

Low-Carb Summer Berry Galette

Hands-on 10 minutes Overall 30 minutes



Nutritional values (per serving, 1 slice): Total carbs: 11.2 g, Fiber: 3.9 g, **Net carbs: 7.2 g,**

Protein: 11.7 g, Fat: 15.1 g, Calories: 218 kcal,

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

Ingredients (makes 1 galette, 6 slices)

Dough:

1 1/2 cups mozzarella cheese, grated (170 g/ 6 oz) - use *low-moisture, part-skim, shredded mozzarella cheese; not fresh mozzarella.*

1 heaped tbsp cream cheese (30 g/ 1.1 oz)

3/4 cup + 1 tablespoon almond flour (80 g/ 2.8 oz)

1 large egg

1 tbsp Erythritol or Swerve (10 g/ 0.4 oz) - or low-carb sweetener of choice

1/4 tsp pumpkin pie spices (*you can make your own*)

Filling:

2 3/4 cups fresh berries, mixed (375 g/ 13.2 oz) - *see note below*

2 tbsp Erythritol or Swerve (20 g/ 0.7 oz) - or low-carb sweetener of choice

1 tsp sugar-free vanilla extract or 1/4 tsp vanilla powder

1 tsp Erythritol, Swerve or Xylitol to sprinkle on crust

Note: I used fresh, not frozen berries: about a cup of each raspberries, wild blueberries and blackberries. Frozen berries may end up too wet but try it and let me know. If you need to substitute keep in mind the following net carb values per 100 g/ 3.5 oz: blackberries contain 4.3 g net carbs, raspberries contain 5.4 g net carbs and wild blueberries contain 9.7 g net carbs.

Instructions

1. Preheat oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional).
2. Place fresh berries, sweetener and vanilla into a bowl and toss to combine.
3. Place the mozzarella, cream cheese and almond flour together in a microwaveable bowl.

4. Microwave on high for 1 minute. Stir well. Microwave on high for a further 30 seconds.
5. Add egg, sweetener and pumpkin pie spice and stir well until combined.
6. Roll out between two sheets of silicone paper. Lay dough on a lined baking tray.
7. Spoon the berry mixture into the centre of the dough, in a rough circle. When spooning the berries from the bowl, try to leave as much juice behind as possible.
8. Fold the edges of the dough around the sides of the berries. Sprinkle the exposed dough with the xylitol.
9. Bake for about 15 minutes. Eat warm or cold and store any leftovers covered in cling wrap, in the refrigerator, for two days.

More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)