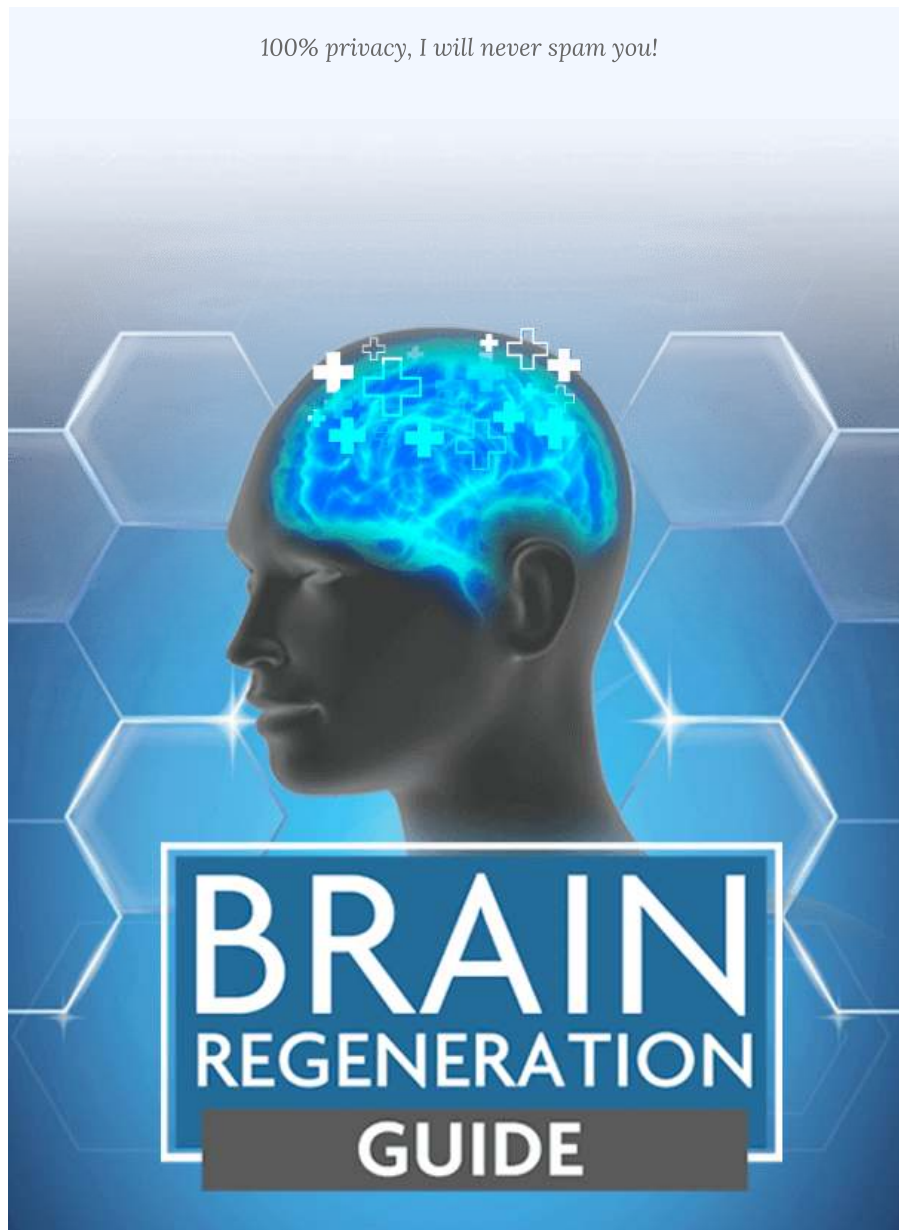
to:

- ✓ Heal a toxic brain.
- ✓ Stimulate brain cell autophagy.
- ✓ Regain control of your mood, memory and brain health.

Register for free today to get instant access!

Get Access

100% *privacy*, I will never spam you!



CHECK OUT THE DR JOCKERS
FUNCTIONAL NUTRITION PODCAST

Dr. Jockers
**FUNCTIONAL
NUTRITION**
PODCAST

LISTEN HERE

A promotional graphic for the Dr. Jockers Functional Nutrition Podcast. The graphic features a blue background with white chemical structures. On the right side, there is a portrait of Dr. Jockers, a man with short brown hair, smiling, wearing a blue polo shirt. The text 'CHECK OUT THE DR JOCKERS FUNCTIONAL NUTRITION PODCAST' is at the top in white. Below it, 'Dr. Jockers' is written in a smaller font, followed by 'FUNCTIONAL NUTRITION' in large, bold, blue letters, and 'PODCAST' in white letters on a blue rectangular background. At the bottom, there is a blue button with the text 'LISTEN HERE' in white.



The advertisement features the 'SUGAR DETOX PROGRAM' logo at the top, which includes a stylized teal figure. Below the logo, a collection of program materials is displayed, including several 'Sugar Detox' e-books, a 'QuickStart Guide', and a 'Super Course' box set. These materials are arranged around a central digital device that shows the program's interface. The background is a light blue sky with soft, white clouds. At the bottom, a dark teal horizontal bar contains a white button with the text 'Learn More' in blue.

SUGAR DETOX
PROGRAM

Learn More



DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH

Search...



[DrJockers.com Privacy Policy](#)

[Contact Us](#)

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before using this product.

Health

[Hot Topics](#)

[Health News](#)

[Ketogenic Diet](#)

[AutoImmune](#)

Recipes

[Beverages](#)

[Main Dishes](#)

[Side Dishes](#)

[Beverages](#)

[Snacks](#)

[Desserts](#)

Programs

[Ketogenic Program](#)

[Digestive Health Restoration Program](#)

[Cancer Cleanse Detox Program](#)

[Autoimmune Elimination Program](#)

[Super Brain Program](#)

[The Sugar Detox Program](#)

[Contact](#)

© 2023 DrJockers.com. All Rights Reserved.