

Keto Apple Pie

RECIPE BY @ELLE_HERSELF

MAKES 1 LARGE PIE:

Pastry:

- 1 cup almond meal (or flour)
 - 20g softened butter
 - 1 tsp baking powder
 - pinch of salt
 - 1 tbsp cold water
 - 1/4 cup keto sweetener (I used Natvia)
- Optional: egg to glaze

Spiced apple filling:

- 2 tbsp butter
- 2 tbsp cinnamon
- 1/2 tsp dried ginger
- 1/4 tsp allspice
- 1/4 tsp cloves
- 3 zucchini peeled and chopped
- 2 tbsp water
- approx 15 drops of Apple Blackcurrant water drops

1. Preheat oven to 180°C. In a bowl combine the almond meal, baking powder, salt and softened butter together. Use your hands to rub the mixture together to form a dough.
2. Add in the cold water slowly, continuing to combine the mix to form a firmer dough.
3. Take the dough and place in cling film, place in the fridge for 30 mins.
4. When ready to make your pie take the pastry out of the fridge, press into your greased baking tin.
5. Bake for 10 mins at 180°C. Optional step: take out and brush with egg, place back in the oven for another 3 minutes to golden up.
6. Allow to cool to the side while you make your pie filling.
7. Combine all pie ingredients, except the xanthan gum together in a saucepan and beat to cook the zucchini. Keep an eye on it and cook it until it reaches your desired consistency (either softer or more firm). Taste it and add more waterdrops if needed.
8. Take off the heat and dust in the xanthan gum. Stir well so that the mixture thickens. Pour into pie crust and place back in the oven for approximately 5-10 mins until cooked through.

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