

# Low-Carb Blackberry & Apple Crumble

Hands-on 15 minutes Overall 55 minutes

**Nutritional values (per serving):** Total carbs: 13.1 g, Fiber: 5.9 g, **Net carbs: 7.2 g,**

Protein: 7.2 g, Fat: 19.4 g, Calories: 239 kcal,

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



## Ingredients (makes 6 servings)

4 medium zucchini, center with seeds removed (680 g/ 1.5 lb) -  
*about 600 g/ 1.3 lb after peel and seeds removed*

1 1/2 cups fresh or frozen blackberries (215 g/ 7.6 oz)

2 tsp [cinnamon](#)

1/4 - 1/2 tsp ground nutmeg

2 tbsp fresh lemon juice

1/3 cup [powdered Erythritol](#) or [Swerve](#) (55 g/ 1.9 oz)

2 tsp [cream of tartar](#)

## Crumble:

1 1/2 cups [almond flour](#) (150 g/ 5.3 oz)

*Optional:* 2 tbsp [Erythritol](#) or [Swerve](#) (20 g/ 0.7 oz)

3 tbsp butter, [ghee](#) or [coconut oil](#) (30 g/ 1 oz)

1 tsp [vanilla bean powder](#) or sugar-free [vanilla extract](#)

## To serve (optional):

1 scoop per serving of [No-Churn Vanilla Keto Ice Cream](#), [Low-Carb Crème Anglaise](#), whipped cream, [coconut cream](#) or yogurt

## Instructions

1. Preheat the oven to 160 °C/ 320 °F (fan assisted), or 180 °C/ 355 °F (conventional). Chop the ends off the zucchini. Peel, slice in half lengthways and scoop out the seeds using a melon baller or teaspoon.
2. Chop into 1/2 cm (0.2 inch) thick slices. Add the sliced zucchini to a pan of boiling water and simmer on a medium heat for 2 – 3 minutes until el-dente. Drain the water, place the cooked zucchini onto kitchen paper and pat dry. Place into your serving dish.
3. Add the blackberries, cinnamon, nutmeg, lemon juice, erythritol, cream of tartar and carefully mix until combined. (Cream of tartar can be omitted although it's highly recommended. Together with the spices it transforms the flavour of zucchini so they taste almost like

apples. It also adds a)

4. In a clean bowl mix the almond flour, vanilla and optional sweetener for the keto crumble topping. Rub through the butter with your hands until it forms a fine crumb.
5. Place the low-carb 'apple' and blackberry filling in a 23 cm (9-inch) skillet. Sprinkle the crumble mix on top of the filling and bake in the oven for 30-40 minutes, until golden.
6. Remove from the oven and allow to cool slightly before serving.
7. Top with [No-Churn Vanilla Ice Cream](#), [Crème Anglaise](#), yogurt, whipped cream or coconut cream or coconut yoghurt for dairy-free.
8. Store in a fridge for up to 3 days, or in the freezer without the topping for up to 2 months.

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