

How To Make Low-Carb Apple Butter

Hands-on 10 minutes Overall 1 hour 45 minutes



Nutritional values (per serving, 1 tbsp/ 15 ml): Total carbs: 0.8 g, Fiber: 0.3 g,

Net carbs: 0.5 g, Protein: 0.2 g, Fat: 0.1 g, Calories: 4 kcal,

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



Ingredients (makes 425 g/ 15 oz)

2 medium peeled zucchini (500 g/ 1.1 lbs)

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 (weight is listed for peeled zucchini). 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, 45 to 60 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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