

Keto Apple Pie Recipe



Ingredients for Pie Crust

- 1 1/3 cup of Almond flour
- 1/2 tbsp Xanthan gum
- 1/2 tbsp salt
- 6 tbsp cold butter
- 1 egg lightly beaten
- 1/4 cup cream cheese

Ingredients for Filling

- 6 cups yellow squash
- 1 cup golden monk fruit
- 1 cup lemon juice
- 1/2 tbsp Xanthan gum
- 1/2 tbsp salt
- 2 tbsp Cinnamon
- 1 tbsp nutmeg
- 1 tbsp ginger
- 1/4 tbsp allspice



Instructions



1. In the first step, prepare the crust. Mix all the ingredients together by using a food processor. But don't over mix them.
2. After that, wrap the crust in a plastic wrap and place it in the refrigerator.
3. Repeat this step for the top crust.
4. While the dough is chilling, we can prepare the filling.
5. Peel the squash and cut into the small pieces the same as you cut the apples.
6. Then lightly brown the butter and add the apples and saute until they are well blended.
7. Let it cool, so it doesn't make your pie crust soggy or fall apart.
8. Let the filling cool while you can roll the dough to make the crust.
9. Put the dough in two parchment paper pieces, sprinkle some almond flour on it, so it doesn't stick with the papers.
10. Then take a rolling pin and roll out the dough as you desired to make its thickness an size. Start rolling from the center.
11. After then roll the top crust in the same way you roll the bottom crust.
12. Next step, cut the strips in 1-2 inch size and begin to weave them to prepare the lattice design. Don't worry if they break down. Just piece them together.
13. Put an egg into the bowl and beat it by using a fork.
14. Brush your top pie with that beaten egg wash for a shiny top.
15. Then bake the pie at 350 degrees for 30 to 40 minutes until it was golden.
16. In the halfway through the baking, put a guard around the crust, so your crust doesn't be burned.

