

Apple Pie Keto Hot Pockets

Hands-on 20 minutes Overall 1 hour

Nutritional values (per serving): Total carbs: 12.6 g, Fiber: 6 g, **Net carbs: 6.6 g,**

Protein: 17.4 g, Fat: 20.1 g, Calories: 290 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

Dough:

1 1/2 cups shredded low-moisture mozzarella (170 g/ 6 oz)

2/3 cup [almond flour](#) (67 g/ 2.4 oz)

Filling:

2 medium zucchini, peeled and grated (400 g/ 14.1 oz)

1 1/2 tsp [cinnamon](#)

1/4 cup granulated [Erythritol](#) or [Swerve](#) (50 g/ 1.8 oz)

1 tsp [cream of tartar](#) or 1 tbsp lemon juice

4 tbsp whole [chia seeds](#) (32 g/ 1.1 oz)

Optional: 20-30 drops [stevia](#)

Nut-free alternatives: Instead of 2/3 cup [almond flour](#), use 4 heaped tablespoons (48 g/ 1.7 oz) of [coconut flour](#) + 2 oz (57 g) [cream cheese](#), or 2 oz (57 g) [flaxmeal](#) + 2 oz (57 g) [cream cheese](#). If using [coconut flour](#), brush the top of the pockets with a small amount of melted [ghee](#) or [coconut oil](#) before baking.

Instructions

1. Peel and grate the zucchini.
2. Place the zucchini in a large bowl and add the cinnamon, Erythritol, cream of tartar (or lemon juice).
3. Combine well and let the zucchini sit for about 10 minutes to release the juices. Optionally, add a few drops of stevia.
4. Add the chia seeds and mix until well combined.
5. Let the chia seeds soak in all the excess juices, for about 30 minutes.
6. Meanwhile, preheat the oven to 200 °C/ 400 °F. When the chia seeds have soaked up all the liquids, melt the shredded mozzarella (in a microwave oven or on the stove over a low heat), and then mix in the almond flour.
7. Roll the dough out between 2 sheets of parchment paper until very

thin (I used a [silicon mat](#) and [silicon rolling pin](#)). Add the filling in the centre of the dough.

8. Fold over like an envelope and seal the dough. Poke some holes for releasing the steam while baking. Bake for about 15 minutes or until golden brown on top.
9. When done, remove from the oven and let it cool down for a few minutes.
10. Serve warm or cold. Enjoy with a dollop of whipped cream or [keto ice-cream](#)!

My Failed Experiment

Using chia seeds is essential in this recipe. They will soak up all the liquids and prevent the pockets from getting soggy. In my first attempt, I didn't use them. Instead, I squeezed out the liquids by placing the grated zucchini in a nut milk bag. I then added all the remaining ingredients (cinnamon, cream of tartar and Erythritol). That was not enough and more liquids were released even during baking. Although the filling itself was fine, the pockets were too moist, soggy and soft on the bottom.

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