

# 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, or less to taste
- 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 (use less to taste if needed) 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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