

Low-Carb Dark Cherry Crunch Pie

Hands-on 15 minutes Overall 35-45 minutes

Nutritional values (per serving): Total carbs: 13.4 g, Fiber: 7 g, **Net carbs: 6.4 g,**

Protein: 8.2 g, Fat: 28.8 g, Calories: 307 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 8 servings)

Crust:

1 cup desiccated coconut (75g / 2.6 oz) => *you can avoid all nuts (pecans and almond flour) and use just coconut (use 1/3 cup coconut flour and 1/2 cup more of desiccated coconut)*

1 cup almond flour (100g / 3.5 oz)

1/2 cup pecan nuts, coarsely chopped (50g / 1.8 oz)

3 tbsp extra virgin coconut oil, melted (40g / 1.4 oz)

1/4 cup Erythritol (non GMO) or other healthy natural low-carb sweetener from this list (40g / 1.4 oz)

10-15 drops liquid Stevia extract (Clear / Vanilla / Coconut)

Topping:

1 1/2 cup Dark Cherry Chia Jam (330g / 11.6 oz)

1 cup almonds, flaked (60g / 2.1 oz) or more flaked coconut for nut-free

1 cup dried coconut, flaked (60g / 2.1 oz)

1 tbsp extra virgin coconut oil, melted (14g / 0.5 oz)

1 tbsp Erythritol (non GMO) or other healthy low-carb sweetener from this list (10g / 0.4 oz)

5-10 drops liquid Stevia extract (Clear / Vanilla / Coconut) or a pinch of powdered Stevia extract

pinch of salt (I used pink Himalayan)

Note: When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Preheat the oven to 175 °C/ 350 °F. Coarsely chop the pecan nuts and mix them in a bowl with desiccated coconut, almond flour and melted coconut oil. Add Erythritol and stevia and mix well. *Note: For the pecan nuts, I used a blender and pulsed them a few times. Do not use fine coconut flour in this recipe. It won't work, as it's too dry*

and the crust wouldn't be good. Using roughly shredded desiccated coconut will give the pie a nice crunch.

2. Press the mixture into a tart baking dish and create edges using your fingers. Place in the oven and bake for 12-15 minutes. Keep an eye on it to prevent burning (nut flours get burnt easily if the temperature is too high). *Note: I used a 23 cm / 9 inch baking dish but a smaller one would work, too. Don't use too large baking dish or it will be difficult to handle.*
3. Remove from the oven, place on a rack and fill with Dark Cherry Chia Jam (recipe is here).
4. Spread the jam all over the pie.
5. In a small bowl, mix the flaked almonds, coconut flakes and melted coconut oil. Add Erythritol, stevia and salt.
6. Sprinkle evenly on top of the pie and place in the oven for another 7-10 minutes.
7. When the pie is done, place on a cooling rack and let it cool down before serving.
8. Placing the pie in the fridge for a couple of hours will make it solid and easier to handle. Enjoy! :-)

Suggestions

Because there are no eggs, the baked crust will be fragile. I suggest you use a baking dish with removable bottom.

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