

# Low-Carb Zucchini Apple Pie

Hands-on 15-20 minutes Overall 1 hour

**Nutritional values (per serving):** Total carbs: 11.1 g, Fiber: 4.9 g, **Net carbs: 6.2 g**,

Protein: 12.3 g, Fat: 31.2 g, Calories: 351 kcal,

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



## Ingredients (makes 8 servings)

### Crust:

1 recipe [Sweet Keto Pie Crust](#) - *make one large or 8 small pie crusts*

### Filling:

4-6 zucchini or yellow summer squash, peeled and seeds removed  
(600 g/ 1.3 lb) - *weight excludes peel and core*

2/3 cup [Keto Caramel Sauce](#) (160 g/ 5.6 oz)

2 tsp [cinnamon](#)

1/4 tsp nutmeg

2 tsp [cream of tartar](#)

2 tbsp fresh lemon juice (about 1/2 lemon)

### Topping:

1 cup [almond flour](#) (100 g/ 3.5 oz)

2 tbsp granulated [Erythritol](#), [Swerve](#) or brown sugar substitute such as [Sukrin Gold](#) (20 g/ 0.7 oz)

2 tbsp butter, [ghee](#) or virgin [coconut oil](#) (28 g/ 1 oz)

*Optional:* top with [No-churn Vanilla Keto Ice-Cream](#) + 1.2 g net carbs per scoop

## Instructions

1. [Follow this recipe](#) to make the pie crust. Once baked, place on a cooling rack and set aside. [Here is how to make the caramel sauce](#).
2. Peel, halve and quarter the zucchini lengthwise and cut the middle part off. Alternatively, halve the zucchini lengthwise and use a melon baller to scoop the soft core out. *Note: You can use the scraps (zucchini cores) in another recipe. Simply cut into small pieces and add to soups or sauces.*
3. Slice the zucchini into medium pieces. Place the slices in a pot with boiling water until barely tender, for about 2-3 minutes. Remove from the heat and drain well. Using paper towels, pat dry to remove

excess moisture from the zucchini slices and place in a mixing bowl. Set aside.

4. In another bowl, mix the almond flour and Erythritol. Then add butter cut in pieces and use your hands to combine and create crumbly dough. Set aside.
5. Into the bowl with the cooked zucchini slices, add cream of tartar, cinnamon, nutmeg, lemon juice and the [caramel sauce](#). Mix until well combined.
6. Place the zucchini mixture on top of the pie crust and spread evenly over the top. Crumble the almond dough over the top and place in the oven for about 30 minutes at 150 °C/ 300 °F.
7. When done, remove from the oven and place on a cooling rack to chill. The filling will need to reach room temperature before you cutting it or it will be too soft.
8. Optionally, serve with a scoop of [No-churn Vanilla Keto Ice-Cream](#) and enjoy! :-)

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