AMERICAN · DESSERT

Keto Mock Apple Pie with Flaky Almond Crust

105 min · plus cooling Makes 12 × 1 slice (1/12 pie) 313 kcal a portion

Video 8:12 · KetoFocus

Vegetarian Gluten-free ingredients

Zucchini or chayote cooked with cinnamon, allspice and apple flavouring stands in for apples, in a butter and almond-flour crust: about 5 g net carbs a slice instead of a sugary apple filling.

Diet notes: Keto (4.7 g net carbs a serve).

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Ingredients

19 · MAKES 12 × 1 SLICE (1/12 PIE)

- [ ] 200 g **almond flour**
- [ ] 6 tbsp **coconut flour**
- [ ] 2 tsp **xanthan gum**, for the crust
- [ ] 1 tsp **salt**, for the crust
- [ ] 230 g **unsalted butter**, chilled and cubed, for the crust
- [ ] 55 g **cream cheese**, softened
- [ ] 2 **eggs**, for the crust
- [ ] 1 tbsp **rice vinegar** (or apple cider vinegar), for the crust
- [ ] 1 **egg** beaten with 1 tbsp water, for the egg wash (about half is used)
- [ ] 2 tbsp **butter**, for the filling
- [ ] 900 g **zucchini or chayote**, peeled and diced
- [ ] 140 g **granulated sugar-free sweetener**
- [ ] ½ tsp **ground cinnamon**
- [ ] ¼ tsp **ground allspice**
- [ ] ¼ tsp **salt**, for the filling
- [ ] ½ tsp **xanthan gum**, for the filling
- [ ] 1 tsp **arrowroot powder**
- [ ] 1 tbsp **apple cider vinegar**, for the filling
- [ ] 1 tsp **apple extract** (or 2 dropperfuls apple flavouring drops)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Pulse the almond flour, coconut flour, 2 tsp xanthan gum and 1 tsp salt in a food processor. Add the very cold butter cubes and the cream cheese and pulse just to coarse crumbs. 0:56
2. Add the 2 eggs and the vinegar and pulse until a dough forms with flecks of butter still visible. Press into a disc between baking paper and chill 15 minutes. 2:06
3. Take a third of the dough for the lattice. Roll the rest between two sheets of baking paper to 3–6 mm thick, then roll out the smaller piece; keep both cold in the fridge or freezer. 3:37
4. Melt the butter in a large frying pan over medium-high heat and cook the peeled, diced zucchini or chayote a few minutes. Add the allspice, cinnamon, salt and sweetener, lower the heat and cook until soft, 10–15 minutes. 4:51
5. Sprinkle in ½ tsp xanthan gum and the arrowroot and cook 2–3 minutes more. Off the heat, stir in the apple cider vinegar and apple extract; let it cool. 5:33
6. Line the pie plate with the larger crust and flute the edge. Spoon in the filling, lay strips of the smaller crust across in a lattice and brush with egg wash. 6:14
7. Bake at 175°C for 30–35 minutes, until golden brown on top and around the edge. Let it set before slicing. 7:17

> **Tip** Chayote stays crisper and more apple-like than zucchini. Keep the butter frozen until it goes in for the flakiest crust. Serve warm or at room temperature.

The method is a summary in our words — the video shows every step.

One portion, 1 slice (1/12 pie), gives you

1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
313 kcal	6.9 g	9.2 g	4.6 g	29 g	300 mg
1,310 kJ	14% of a day	4.7 g net · 3.2 g sugars	16% of a day	13 g saturated	13% of a day
		3% of a day		37% of a day	

Energy from net carbs 6% · protein 9% · fat 85% — fits keto: 4.7 g net carbs, 85% of the energy from fat

High in (20%+ of a day) Vitamin E 33% · Vitamin A 20%

Source of (10–19%) Magnesium 15% · Vitamin C 15% · Vitamin B6 10% · Selenium 10%

Recipe and video: KetoFocus (@KetoFocus) on YouTube — youtube.com/watch?v=i4PgmEZa_Gg, published 16 October 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-mock-apple-pie-zucchini