

How To Make Low-Carb Apple Butter

Hands-on 10 minutes Overall 2 hours



Nutritional values (per serving, 1 tbsp/ about 15 g/ 0.5 oz): Total carbs: 1.7 g, Fiber: 0.6 g,

Net carbs: 1.1 g, Protein: 0.4 g, Fat: 0.1 g, Calories: 8 kcal,

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

Ingredients (makes about 1 cup/ 200-230 g/ 7-8 oz)

2 medium zucchini, peeled (500 g/ 1.1 lbs, about 450 g/ 1 lb without peel)

2 tbsp apple cider vinegar (30 ml)

1/2 cup water (120 ml/ 4 fl oz)

2 tbsp lemon juice (30 ml)

1/4 cup [Sukrin Gold](#) or equivalent granulated sweetener such as [Swerve](#) or [Erythritol](#), or more to taste (40 g/ 1.4 oz)

1 tbsp [cinnamon](#)

1/8 tsp sea salt

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Instructions

1. Peel zucchini and roughly chop. Place in a large saucepan with the water, apple cider vinegar, lemon juice and Sukrin Gold.
2. Bring to a simmer over medium-high heat, then reduce the heat to medium-low. Cover and cook for 20 to 25 minutes or until the zucchini begin to soften and fall apart.
3. Remove from heat, allow to cool slightly, and use a hand blender to puree the mixture.
4. Return the saucepan to medium-low heat. Add cinnamon and salt. Gently simmer, stirring regularly to avoid spattering, until 'apple' butter is thick and deep caramel in colour, around 1 hour 15 to 1 hour 30 minutes.
5. Transfer to a jar or airtight container. Use just like apple butter!
6. Keep refrigerated for up to 3 weeks. For longer storage freeze in an ice tray, then empty the frozen apple butter cubes into a bag or container and store in the freezer for up to 6 months.

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