

Keto Zucchini Apple Pie

Description

All my friends enjoy this apple pie when I serve it at events.

Prep time: Twenty minutes

Total time: One hour

Servings: 8

Ingredients

For Crust:

1 recipe Sweet Keto Pie Crust

For Filling:

4-6 zucchini or yellow summer squash, peeled and seeds removed (600 g/ 1.3 lb.)

2/3 cup of Keto Caramel Sauce (5.6 oz)

2 teaspoons of cinnamon

1/4 teaspoon of nutmeg

2 teaspoons of cream of tartar

2 tablespoons of fresh lemon juice

For Topping:

1 cup of almond flour (3.5 oz)

2 tablespoons of virgin coconut oil (1 oz)

If desired: Top with Vanilla Keto Ice-Cream

Instructions

1. To prepare the caramel sauce, peel and chop the zucchini lengthwise. Then cut off the middle part. Chop the zucchini into smaller sizes and pour into a saucepan containing boiling water. Cook until the zucchini is tender, about three minutes. Remove from the heat source and drain.
2. Transfer the zucchini into a bowl and set aside. Combine the almond flour and d virgin coconut oil in another bowl. Mix using your hands to form a dough. Set the bowl of dough aside.
3. Add the cinnamon, cream of tartar, lemon juice, nutmeg, and caramel sauce into the bowl containing the cooked zucchini. Mix to combine the mixture.
4. Pour the zucchini mixture on the pie crust and spread it evenly. Next, crumble the dough over the pie and transfer to the oven. Bake in the oven at about 300 degrees F for thirty minutes.
5. When ready, remove from the oven and chill on a cooling rack until it is at room temperature. You can serve with the vanilla keto ice-cream.