

# Multipurpose Keto Pie Crust

Hands-on 10 minutes Overall 1 hour

**Nutritional values (per serving, 1/8 pie crust, Recipe 1):** Total carbs: 5.4 g, Fiber: 3.7 g,

**Net carbs: 1.7 g,** Protein: 3.4 g, Fat: 12.9 g, Calories: 140 kcal,

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



## Ingredients (makes 1 large/ 8 small pie crusts)

### Recipe 1 (Flax-Free Pie Crust):

- 1 cup almond flour (100 g/ 3.5 oz)
- 1/4 cup coconut flour (30 g/ 1.1 oz)
- 2 tbsp psyllium husk powder (16 g/ 0.6 oz)
- 1 tsp glucomannan powder *or* xanthan gum
- pinch sea salt
- 1/4 cup butter *or* ghee *or* coconut oil (56 g/ 2 oz)
- 1/4 cup water (60 ml/ 2 fl oz)

### Recipe 2 (Coconut-Free Pie Crust):

- 1 cup almond flour (100 g/ 3.5 oz)
- 1/3 packed cup flax meal (50 g/ 1.8 oz)
- 1 tbsp psyllium husk powder (8 g/ 0.3 oz)
- pinch sea salt
- 1/4 cup butter *or* ghee *or* coconut oil (56 g/ 2 oz)
- 2-4 tbsp water

## Instructions

1. Mix all the dry ingredients. Add the butter cut in pieces.
2. Using your hands, combine the dry ingredients with the butter. Add water and mix until well combined.
3. Place the dough in a plastic wrap and flatten using your hands. Place in the fridge for 30-60 minutes. Preheat the oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional). **Method 1: rolling.** Remove the dough from the fridge and roll out (I used a nonstick silicone rolling pin) till the dough is about the size of a pie pan - I used a non-stick pan with a removable bottom. *Because there are no eggs in this recipe, the dough will be very fragile so you'll have to be careful not to tear it apart.* **Method 2: press down.** Alternatively, place the dough directly into a non-stick pan

with a removable bottom and press up the sides using your fingers to create a "bowl" shape. Use a dough roller or wet your hands if needed. *Ideally, use a baking sheet as lining for the bottom to ensure that the crust doesn't get stuck to it.*

4. Place baking paper on top and use ceramic baking beans to weight the dough down. You will need them to prevent the dough from rising and creating air bubbles, especially if you are making a large pie. Place in the oven and bake for 18-20 minutes.
5. When done, remove from the oven. Remove the baking paper with the ceramic beans. If the centre of the pie seems too moist, place back in the preheated oven (switched off) just to dry out. Fill with your favourite filling (keto lemon curd, whipped cream, or any savoury filling like pork and eggs or chicken).
6. If not using straight away, let the pie crust cool down. Once cool, store in an airtight container and keep at room temperature for up to a week.

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