

# Low-Carb Blackcurrant & Apple Crumble

Hands-on 10 minutes Overall 1 hour

**Nutritional values (per serving):** Total carbs: 8.5 g, Fiber: 3.8 g, **Net carbs: 4.7 g**,

Protein: 4.1 g, Fat: 17 g, Calories: 188 kcal,

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



## Ingredients (makes 8 servings)

### Blackcurrant & "apple" base:

2 cups fresh or frozen blackcurrants (240 g/ 8.5 oz)

2 medium zucchini or yellow summer squash (about 450 g/ 1 lb),  
peeled and core removed (285 g/ 10 oz)

1 tsp cinnamon and/or vanilla powder

1/2 tsp ground ginger

pinch of sea salt

1/4 cup powdered *or* brown sugar substitute such as Swerve (40 g/  
1.4 oz)

1 tbsp chia seeds (8 g/ 0.3 oz)

1/2 stick unsalted butter, ghee *or* coconut oil (57 g/ 2 oz)

### Crumble topping:

1 cup almond flour (100 g/ 3.5 oz)

2 tbsp granulated *or* brown sugar substitute such as Swerve (40 g/  
1.4 oz)

1/2 stick unsalted butter, ghee *or* coconut oil (57 g/ 2 oz)

1/2 tsp cinnamon

1/3 cup macadamia nut halves (45 g/ 1.6 oz)

minutes.

4. Meanwhile, prepare the crumble by placing all of the ingredients in a bowl. Using your hand, combine until you get a thick dough. Mix in the macadamia nuts. Set aside.
5. When the fruit base is baked, add the chia seeds. Stir and let them soak up the juices for a few minutes.
6. Crumble the prepared dough over the fruit base and place in the oven. Bake for 8 to 10 minutes, or until the crumble topping is lightly golden.
7. Remove from the oven, place on a cooling rack and let it rest for 10 to 15 minutes before serving.
8. Serve with a dollop of full-fat yogurt, mascarpone, whipped cream, sour cream, coconut yogurt or coconut cream. Once cool, store in the fridge for up to 5 days.

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## Instructions

1. Preheat the oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional). Peel and halve the zucchini lengthwise and use a melon baller to scoop the soft core out. *Note: You can use the zucchini cores in another recipe. Simply cut into small pieces and add to soups or sauces.*
2. Slice the zucchini into 1/2 inch (1 cm) pieces. Place in a baking dish (I use a round 24 cm/ 9 1/2 inch baking dish) together with the blackcurrants.
3. Sprinkle with the cinnamon, ginger, salt and sweetener. Add the first part of the butter. Place in the oven and bake for 25 to 30